

Massage Therapists

Pam: Licensed ABMP Massage Therapist. She graduated from Irene's Myomassology Institute in 2014 and completed Beaumont's Oncology/Hospital Massage Program in 2015. "The power of touch during grief and pain benefits not only the patients, but their caregivers too. Everyone can benefit from the healing power of touch."

Pam offers Swedish, Hot Stone, Prenatal, Myofascial Release, Sports Massage along with Tai table massage, Reflexology and aromatherapy. Whether your goal is relaxation or pain relief or both, She can tailor a session with techniques specific to your personal needs.

Gail: Graduated in 1999 from Irene's Myomassology Institute. Gail's experience ranges from physical therapy and in-patient hospital care to working in a full service spa.

Her mission is to help relax and de-stress her clients, whether it be from an injury or day to day stress. Nothing is impossible.

Dani: is currently on maternity leave. Graduated in 2015 from *The Ann Arbor Institute of Massage Therapy*. The 800 hour program consisted of training in many different modalities, but focused mainly on Neuromuscular Therapy and Myofascial Release.

Dani's goal is to help you with your chronic pain patterns or through an injury. Using a combination of techniques, she will tailor the massage to your specific needs. She is dedicated to helping others understand more about their own bodies and believes this knowledge will lead to healthier future generations.

Scan the QR code on the right with your smart phone or tablet to access our online scheduling and user access site.



Scheduling & Availability

Gail is available Mondays by online booking or other times by calling or texting @ 586-242-2424

Pam is available Wednesdays and Fridays by online booking and other times by calling or texting @ 586-216-8867

Dani is currently on maternity leave. Please contact Gail or Pam.

We understand that life gets crazy but if you are unable to make your appointment please be respectful and contact your massage therapist at least 24 hours prior to your appointment time. Thank you!

All Santosha Yoga therapists are Licensed Massage Professionals with the State of Michigan

Most people get a massage because they are interested in maintaining a healthy lifestyle, experiencing new methods of relaxation or alleviating the stress, aches and pains that are a part of everyday life. The benefits of therapeutic massage are widely recognized. Here are some suggested benefits:

- ◆ Relaxation
- ◆ Stress relief
- ◆ Increased blood flow and circulation
- ◆ Increased mobility
- ◆ Decreased anxiety
- ◆ Enhanced sleep quality
- ◆ Greater energy
- ◆ Improved concentration
- ◆ Increased circulation
- ◆ Reduced fatigue

A brief consultation will help determine the type of massage therapy required to meet your particular needs.

Massage Information



YOGA

Santosha (Sanskrit):
contentment, peace,
gratitude



Massage appointments can be scheduled online. Don't see a time or day that works for you then call or text one of our massage therapists directly. Look inside the brochure for their contact information.

48774 Gratiot Avenue, Chesterfield, Mi 48051
(South of 22 Mile in Kingston Plaza)
586-949-5515

Web Site : www.SantoshaYogaMi.com

Email: SantoshaYogaMi@yahoo.com



Massage Descriptions

Buy Package of 2 and save \$5.00 on each Massage

SWEDISH/GENERAL RELAXATION MASSAGE:

A Swedish massage can bring pure relaxation to the body by manipulating the muscles with long, gliding strokes that follow the direction of blood that's returning to the heart. Lotions and oils are used to minimize friction between the therapist's hands and the client and activate the skin. Swedish massage is best known for helping people relax and for repairing overworked or injured muscles. Having regular Swedish massages will enhance your circulatory system, meaning that your muscles, tissues and other parts of your body will get more oxygen delivered to them each day.



- 60 Minutes - \$65.00
- 90 Minutes - \$85.00

DEEP TISSUE MASSAGE: A combination of deeper massage techniques for people who require a deeper pressure applied throughout the whole massage. Deep tissue work helps to release old patterns and restrictions due to prior injuries or repetitive strain to the muscles. *This type of massage is not recommended for your first massage.*

- 60 Minutes - \$75.00
- 90 Minutes - \$95.00

COUPLES MASSAGE:

During the session, the couples receive a wonderfully relaxing full-body massage at the same time, in the same room from two different massage therapists.

- 60 Minutes - \$145.00 per couple
- \$50 deposit is required

PRENATAL MASSAGE: A massage therapy specifically tailored for the expectant mothers needs. Pregnancy massage is specifically tailored for the expectant mothers needs.. The massage therapist ensures the mother's body is properly positioned and supported during the massage, using pillows and padding. Proper positioning ensures comfort and safety for the mother and baby. *Not recommend in the 1st trimester. A release from your doctor is required prior to the massage.*

- 60 Minutes - \$65.00

Massage Descriptions

RAIN DROP TECHNIQUE MASSAGE: The *Raindrop Technique* (RT) is a special technique used to apply essential oils (Young Living Oils) to the body to stimulate every organ, muscle and bone of the body at a cellular level boosting the immune system, bringing the body into structural/electrical balance, and enabling the release of toxins or disease wherever they may be lodged—including those illnesses lodged in the mind and emotions.

The seven single essential oils used include: *oregano *thyme *basil *cypress *wintergreen *marjoram *peppermint, two essential oil blends, Valor (Energy Balance) and Aroma Seiz (muscle relaxation). The oils can continue to work in the body for up to one week following RT, often with continued re-alignment taking place during this time. Therefore, evaluation of the benefits received from RT may take several days to assess.

- 60 Minutes - \$85.00
- Pam & Gail are the only Massage Therapists performing this service.**



Optional Additions to a Massage

Cupping Therapy:

Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. People get it for many purposes, including to help with pain, inflammation, blood flow, relaxation and well-being, and as a type of deep-tissue massage.

- Add on to Massage - \$25.00
- Pam is the only Massage Therapist performing this service at this time.

Aromatherapy:

Aromatherapy is a specific type of therapy that incorporates the use of scented essential oils into a massage. The massage involves alternating between gentle and harder pressure while using a specific blend of essential oils. The essential oils are diluted before use and are applied along with lotion during the massage. Not only is the client's body benefiting with the direct contact with the essential oils, but the oils are alleged to have specific healing properties upon inhaling after exposure. Not only does the client leave with a full body massage, but they also allegedly provide emotional healing and relaxation. The benefits are on a long list that also include a few of the same benefits of any other massage.

- Add on to Massage - \$5.00

Current Policies & Information

- **Massage therapists wear a mask through out the entire massage for everyone's safety.**
- **You can book a massage online through our website, with the Santosha Yoga or MindBody apps or by calling or texting the massage therapist directly. Their contact information is on the other side of this brochure.**
- **If you don't see a time online that works for you call or text the massage therapist directly to find another time that will.**
- **You will receive a reminder of your appointment, if you no show you will be charged for the appointment.**
- **The massage rooms are cleaned and disinfected between each massage appointment.**

Massage during the Winter Months

Escape the Winter Blues (S.A.D.)

Boost your Immune System

Improve Skin Hydration

Alleviate Muscle Fatigue

Enhance Circulation

Fight off the negative effects of cold weather, schedule your session.