**Modalities Available**

**Swedish Massage**

Involves the use of kneading and soothing gliding strokes and may provide relief from stiffness, numbness, pain, and other health problems. The main purpose of Swedish massage is to increase the oxygen flow in the blood and release toxins from the muscles. Other possible benefits include stimulation of circulation, an increase in muscle tone, and a balance of the musculo-skeletal systems.

**Deep Tissue Massage**

Deep tissue massage is a type of massage aimed at the deeper tissue structures of the muscle and fascia, also called connective tissue. Deep tissue massage uses many of the same movements and techniques as Swedish Massage, but the pressure will generally be more intense. It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots (also known as "adhesions.")

**Thai Foot Massage**

Thai Foot Massage is a unique massage of the lower legs and feet that originated in Thailand over 2000 years ago.Thai Foot Massage produces a deep and unique feeling of balance, relaxation and well being. It involves hands on stretching, massage, use of a stick to stimulate reflex points and follows the Thai energy lines (SEN). It has elements of Shiatsu, Reflexology, Chinese massage and Yoga incorporated into the massage itself and is said to stimulate the activity of the internal organs.

**The Benefits of Thai Foot Massage**

• Improved circulation in legs and hands

• Stimulated lymphatic drainage

• Helps remove toxins

• Helps boost the immune system

• Enhanced flexibility and reduced stiffness of the legs & feet

• Detoxification of the immune system

• Accelerated physical healing

• Stress relief

• Improved sleep

**Sports Massage**

Sports massage is a form of bodywork geared toward participants in athletics.  It is used to help prevent injuries,  to prepare the body for athletic activity and maintain it in optimal condition,  and to help athletes recover from workouts and injuries.

**Pre-Natal Massage**

Prenatal massage can help reduce stress and promote relaxation during pregnancy. It can work to reduce and alleviate neck, back and joint pain caused by prenatal posture changes, muscle weakness or tension, the extra weight of pregnancy or imbalance.

**Cranio-Sacral Therapy**

Craniosacral therapy is a holistic healing practice that uses very light touching to balance the craniosacral system in the body, which includes the bones, nerves, fluids, and connective tissues of the cranium and spinal area.

**Hot Stone Therapy**

The use of warm stones provide soothing heat for deep tissue work, improvement of circulation and exchanges of blood and lymph during a massage. Hot stones are used during the course of massages to encourage muscle relaxation and to reduce or eliminate post-massage tenderness.

**Aromatherapy**

Aromatherapy is the art and science of helping living things toward wholeness and balance using the essential oils which can be extracted from plants.