

## Massage Descriptions

### 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.



- 30 Minutes - \$40.00\*
- 60 Minutes - \$60.00\*
- 90 Minutes - \$80.00\*

**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.*

- 30 Minutes - \$50.00\*
- 60 Minutes - \$70.00\*
- 90 Minutes - \$90.00\*

**HOT STONE MASSAGE:** consists of traditional massage techniques with the incorporation of therapeutic heat through warmed stones. Deeper pressure can be applied to troubled spots with the hot stones to aid in the healing process.



- 30 Minutes - \$50.00\*
- 60 Minutes - \$70.00\*
- 90 Minutes - \$90.00\*

### 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 - \$135.00 per couple
- \$50 deposit is required

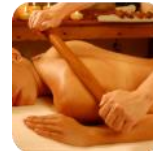
\*Buy Package of two and save \$5.00 on each Massage

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**BAMBOO MASSAGE\*\*:** Bamboo Fusion is relaxing form of massage that combines the techniques of Swedish and/or Deep Tissue massage and the benefits of soothing heat, similar to hot stone, with the invigorating energy of bamboo and rattan. The bamboo is safely heated with an electric pad and used to literally ROLL and knead away your tension and muscle pain. The massage promotes circulation, sensory nerve perception, and lymphatic drainage, as well as providing a deep sense of relaxation and well-being.

- 60 Minutes - \$70.00\*
- 90 Minutes - \$90.00\*

**\*\*At this time Marlena is the only Massage Therapist performing this service.**



**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 - \$80.00\*

**\*\*At this time Gail is the only Massage Therapist performing this service.**

**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.*

- 30 Minutes - \$40.00\*
- 60 Minutes - \$60.00\*

\*Buy Package of two and save \$5.00 on each Massage

## Massage Therapists

**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.

**Please call or text Gail @ 586-242-2424 to schedule. She is available Monday through Sunday by appointment only.**

**Dani:** Graduated in 2015 from *The Ann Arbor Institute of Massage Therapy*, a COMPTA accredited school. 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.

**Dani will be on maternity leave after November 15th until further notice.**

**Marlena:** Graduate in 2012 from *Healing Hands Holistic Health Center School of Massage*. While knowledgeable in several techniques, her style is an intuitive fusion of Swedish, Trigger Point Therapy, Myofascial Release, and Reiki.

She is a firm believer in the healing process that massage and energy modalities can offer when combined! They work to bring balance & harmony to mind, body, spirit!

**Please call or text Marlena @ 586-801-3571 to schedule. She is available Monday through Saturday by appointment only.**

**All therapists are ABMP certified, Associated Bodywork**

## Benefits of Massage

### History of Massage:

Massage therapy dates back thousands of years. References to massage appear in writings from ancient China, Japan, India, Arabic nations, Egypt, Greece (Hippocrates defined medicine as "the art of rubbing"), and Rome. Massage became widely used in Europe during the Renaissance. In the 1850s, two American physicians who had studied in Sweden introduced massage therapy in the United States, where it became popular and was promoted for a variety of health purposes. With scientific and technological advances in medical treatment during the 1930s and 1940s, massage fell out of favor in the United States. Interest in massage revived in the 1970s, especially among athletes.

### Use of Massage Therapy in the United States:

According to the 2007 National Health Interview Survey, which included a comprehensive survey of CAM use by Americans, an estimated 18 million U.S. adults and 700,000 children had received massage therapy in the previous year.

People use massage for a variety of health-related purposes, including to relieve pain, rehabilitate sports injuries, reduce stress, increase relaxation, address anxiety and depression, and aid general wellness.

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



### Which massage style is right for me?

A brief consultation will help determine the type of massage therapy required to meet your particular needs. Whether you prefer one specific style of massage or a combination of different treatments, personalizing each session is an important part of attaining the best massage possible. You can choose to relax with a basic Swedish massage. On the other hand, some people prefer a much more specific focus such as Deep Tissue massage. Our massage therapist will help you find what type of massage is best for your needs.

Professional massage improves your health and well being by releasing muscle tension, improving circulation, reducing the effects of stress, and can even alleviate pain. Massage therapy is also used to compliment neuromuscular treatments, speed recovery from injuries, help problems associated with postural dysfunction, and in conjunction with activities such as yoga, pilates and weight training.

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



Santosha (Sanskrit): contentment, peace, gratitude

## Massage Therapy Information



**Call one of our Massage Therapists directly to schedule a time for your appointment. Find their contact information inside.**

**Please arrive 10 minutes prior to your scheduled appointment.**

*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 prior to your appointment time. Thank you!*

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(South of 22 Mile in Kingston Plaza)

586-949-5515

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