



DESCRIPTION OF THERAPEUTIC MASSAGE SERVICES

Deep Tissue

Deep tissue massage is a type of massage therapy that focuses on realigning deeper layers of muscles and connective tissue and should not be confused with wanting a deep pressure massage. Deep tissue massage is especially designed for chronically tense and contracted areas. When there is chronic muscle tension or injury, there are usually adhesions (bands of painful, rigid tissue) in muscles, tendons, and ligaments. Adhesions can block circulation and cause pain, which limits movement, and increases inflammation. Deep tissue massage works by physically breaking down these adhesions to relieve pain and restore normal movement thru slowly increasing pressure to reach the deeper layers of muscles and connective tissue.

There is usually some stiffness or pain after a deep tissue massage, but it should subside within a day or so. The massage therapist may recommend applying ice to the area after the massage.

Unlike classic massage therapy, which is used for relaxation, deep tissue massage usually focuses on a specific problem, such as:

- Chronic pain
- Limited mobility
- Recovery from injuries (e.g. sports injuries, falls, whiplash)
- Repetitive strain injuries, such as carpal tunnel syndrome
- Osteoarthritis pain
- Postural problems
- Muscle tension or spasm

Swedish

Swedish Massage is bodywork that is specifically designed to relax muscles. Interestingly, it was originally derived from the oldest known form of massage which is Chinese TuiNa. By applying deep pressure to muscles and bones, by rubbing concurrently with the circulation towards the heart, Swedish massage purposefully enhances oxygen flow in blood and helps to rid toxins from the muscles.

Shortening recovery time from injuries like muscle sprains, Swedish Massage helps to flush body tissues of lactic and uric acid, and other metabolic wastes. Aside from increasing circulation to the heart, Swedish massage stretches ligaments and tendon making them more flexible. Swedish massage is also known to stimulate the skin and nervous system to enhance emotional and physical well-being.

Chinese Medical Massage/Tui Na

Chinese Medical Massage, or TuiNa (twee-nah) is a therapeutic massage used for a plethora of health conditions. Chinese Medical Massage, TuiNa focuses on the same points and channels as in acupuncture; but with the hands and fingers. Referred to as acupressure in the West, Chinese Medical massage, TuiNa is a method of touch used by the TuiNa therapist to balance the Qi energy, vital areas and the internal organs.

Stimulating the flow of blood and lymph, Chinese medical massage, TuiNa releases blockages that would otherwise cause pain, swelling, toxic buildup and other health symptoms. A form of self-healing therapy, Chinese Medical Massage, TuiNa is beneficial to almost anyone. Chinese Medical massage, TuiNa is effective for musculoskeletal pain, headaches, stress, fatigue, anxiety, depression, insomnia, weakened immune systems, digestive problems, female problems, and fibromyalgia patients.

Acupressure

Developed in Asia over 5,000 years ago, acupressure is the most ancient of healing therapies utilizing the finger tips to stimulate prompt healing within the body. Similar to acupuncture, acupressure uses the same energy points on the body. Acupressure is very beneficial as it can relieve pain and bring the body back into balance. Acupressure's healing ability promotes stress reduction, improves circulation, relaxes the body and strengthens the immune system. Acupressure can effectively be used to alleviate acute and chronic conditions such as arthritis, headaches, spinal-muscular pain, and sinus complications. Also a preventative therapy, acupressure is good for fatigue as well. Overall, acupressure is an excellent healing therapy for whole well-being—mind, body and spirit.

Cupping

Cupping is an ancient art found in many cultures to relieve pain. Stagnation is released by bringing toxins to the surface to be expelled. Cupping has been found to affect up to four inches into the tissues, activate the lymphatic system, clear colon blockages, veins, arteries and capillaries.

By creating suction and negative pressure, Cupping therapy is used to soften tight muscles and tone attachments, loosen adhesions and lift connective tissue, bring hydration and blood flow to body tissues, and drain excess fluids and toxins by opening lymphatic pathways. Cupping bodywork is versatile and can easily be modified to accomplish a range of techniques, from lymphatic drainage to deep tissue release. This complements many health modalities ranging from spa treatments to medical massage and physical therapy.

Myofascial

Myofascial release is a tender mixture of stretches and massage techniques. Derived from the Latin words “myo,”—meaning muscle, and “fascia”—for band; myofascial release therapy releases tension from the fibrous bands of connecting tissue (fascia). Myofascial release therapy aims to free constrictions or blockages in the fascia, thereby alleviating problems with connective tissue scarring or injury.

Myofascial release therapy utilizes gentle, kneading manipulation that softly stretches, softens, lengthens and realigns fascia. Stretches are held for a couple of minutes until a softening or release is felt. These stretches are repeated until the tension is felt no more. A myofascial release session may last up to an hour and can be administered one to three times per week depending on a patient’s condition.

In addition, myofascial release therapy can be used to treat back pain; help persons suffering from frozen shoulder, fibromyalgia, headaches, chronic fatigue syndrome, menstrual problems, incontinence, tennis or golfer’s elbow, shin splints, sprains, rheumatoid arthritis, muscle spasms, whiplash injuries and carpal tunnel syndrome. Furthermore, myofascial release can be administered to children suffering from birth trauma, head injuries, cerebral palsy, and scoliosis as well. Ultimately, myofascial release can restore complete balance back to the body.

Chair

Chair massage focuses on the upper body areas that often cause problems for people who sit at a desk or use a computer keyboard. Chair massage can help prevent or relieve carpal tunnel syndrome, tension headaches, neck pain, and back problems, helping to prevent repetitive injuries. This massage is performed in your normal work attire and requires no oils. Instead of using a table, the massage takes place in a specially designed portable massage chair. Leaning forward in the chair allows you to relax completely with your head resting in a comfy face cradle lined with a disposable cloth cover. Our therapist will bring everything needed, including music. All you need to provide is some quiet space and eager participants. Chair massage typically takes about 10 to 15 minutes, no longer than a coffee break, but is far more effective!

Benefits of Chair Massage

- **Reduce Stress:** The overall session is designed to reduce physical as well as mental stress
- **Increase Morale:** Chair massage is an effective benefit that shows employees that your company cares about their mental and physical health.
- **Increase Resistance to Illness:** Massage can help boost the immune system which helps prevent absenteeism.
- **Decrease Repetitive Stress Symptoms:** Problems like carpal tunnel syndrome and tendonitis are examples of injuries associated with repetitive actions.
- **Increase Range-of-Motion:** Range of motion is decreased by chronic tension; massage can reduce tension and tightness, thereby increasing range of motion.
- **Reduce Muscle Soreness:** Poor posture and chronic tension lead to soreness and pain.
- **Reduce Anxiety:** Sometimes our hectic lives take an emotional toll on our bodies which leads to physical problems.

On-site chair massage is a cost-effective way of enhancing and improving your employees. Job stress and related problems cost companies an estimated \$200 billion or more annually, based on information from the American Institute of Stress and the American Psychological Association. A chair massage program demonstrates an employer’s proactive commitment to the health and well being of their employees.

Licensed and professional massage therapists work with clients, employees and guests at business functions, events or offices. Customized chair massage rates are available upon request.