

Massage Techniques Menu

Myofascial Release 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 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 the blockage to refer outward from the center of the body toward all of the extremities. Ampuku is a gentle, rocking therapy.

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 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 Massage is a gentle, hands-on method of evaluating and enhancing the cranial bones and sacral systems. The therapy affects the entire body. It monitors the craniosacral rhythm and identifies the source of obstruction with very light touch and uses specifically designed techniques to release restrictions and compression in these areas. Craniosacral Therapy is designed to encourage your own natural healing mechanism to dissipate negative effects of stress on the central nervous system. Your overall health and immune system is strengthened.

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.

Thai Massage uses deep static and rhythmic pressure and stretching as the basis for this therapy. It reduces physical and emotional tension. It improves sleep, flexibility and blocked energy. It is reported to relieve asthma symptoms and migraine headaches. This is considered holistic medicine to many Asian cultures. Thai massage promotes focus and balance to body and mind. *Comfortable, loose clothing should be worn for this massage

Neuromuscular Therapy 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 uses light, gentle strokes such as kneading and tapping to warm and relax your muscles. These techniques are designed to relieve muscle tension and loosen sore and stiff joints. The movements increase oxygen flow in blood to release toxins from the muscles and bring nutrients to the muscles. It improves the lymphatic system.

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.

Seated Chair 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 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, CranioSacral or Lymph Drainage Massage.

Structural Integration Therapy Massage is a holistic method of soft tissue manipulation and movement education to restore the body to its natural state of alignment and balance by lengthening, restoring and reorganizing the fascia, (connective tissue). Fascia is a seamless web of connecting tissue throughout the body. When the fascia is in stress, it strains and pulls your body out of alignment.

Find more on Structural Integration including the benefits on the [What's New page](#).