

Massage Therapy Services

Swedish Massage. “I Just Want To Relax”.

This session gives a gentle manipulation of soft tissue, through massaging tense muscles. Gentle gliding, kneading, stretching and tapping strokes on tense and over-worked muscles will promote your circulation, relaxation, reduce stress and bring a general sense of well-being.

- **Deep Tissue Massage “Knots Out “**

During this session more focused and penetrating strokes are applied. Compression and cross fiber friction, as well as positional release techniques, are used to release muscles/groups that are taut or knotted. Good communication requesting more or less pressure applied during this session is the key to an awesome massage.

- **Prenatal Massage. “Momma-Be”**

Massage therapy can help mothers-to-be adjust to changes that occur during pregnancy and relieve some discomforts they experience. Side-lying techniques help relieve low back and leg pain, and help increase awareness of the body, allowing a deeper connection between mother and child. The relaxing effects of massage therapy can also be very helpful in preparation for labor and delivery.

- **Facial Toning “Wonder Lift “**

Firming and lifting face muscles in this session with a combination of upward and circular motion helps to retrain the fascia of the face. Visible firmer skin as well as a reduction in the appearance of wrinkles can be achieved in just 6 treatments. This relaxing toning facial massage can also be combined with the Swedish massage for a full body relaxation “combo”.

Myokinesthetic Treatment

Myo = muscle

Kinesthetics = movement

The Myokinesthetic System was developed by Dr. Mike Uriate in 1996

Myokinesthetic treatments is best explained...

If we are injured our bodies can get “stuck” in persistent pain patterns. Our body will compensate by protecting the injured area. While in this protective mode all the muscles along a specific nerve path become out of balance, affecting both sides of the body. A postural analysis will be done to determine the specific nerve path being affected. This will identify the course of bilateral treatment needed. Each muscle will be stimulated along this identified nerve pathway, through a series of gentle active and passive range of motion. In doing so, this treatment clears out the muscle memory response and helps to bring the posture back into balance. The results help to significantly reduce chronic pain from migraines, carpal tunnel, frozen shoulder, low back pain, sciatic pain, plantar fasciitis and more.

Typically, at least 6 treatments are needed to see continued relief.

Fees

Payment is accepted at the time of service by cash, check or credit card. Unfortunately, Insurance is not accepted at this time.

Individual Massage Fees:

30-minute massage:	\$35.00
60-minute massage:	\$65.00

90 minute messages from \$95.00

Myokinesthetic treatments

\$25.00 for an initial Postural Analysis and \$35.00/treatment (usually 6 treatments needed for optimal results.)

Gift Certificates

Massage and Myokinesthetic therapies have the capacity to decrease pain levels, restore balance to the body and nervous system, relax the mind, refresh the spirit, which blesses and nurtures the heart. What better way to promote wellness for someone you love? Pamper them with a gift of health – a soothing massage. Ask about gift certificates for massage and/or myokinesthetic therapy at Women's Wellness Therapeutic Massage.

Be Renewed. Be Refreshed Be Blessed.

Women's Wellness Therapeutic Massage

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