

## **Massage Techniques Menu**

### **Myofacial Release**

This is a deep tissue massage without feeling the pressure of the deep manipulation on the muscles. It is actually a stretching & rocking motion. It stretches the muscle & fascia (the connective tissue) to help relax the muscles & nerves. It helps rid the body of long-time tension and improves strength and flexibility of motion. This can be performed while wearing loose clothing.

### **Ampuku Psoas Release**

Ampuku is the term for gentle, deep abdominal release. When the "hara" (center of energy and movement for entire body), gets blocked, it effects movement, alignment, organs, emotions, and energy centers causing blockage to refer outward from the center of the body toward all of the extremities.

In the center of the "hara", the psoas and the iliacus muscles control the low back, mid back, diaphragm, sacrum, hips, and upper legs directly-and the rest of the body indirectly.

### **Lymphatic Drainage Massage**

This is a delicate form of massage that stimulates the body's lymphatic system, improving the metabolism, helping rid the body of wastes, toxins and boosts energy and the immune system. It can aid everything from reducing significant stress to improved, healthy-looking skin.

### **CranioSacral Therapy**

This gentle but advanced technique is a method of detection and correction of chronic problems and encourages your own natural healing mechanism to dissipate these negative effects of stress on your central nervous system. Your overall health & immune system is strengthened. I often combine this technique with Myofascial massage.

## **Deep Tissue**

Deep tissue massage uses slower strokes with deeper pressure. This massage can be done with or without lotion. With the use of touch at specific points, the body releases tensions that cause various physical symptoms.

## **Acupressure**

This technique is based on the 5000 year old healing art of acupuncture. It is the use of touch on key points of the skin to stimulate the body's natural self-curative abilities.

## **Neuromuscular therapy**

This is a comprehensive treatment of soft tissue manipulation, balancing the body's central nervous system with the muscular-skeleton system. By harmonizing these two systems, the pain is reduced.

## **Swedish Massage**

This is a gentle, light massage to warm and relax muscles. It is designed to increase the oxygen flow of blood to the heart & releases toxins from the muscles. It helps the lymph system rid the body of toxins.

## **TMJ ( Neck & Headache) Massage**

TMJ (temporomandibular joint) relief techniques, using combined neuromuscular, craniosacral and lymph drainage therapies relieves tension, decreases pain and spasm and helps restore jaw range motion. Researchers found that 70-80% of the pain associated with TMJ is of muscular origin, specifically due to myofascial trigger points.

## **Hot Stone Massage Therapy**

Stones of various weights and sizes are used as tools, allowing the therapist to target specific points, delivering relief as needed. The heat aids the pressure of the stones to penetrate tissue. The water is heated to a safe temperature range and monitored by the therapist. The heat also acts to mentally relax the client and increase blood flow. Oil is massaged into skin with stones in the palm of the therapist hands to deliver maxim relaxation.

## **Seated Chair Massage**

This massage is ideally performed to help the office worker break away from sitting at their desk where they often strain their neck and other areas of their backs, shoulders, arms, and hands. The purpose is to increase circulation, while relaxing the body and returning energy in a 15-minute chair massage. Studies have shown this is a benefit for employers as it aids in keeping employees safer from bodily injury while helping them be more productive.

## **Fibromyalgia Massage**

Massage is a very important part of the treatment of Fibromyalgia. By working as gently as possible, massage assists in the removal of waste from the muscle, while increasing blood and nutrient flow. This results in a greater availability of oxygen to the cells. Depending on the clients' preference, we might use Light Trigger Point, Muscle Energy Technique, CraniolSacral or Lymph Drainage Massage.