

# **ESSENTIAL~KNEADS MASSAGE & BODYWORK**

## **MASSAGE MENU**

**SWEDISH MASSAGE** – A relaxing, firm, but not deep, pressured massage to release tension, increase circulation and assist lymphatic flow while creating a balance and harmony to the mind, body and soul; steamed towels and aromatherapy are included.

**NEUROMUSCULAR / MEDICAL MASSAGE** - Slow, specific and at times, deep muscle work to release contractions, eliminate spasms and increase range of motion while flushing lactic acid and increasing blood flow to injured or ischemic muscle tissue.

(Good for TMJ, Carpal Tunnel Syndrome Sciatic Pain and Whiplash.)

**HOT STONE MASSAGE** - A slow, very warm massage of long flowing strokes using Basalt Lava Rocks to ease sore muscles with deep penetrating heat while creating a grounding effect to the body; can be scented or unscented.....Ah, What a treat!

**SINUS RELIEF/TENSION HEADACHE MASSAGE** - Firm massage to the face, neck, scalp and shoulders to ease shoulder and neck tension, loosen sinus congestion, ease pressure and lessen compression between the head and cervical region.

(Essential oils and steamed compresses will be used for added benefit.)

**PRE/POST SPORTS MASSAGE** - A quick paced massage using rocking, vibration, percussion and/or stretching to enhance endurance either before or after any athletic type activity.

**FOOT REFLEXOLOGY** - Pressure point manipulations to reflex points in the feet to stimulate correlated internal organs and reflex points in the body and also balance the entire body's energy flow (ki/life force).

**HANDS REFLEXOLOGY** - Pressure point manipulation to reflex points in the hands to stimulate correlated internal organs and reflex points in the body and also balance the entire body's energy flow (ki/life force).

**ION DETOX FOOT BATH** - An energizing foot soak designed to balance +/- ion molecules and draw toxins from all organ systems. A great detoxification.