

A Therapeutic Massage session can be any of the following:

Swedish (Classical)- Parasympathetic Response, Stress Management and Lymphatic Drainage.

Russian Training Sports Medical Massage- Pre-Event, Inner Event, Post Event 1, Post Event 2, Increase Athletic Performance, Functional Movement, Stretching/Post Isometric Isolation and Injury Prevention.

Myofascial Release- Structural Integration, Pain Management, Release of Nerve Impingement and Decrease Scar Tissue Adhesions.

Trigger Point & Neuromuscular- Local Pain, Referred Pain, Musculoskeletal Pain and Muscle Energy Technique.

Medical (Not Limited)- Migraines, Frozen Shoulder, Carpal Tunnel, Spinal Curvature, Sciatica, Arthritis or Old Injuries.

Cranial Sacral (Not Limited)- Imbalance of the Central Nervous System, TMJ Disorder, Headaches or Allergies.

Abdominal (Not Limited)- Menstrual Pain or Constipation.

Ayurveda Concept- Detoxifying the Mind, Body, and Spirit through educating you on a well balanced environment and diet.

Shiatsu/Acupressure (Local Area or Full Body)- Restore/Maintain the Body's Energy and Bring Balance/Function to our Organs.

Traditional Chinese Medicine- Focuses on strengthening the body's defenses and enhancing its capacity for healing and to maintain health.

Thai-Yoga- Fully Clothed on the Floor, Pressure Point, Energy Meridian Work and Yoga-Like Stretching.

Pregnancy (13+ Weeks) PLEASE LET YOUR THERAPIST KNOW IF YOU ARE PREGNANT PRIOR TO BOOKING YOUR MASSAGE.