

CREATIVE HEALTH & HERBAL NUTRITION

Massage Therapy

Massage therapy is a hands-on manipulation of the soft tissue and joints of the body. The soft tissues include muscle, skin, fascia, muscle, tendons, ligaments and joint capsules.

The therapeutic use of massage by a registered massage therapist affects all the systems of the body, in particular, the muscular, circulatory, lymphatic(immune) and nervous systems.

Massage has many diverse physiological effects, which are primarily due to the therapist's hands moving over the body. The different movements can physically stretch muscles, ligaments, tendons and fascia, encourage the circulation through the tissue, inhibit muscular spasms and be either sedating or stimulating to the nervous system.

The benefits of massage therapy are: reduction of stress and anxiety; relieve aching and sore muscles; improved circulation and flexibility; and increase your body's natural detoxification processes.

The types of massage therapy our certified massage therapists provide are:

Sweedish/Deep Tissue:

A combination of relaxing strokes and deep compression and friction to relax and rejuvenate the nervous system while relieving painful, sore muscles.

Hot Stone Massage:

Heated stones are utilized during the massage to reach deeper states of relaxation and stress relief and to achieve greater release of tight muscles.

Medical Massage:

Specific massage work prescribed by a physician to aid in the healing of soft tissue damage caused by trauma.

Myofacial Release:

This is a great way to improve the lymph system by the release of the fascial tissues between the muscle fiber.

Massage Cupping:

Traditional Chinese cups are added to this massage to create a negative pressure on tissue to release adhesions and remove trapped metabolic waste from the muscle.

Aromatherapy Cocoon Wraps:

This treatment begins with massage and the massage cupping technique. Essential oils are then applied to the body before being wrapped for 20 minutes to allow the oils to absorb into the tissue. The wraps can be customized to treat cellulite, congestion, anxiety and depression, insomnia, sore muscles, and to aid in the cessation of cigarette smoking, and weight loss.

Raindrop Technique:

Nine essential oils are applied directly to the feet and spine to flush bacteria and viruses from the spine, allowing the body to make corrections in energetic and spinal misalignments. Incorporate different massage techniques only for the spine and back.

Reiki:

Life force healing energy to address physical, mental, emotional, and spiritual difficulties. Reiki is effective in relieving stress, anxiety, and physical and emotional distress. The client is completely clothed for the duration of the Reiki session. Distance and group healings are available as well.

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Chair Massage:

10-15 minute massage in a special massage chair designed to expose the back and neck to the therapist. While fully clothed, you get the benefits of specific massage techniques to relieve tight, painful muscles.