



## *Massage Therapy Information*

*The following is a brief description of massage techniques that we can offer you.*

*Swedish massage is very relaxing and therapeutic. Soft tissue is gently manipulated to release tension in problem areas. A variety of techniques will be used for you to receive the most beneficial session. This type of massage can be between 30 minutes to 1 hour.*

*Hot stone massage uses deep penetrating heat from warmed basalt lava rocks. By placing the stones on the body you see an instant soothing of aching muscles. The heat encourages blood circulation so that detoxification and releasing of tension can take place. This type of therapy is very healing and relaxing*

*Trigger point therapy is very beneficial for those problem areas that present themselves suddenly. Pressure is applied to one specific area to release tension. Examples would be sleeping wrong and when you wake you have a pain in the neck, or you may turn your body in a different way and strain the lower back. We can discuss what type of massage would be most helpful to you.*

*Reflexology uses pressure points on the bottom of the feet to encourage the whole body to relax and release. An increase in circulation to the targeted body part can help the area to equalize and heal.*