

### **General Massage**

A combination of Swedish, Trigger, and Hot pads to greatly enhance your therapeutic massage session.

### **Deep Tissue**

More specific than the general massage this work focuses on your problem areas. It is excellent for eliminating tension from your body, reducing tightness and muscle pain. It also realigns the body and frees your movement through myofascial work and trigger therapy.

### **Reflexology**

The focus is to stimulate and clear congestions in the meridians, allowing the energy to flow freely so that the body can achieve a state of balance. This self-healing process is facilitated by specific acupressure and massage techniques applied to the major reflex points and meridians on the feet and hands.

### **Sports Massage**

This is grounded in classical Swedish massage and incorporates techniques of: compression, trigger point therapy, and cross fiber friction. Deeper and more vigorous than a regular massage. Can be used pre or post event.

### **Swedish Massage**

Includes the soothing manipulation of muscle and connective tissues and aides in the reduction of muscular tension, stiffness and pain. Swedish massage has been proven to have many physical and mental benefits including the release of built up lactic acid in tired muscles, a decrease in the appearance of cellulite and an increase in flexibility and range of motion.