

## What is Relaxation Massage?

"Swedish massage" - the most common type of massage in the U.S. A gentle massage using "effleurage and petrissage" (long smooth strokes, kneading and circular motions) on superficial layers of muscle, using lotion or oil. Effects are deeply relaxing. If this is your first massage, this is a good option.

## What is Therapeutic Massage?

"Deep tissue massage". Variety of forms, depending on massage therapist and individual needs. Myofascial Release and Trigger Point Therapy are two forms I use. Targets deep muscle/connective tissue. Focuses on specific areas that require attention (i.e. low back, tight traps, etc). Slow/deep strokes or friction is used across the grain of the muscle to relieve chronically tight muscles, postural problems, or assist in recovery from injury.

## What is Reiki?

Reiki is a Japanese technique for stress reduction and relaxation that promotes healing. It is a "laying on of hands" and is based on the idea that an unseen "life force energy" flows through us. If one's "life force energy" is low, we are more likely to get sick/feel stress. If it is high, we are more capable of being happy and healthy. By unblocking the channels of energy that allow our body's energy to flow, we can allow our bodies to heal.

## What is Integrative Reflexology®?

Integrative Reflexology® is a foot, hand, and ear method used in massage. An IR® therapist understands the foot's **structure** and the importance it plays in body alignment. They will work with **meridians**, (Asian energy pathways that begin or end with fingers and toes). **Zone pathways** are stimulated for better circulation, and the **proprioceptors** on the bottom of the feet are stimulated to create a calming effect throughout the entire body. The service may also include foot soaks, scrubs, and aromatherapy.

Everyone may benefit from therapeutic Integrative Reflexology®, from children to the elderly, and especially those with chronic health challenges as well as those who desire stress reduction.



For **appointments** or more information about how massage therapy can **touch your life**, please call or e-mail me. I'll be thrilled to speak with you.



## Did You Know? Massage:

- **Decreases Risk of Injury While Working Out**
- **Relieves Achy/Sore Muscles**
- **Rejuvenates Fatigued/Tired Body**
- **Increases Circulation**
- **Increases Range Of Motion**
- **Helps to Lower Blood Pressure**
- **Decreases Amount and Severity of Headaches**
- **Helps Manage Stress and Anxiety/Depression**
- **Promotes General Well Being**
- **Is Prescribed By Many Doctor's For:**

*Fibromyalgia*

*Chronic Back Pain*

*Sport Related Injuries*

*Arthritis*

*and Many Other Things*