



# Massage Therapy

## *Basic Massages*

### **Swedish/Relaxation/Stress Relief**

Typical “western style” massage. May be light or firm. Loosens tight muscles, helps you relax. Slow paced and soothing. Relaxing.  
Therapists: Franca, Shanda, Maggie, Julene

### **Sports Massage**

Tends to be more vigorous, faster, or deeper and may only focus on one area of the body or include full body. Relaxing and refreshing. Great for athletes and active people or specific injuries.  
Therapists: Franca, Shanda, Maggie, Julene

## *Deeper Massages*

### **Deep Tissue Therapy**

Swedish/sports massage with focus on trouble spots using a variety of techniques, especially deeper pressure. May sometimes be uncomfortable during the session.  
Therapists: Franca, Shanda, Maggie, Julene

### **Neuromuscular Therapy**

Use of pressure on specific myofascial points to relieve pain.  
Therapists: Shanda, Maggie, Julene

### **Trigger Point Therapy** (specific type of Neuromuscular)

Designed to alleviate the source of the pain through cycles of isolated pressure and release on specific myofascial points.  
Therapists: Shanda, Julene

### **Shiatsu**

Japanese for “finger pressure.” It is traditionally performed on a futon mat, clients fully clothed.  
Therapist: Shanda



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## *Deeper Massages Continued*

### **Ashiatsu Oriental Bar Therapy** *COMING SOON!*

Combines the best of relaxing Swedish and deep tissue —given with therapist's feet! Deep work without the discomfort that often comes with it. Deep and luxurious treatment.

Therapist: Julene

## *Other Spa & Therapeutic Treatments*

### **Myo-fascial Release**

Extended holding stretches are used to release areas of tightness. Slow paced but effective.

Therapists: Shanda, Julene

### **Hot Stone**

Therapist uses smooth, heated stones. Good for people who enjoy extra warmth, or who have muscle tension but prefer a lighter massage.

Therapist: Shanda

### **Deep Relaxation**

Maximum relaxation for your session!

Therapists: Franca, Shanda, Julene

### **Acupressure**

Helps balance the body's energy by applying pressure to specific points along energy channels, moving one hand along a series of points, waiting for the pulse to arrive.

Therapist: Shanda

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## *Other Spa & Therapeutic Treatments*

### **Reflexology**

A reflexologist stretches and moves the hands and feet, applying pressure on reflex areas that correspond to specific organs and other parts of the body.

Therapist: Shanda

### **Prenatal**

Moms-to-Be are safely positioned & supported during the session.

Therapists: Shanda, Julene

### **Cranial Sacral**

Therapist eases the restrictions of nerve passages by focusing on the membranes that encase the central nervous system.

Therapist: Shanda

### **Ayurveda**

Ancient Indian medicine massage includes the use of herbs and/or special oils to balance client's Doshas (Ayurveda mind-body type).

Therapist: Shanda

### **Manual Lymphatic Draining**

Light rhythmical massage encourages the lymphatic system to eliminate metabolic waste products, excess fluid and bacteria using gentle massaging strokes.

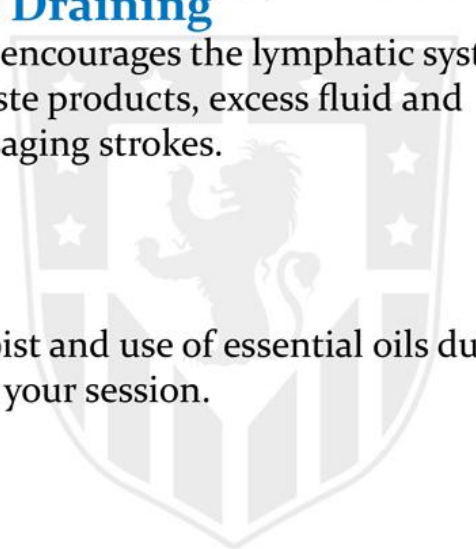
Therapists: Franca, Shanda

### **Aromatherapy**

Consultation with therapist and use of essential oils during your massage to enhance your session.

Therapists: Shanda, Julene

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# Massage Therapy

## *Prices*

**\$40**

per hour

**\$20**

per half hour

## *Massage Therapists*

***Franca:*** 348-870-9877

***Shanda:*** 348-783-6291

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***Please discuss the type of massage  
you want when scheduling with  
your therapist. Thank you.***

