

Descriptions of Supplemental Massage Services

Swedish/Deep Tissue

This classic form of basic massage uses light to deep pressure to release muscle tension, improve circulation, and assist in stress management. It concentrates on specific techniques that will enhance your therapeutic goals.

Medicinal Aromatherapy

This relaxing massage incorporates 100% pure organic, wild, or biodynamic grown medicinal-grade essential oils. Designed to focus on the Immune, Respiratory, Digestive, Lymphatic, Endocrine, Cardiovascular, and Central Nervous Systems, each session will be tailored to your specific physical, emotional, mental, and spiritual needs, using these divine essences from nature.

Hot Stone Massage

The placement and use of warm, smooth stones penetrates heat while melting away pain. This massage uses moderate to deep pressure, stimulating the circulatory and nervous systems. It softens and relaxes muscles, releases toxins, relieves pain, and induces a deeper state of relaxation and peace.

Reflexology

Based on the principle that there are reflex areas in the feet and hands that correspond to all of the glands, organs and parts of the body, reflexology stimulates these reflexes and assists in overall health and healing. It can reduce stress, induce deep relaxation, improve circulation, release toxins, assist in current and potential health concerns, and much more!

Myo-Neuro Release Therapy

This tapping method stimulates the release of restrictions in the body's connective tissue called fascia, which in turn, assists in the releasing restrictions in the body's operating systems such as muscular, nervous, etc. It assists in reducing or alleviating pain, increased range of motion and restoring healthy equilibrium. The session will conclude with other modalities, such as massage or Reiki/Healing Touch, to reawaken the body's natural ability to heal itself.

Radiant Energy Therapy (Reiki/Healing Touch)

This form of therapy involves balancing your body's natural energy. Done fully clothed, it brings about a deep relaxation, clears energy blockages, detoxifies the system, speeds up the healing process, and can comfort and/or relieve pain.

Sacred Journeys Wellness Center

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