

## Massotherapy

It is considered a holistic therapy as it reduces the heart rate helping to relax all the muscles of the body. It also helps lower blood pressure, improves blood circulation, improves the lymphatic system, and increases the release of the body's natural painkillers (such as endorphins).

There are many different types of massage therapies available, each with their own style and purpose. Some therapies help tone and keep the body healthy while others work to relieve different types of pain and stress. Massage therapy also helps to improve the functions of the muscular, circulatory, lymphatic, nervous and skeletal systems. It creates a stronger, healthier body that is able to quickly recover from illness and injury.

Massage typically involves manipulation of the body tissues, to relieve tension and pain and to promote relaxation. Massage therapy also includes the holding of positions, which stretches the soft tissues and applies pressure to the body. This improves flexibility and reduces muscle tension.

Some of the more popular forms of massotherapy include deep tissue massage, sports massage, and Swedish massage, and trigger point therapy.

Deep tissue massage is a technique that focuses on the manipulation of the deep layers of muscle tissue. The tense areas of the body are massaged by the hands using deep pressure and slow strokes. It works to release tension by loosening the muscles and promoting good circulation of the blood and oxygen.

A sports massage is designed for athletes for either before or after any sports event. It helps the athlete achieve better performance and to also relax the muscles after an intense workout. It helps to improve flexibility, reduce muscle tension and fatigue, and prevent injury.

Swedish massage is used to increase the circulation of blood and oxygen in the body and to promote relaxation. It integrates a variety of massage techniques, such as kneading, vibration, long strokes, tapping, stretching and bending. It was developed by a Swedish doctor in the seventeenth century, hence the name.

Lastly, trigger point therapy, also called myofascial trigger point therapy, uses a system of applying gentle pressure to tense areas of the body to relieve stress and pain.

These are just some of the techniques that may be included in massotherapy. There are many more techniques of massotherapy each with unique benefits - you just have to find the one that's right for you!

## Focus Treatments

Focus treatments mean exactly that—we focus on a specific problem area. This is not a full body massage; therefore, most generally the massage will be done fully-clothed.

### *Why should you schedule a Focus Treatment?*

- You have pain in a specific area; you need immediate relief and don't have time for a full body massage.
- You have a tight schedule and a Focus Treatment can be done during your lunch hour.
- It is perfect for any of the following concerns: Sciatica, Golfer/Tennis Elbow, Planter Fasciitis, Headaches/Migraines, Rotator Cuff, Specific Muscle Pain/Discomfort (ie. Triceps calves, back, etc.)

Focus treatments are not limited to the conditions above,

## Chair Massage

Chair massage was originally developed by David Palmer, who in 1986 was the first to create a specially designed massage chair that could be taken to on-site massage sessions. Since its development massage chairs have been popping up all over the market and have expanded into health food stores, store fronts, health fairs, airplanes and airports, sports events and many other locations.

Palmer developed the chair massage to help ease the daily strain that many office workers feel. If you have ever sat behind a desk all day staring at a computer screen you know what he's talking about. This kind of office environment can lead to back pain, neck stiffness, tense shoulders, aching wrists, and the worst symptom of all which is bad circulation. Most of the aching symptoms that occur at work are caused by a loss of circulation which happens when people are sitting in a desk chair all day. This can lead to

mental fogginess, decreased energy, and sore and stiff muscles, as well as more serious injuries such as carpal tunnel syndrome. Chair massage increases the body's circulation once again, restoring energy and helping to limit any office related repetitive-stress injuries. Since chair therapy is quick and can be easily brought to the office space, it's a very relaxing, much needed break at work. It will improve your overall well-being by reducing stress, boosting your mental alertness and creativity.

There are some benefits of chair massages as opposed to conventional massages on massage tables. Firstly, the massage is done through the clothing. This saves people the time of undressing and any embarrassment they might feel. Because the massage is completed through the clothing, it involves no messy massage oils or creams. It's simply a direct massage of the muscle tissues to relieve stress and pain. Chair massage is convenient because with the mobility of the chair, the massage can come to you wherever you are. It can be brought into a person's home or office and since it doesn't take as long as traditional massages, anyone can find time to get a massage. The massage makes people feel safe because it can be done right out in the open as complete privacy isn't needed. It's inexpensive compared to other therapies and it focuses on quickly targeting the key tension areas of the body: the back neck and shoulders.

## Relaxation Massage

During a session, the patient will remove most of their clothing and lie on a massage table, usually with some sort of thin sheet draped over the body. Usually a relaxation massage can be modified and tailored to your specific desires. The massage takes place in a quiet, comforting environment, with your choice of any music or candlelight in the background.

The massage consists of the therapist applying gentle to medium pressure of the hands to the body, gently manipulating the tissue to promote relaxation. It is not a deep tissue massage. It is not designed for working the deeper muscles of the body, but just a gentle kneading and rubbing of the outer layers of the body tissue. It will cover a wide range of areas on the body including the back, legs, arms and neck.

Sometimes there is the option of adding some aromatherapy treatment to your massage therapy. High quality aromatherapy

oils can heighten the holistic experience of the massage and allow for greater relaxation and restoration of one's energy balance. Of course, unscented oil is also an option. The oil produces a more slippery surface for the therapist to work on, so there is no pulling of the skin. During the massage, the patient can remain quiet and simply explore their own personal thoughts in their head, or they can chat with the therapist if so desired. The session can be personalized to be exactly how you like it.

Many live their stressful lives day to day without taking any time off just for them. Everyone deserves a well needed moment of relaxation and this massage is just the right technique for that. It will relax your mind and body, giving you a break from the stress of your life. The length of the massage will depend on how long you would like it to last. Typically the option is between half an hour and two hours in length. Massages are open to people of all ages, and some places even offer couples massage, where the couple is massaged in the same room allowing them to share the experience together.

Relaxation massage is a smooth, gentle style of massage designed to improve circulation, range of movement, relief minor muscle pain, and promote overall relaxation.

## Swedish Massage

Swedish massage is the most popular type of massage in the United States. It involves the use of hands, forearms or elbows to manipulate the superficial layers of the muscles to improve mental and physical health. Active or passive movement of the joints may also be part of the massage. The benefits of Swedish massage include increased blood circulation, mental and physical relaxation, decreased stress and muscle tension, and improved range of motion.

### *Physical Benefits*

- Loosening tight muscles and stretching connective tissues
- Relieving cramps and muscle spasms and decreasing muscle fatigue
- Loosening joints and improving range of motion
- Increasing muscle strength
- Calming the nervous system
- Stimulating blood circulation

- Firming up muscle and skin tone
- Relieving symptoms of such disorders as asthma, arthritis, carpal tunnel syndrome, chronic and acute pain syndromes, myofascial pain, headache, temporomandibular joint (TMJ) dysfunction, and athletic injuries
- Speeding up healing from injury and illness
- Improving lymphatic drainage of metabolic wastes

### ***Mental and Emotional Benefits***

- Mental relaxation
- Improvement in length and quality of sleep
- relief of stress, depression, anxiety and irritation
- Increased ability to concentrate
- Improved sense of well-being

## **Cupping Massage**

The modern world of healing has embraced another wonderful ancient technique that has powerful results. Massage cupping is a modified version of “cupping Therapy”, which has been used extensively in Chinese medicine for several thousand years.

By creating suction and negative pressure, massage cupping is used to drain excess fluid and toxins; stimulate the peripheral nervous system; bring blood flow to stagnant muscles and skin; and loosen adhesions, connective tissue and stubborn knots in soft tissue.

People often describe deep warmth and tingling sensation long after the treatment has ended. Cupping is not an irritant to the skin or body. It draws the inflammation out, yet does not add to it. This technique is excellent when used as a contrast therapy with cold compresses or liniments.

The most common areas of the body where the cups are used are the: neck, shoulders, middle and lower back, and sacral area. The hip, thigh and abdominal area may also be treated.

Massage cupping enables the therapist to get without discomfort to the client or to the therapist. Drainage is also accomplished in a short time and very effectively.

## **Deep Tissue Structural Integration**

Deep tissue structural integration is a massage technique that works with the long-term patterns of resistance in the connective tissues and muscles of the body. These natural limitations of the body are at many times the causes of numerous physical and non-physical pains. The technique uses a combination of deep tissue massage (also called myofascial release) and structural integration therapy.

Deep tissue bodywork helps to strengthen, relax, and release the natural restrictions of the different connective tissues of the body. The focus is not on immediate pleasure, but on the long-term goal of altering the muscles structures and limitations. This doesn't mean however that the treatment is not relaxing, because many patients find great pleasure in the therapy. Furthermore they gain relief from pain and other long lasting benefits, such as the ability to move tension-free.

Structural integration is a treatment through which the patient is re-educated about their body through a series of exercises involving touch and movement. It promotes the release of stress and targets troubled functioning. Its main purpose is to promote a healthy relationship between the body and gravity. The ultimate goal of structural integration is to produce a body that is light and fluid, balanced, free of stress and pain, and at ease with itself and gravity.

Deep tissue structural integration usually consists of a series of eight to ten sessions. Each session is unique, but builds on the preceding sessions. Shorter series are possible but the patient will benefit the most from the longer series of treatment. This gives the therapist more time to figure out each patient's individual needs.

A normal session lasts approximately one and a half hours in length. Throughout the session the patient is placed in a number of different positions, not just left in the standard position of lying on the stomach. Patients will move from their back to their front, to their sides and sometimes will be placed in a seated position. This allows for the body to be worked from a number of angles. The therapist uses his hands, arms and elbows to work the connective and muscle tissue. The clients are also active during the treatment, as they are asked about their movement patterns, and

also need to breathe into the areas being worked or to move the joints.

The patient does not have to fully undress for the therapy, but both men and women are asked to wear thong-style underwear to allow for the most freedom of movement. Women are also asked to wear a bikini style bathing suit top. The therapist does a lot of postural assessment throughout the treatment so the patient will be asked to do various different movements during the session. Some therapists allow you to try three sessions first, and if you feel that you will benefit from the treatment you can attend the remaining sessions.

The deep tissue structural integration therapist tailors each session specifically for the individual needs of each client. Usually he will focus on the particular area of the body, which needs the most tension reduction and relief. Some common areas needing attention are the back, shoulders, and neck, but the therapist will attend to any other problem areas of each individual patient. The treatment helps to relieve stress and pain but to also help improve the performance of daily activities. Other benefits of deep tissue structural integration include improved appearance and alignment of the body, enhanced physical performance, improved mental functioning and increased physiological efficiency.

## Sports Massage

Sports massage is a form of massage that utilizes specific strokes to help athletes obtain maximum performance and physical conditioning by increasing power, endurance, and mobility—both before and after an event or exercise. Sports massage is more than just a reward at the end of a workout. It is a vital tool for keeping athletes primed for top performance and even lengthening their careers. Recognized as an important part of a regular maintenance program, sports massage is widely used by individuals, teams, Olympic and professional athletes

An injury are commonly experienced when an individual has over-trained, fails to sufficiently warm-up, receives trauma, or has muscular imbalances, poor flexibility, mineral deficiency, inadequate endurance or simply does too much too soon.

With sports massage the healing process can be accelerated, range of motion increased, reduced swelling, bruising and pain. Areas of stress in other muscles, created through compensating for the injury, can be eased with a regular regimen of massage

treatments. Sports massage can partially compensate for lack of exercise during inactivity while recovering from injury.

Sports massage should be a regular part of every athlete's training program. Athletes have different massage needs at different times.

- Pre-Event: The treatment supplements the warm-up, preventing muscle and tendon injuries, reducing the strain and discomfort of training
- Post-Event: Massage increases circulation reducing fatigue, preventing soreness and relieving muscle spasms.
- Training: Throughout training massage helps prevent injuries and reduces muscle soreness.

### *Who can benefit?*

Sports massage is particularly beneficial when an athlete is in training for an event. It's also helpful for anyone who routinely stretches their physical limits through movement. Swimmers, weight lifters, runners, golfers, ball players, skaters, dancers, tennis players, musicians, boxers, body builders, as well as "weekend warriors" and anyone who practice strength training or aerobics,

## Myofascial Release

Myofascial Release is a highly specialized stretching technique used by physical therapists to treat patients with a variety of soft tissue problems.

To understand what Myofascial Release is and why it works, you have to understand a little about fascia. Fascia is a thin tissue that covers all the organs of the body. This tissue covers every muscle and every fiber within each muscle. All muscle stretching, then, is actually stretching of the fascia and the muscle, the myofascial unit. When muscle fibers are injured, the fibers and the fascia which surrounds it become short and tight. This uneven stress can be transmitted through the fascia to other parts of the body, causing pain and a variety of other symptoms in areas you often wouldn't expect. Myofascial Release treats these symptoms by releasing the uneven tightness in injured fascia.

In other words, Myofascial Release is stretching of the fascia. The stretch is guided by feedback the therapist feels from the patient's body. This feedback tells the therapist how much force to use, the direction of the stretch and how long to stretch. Small areas of muscle are stretched at a time. Sometimes the therapist uses only two fingers to stretch a small part of a muscle. The feedback the therapist feels determines which muscles are stretched and in what order.

Each Myofascial Release technique contains the same components. The physical therapist finds the area of tightness. A light stretch is applied to the tight area. The physical therapist waits for the tissue to relax and then increases the stretch. The process is repeated until the area is fully relaxed. Then, the next area is stretched.

The therapist will be able to find sore spots just by feel. Often, patients are unable to pinpoint some sore spots or have grown used to them until the physical therapist finds them. The size and sensitivity of these sore spots, called Myofascial Trigger Points, will decrease with treatment.

Most patients are surprised by how gentle Myofascial Release is. Some patients fall asleep during treatment. Most patients find Myofascial Release to be a very relaxing form of treatment.

Myofascial Release is not massage. Myofascial Release is used to equalize muscle tension throughout the body. Unequal muscle tension can compress nerves and muscles causing pain. Progress is measured by a decrease in the patient's pain and by an improvement in overall posture.

## **CranioSacral Therapy**

CranioSacral Therapy (CST) is a light touch approach that can create dramatic improvements in your life. It releases tensions deep in the body to relieve pain and dysfunction; it improves whole-body health and performance.

Few body structures have more influence over your health and well-being than your central nervous system, and your nervous system impacts your craniosacral system- the soft tissues and fluid that protect your brain and spinal cord.

Every day your body endures stresses and strains, but it can only handle so much tension before the tissues begin to tighten and

potentially affect the brain and spinal cord. This can compromise the function of the central nervous system—and the performance of nearly every other system in your body.

CranioSacral Therapy releases those tensions to allow the entire body to relax and self-correct. Using a very gentle touch the therapist evaluates your internal environment and releases any restrictions they may find.

By freeing the central nervous system to perform its best, your body naturally eliminates pain and stress, strengthens your resistance to disease, and enhances your health and well-being. Because it is so gentle, CranioSacral Therapy can be used effectively on all ages, from newborns to the elderly.

***It relieves a full spectrum of pain, illness and dysfunction including:***

- Migraines and Headaches
- Chronic Neck and Back Pain
- Stress and Tension-Related Disorders
- Motor-coordination Impairments
- Brain and Spinal Cord Injuries
- Chronic Fatigue
- Fibromyalgia
- TMJ Syndrome
- Scoliosis
- Central Nervous System Disorders
- Learning Disabilities
- ADD/ADHD
- Post-Traumatic Stress disorder
- Orthopedic Problems

## **Reflexology**

Reflexology is a therapeutic method of relieving pain by stimulating predefined pressure points on the feet and hands. This controlled pressure alleviates the source of the discomfort. In the absence of any particular malady or abnormality, reflexology may be as effective for promoting good health and for preventing illness as it may be for relieving symptoms of stress, injury, and illness.

Reflexologists work from maps of predefined pressure points that are located on the hands and feet. These pressure points are

reputed to connect directly through the nervous system and affect the bodily organs and glands. The reflexologist manipulates the pressure points according to specific techniques of reflexology therapy. By means of this touching therapy, any part of the body that is the source of pain, illness, or potential debility can be strengthened through the application of pressure at the respective foot or hand location.

## Hot Stone Therapy

In many ways a stone massage session is similar to any other type of massage. The stones are heated (usually to about 130°F or 34°C) prior to the client's arrival. Massage oil is spread on the client's back and legs. The stones are then worked over the body. The client turns over and the process is repeated on the arms, hands, and fingers. The final parts to be massaged are the neck, head, and face.

### *Benefits*

- Stimulates the circulatory system and promotes self-healing.
- Softens and relaxes the muscles.
- Helps to release toxins from the muscles.
- Induces a state of deep relaxation that washes away stress.
- Helps relieve pain and muscle spasms.

Creates a feeling of peacefulness and spiritual wellbeing

## Pre-Natal Massage

Pregnancy is a tumultuous period for a woman's mind and body. Any woman who has been pregnant can sympathize with the mental and physical fatigue associated with being pregnant. Not only does a woman experience physical changes, she also experiences mental changes as well.

Massage has been known to calm many of the aches and pains associated with pregnancy such as sciatica, swelling, back and neck pain, and stomach upset. Prenatal massage has also been shown to improve physical discomforts by encouraging circulation and by stretching the muscles and joints to their full range of motion to improve skin elasticity and body tone. Studies show that

pregnant women who receive regular prenatal massages are more at ease - furthermore relaxing the fetus inside their womb.

### *Labor Massage*

During labor, a massage has been shown to do wonders for the mother-in-waiting. A massage can be given to a woman in labor as she lies on her side, in a reclined position, or on her belly with the use of a pregnancy pillow. Women have often asked for soft music to be played in the background during their labor in order to create a peaceful setting for birth, and to soothe their nerves and pain during labor.

### *Post-Pregnancy Massage*

In the postpartum period, specialized massage techniques can help to rebalance the structure of a woman's body by improving skin elasticity and muscle tone. Massage also has a physiological effect on a new mother; it can help ease any postpartum depression and encourage her to bond with her new baby.

In all cases, a pregnant or post-pregnant woman should always ask their doctor if massage therapy is recommended before seeking a massage therapist. In most cases, massage therapists require a physician's referral. Also, be sure to ask if your massage therapist has specialized, advanced training in prenatal massage

## Belavi Facial Massage

A belavi facial massage is a form of massage that is performed on the face, but it also involves a number of specific facial techniques. The procedure includes a number of steps, all aimed at the goal of achieving healthier, younger looking skin. The steps of belavi include an exfoliation to remove dead skin cells on the face, acupressure treatment, a deep facial cleansing, a facial massage using fine-grade massage oils, warm towel wraps, and facelift creams and moisturizers.

There are many benefits to a belavi facial massage. One is relaxation. Just like any other form of massage, a face massage also offers great enjoyment and relaxation. A belavi facial massage is more relaxing however than other treatments, because it allows the muscles to go into a deeper state of relaxation. The quick fingertips of the therapist stimulate the many layers of the skin, which helps to improve circulation and

strengthen the facial muscles. It is important for the facial muscles to be massaged on a regular basis because they are constantly being used all day long. Massaging certain pressure points on the face allows the release of good energy flow that is normally stopped by stress, poor diet, or illness. This can have energizing effects. Not just the face is massaged during the therapy, the hands and feet are also massaged while the face is wrapped in the warm towel.

Better looking skin is another [benefit](#) of the treatment. The stimulation from the massage energizes the skin and gives it a natural glow. It also helps to improve the oxygen flow to the facial tissue, leaving it looking healthier. The exfoliation of dead skin cells cleanses the face by revealing the layer of healthy skin underneath. The deep facial cleansing step of the treatment removes any toxins from the skin, leaving it looking fresh and healthy. And afterwards, the therapist applies belavi's cosmeceutical-grade moisturizers and corrective creams. These help to keep the skin looking soft and healthy, and to help minimize any fine lines or wrinkles. The towel wraps are used to help keep the skin looking gorgeous by sealing in moisture.

Firmer skin is yet another benefit of belavi massage. It does this through tightening and toning the facial muscles. The toning benefits improve with each facial massage, so the more treatments the better. The belavi facial has been known to make the skin look firmer and reduce the appearance of wrinkles, which is why many women love this form of facial therapy. This is also why the massage is sometimes referred to as the "face-lift" massage. Many women get belavi facial massages as a way to achieve healthy, younger looking skin without going through the pain and expense of cosmetic surgery.

Belavi massage can help with a number of skin problems - including sensitivity, dryness, sagging facial muscles, damaged skin from improper skincare, and a loss of connective tissue. It can also have anti-aging effects by battling the skin's two worst enemies: gravity and time. Whatever your skin type, the facial will have positive effects - including clear, blemish-free skin. Usually patients will go through a series of 12 treatments, and pairing this with facial exercises, the anti-ageing effects can be amazing.

Belavi Facial Massage is a deeply relaxing therapy that leaves the patient feeling pampered, and with healthy, improved, beautiful skin!