* **[Sports/Deep Tissue](https://www.abmp.com/textonlymags/article.php?article=588" \l ":~:text=The%20term%20deep%2Dtissue%20massage,myofascial%20structures%20of%20the%20body.)**: A deep tissue massage uses slow, deep strokes to target the inner layers of your muscles and connective tissues. It can help break up scar tissue and helps promote increased blood flow and inflammation. Good for knots and sore muscles.
  + - [**Thai/Shiatsu on Table or Mat**](https://www.netdoctor.co.uk/healthy-living/a36216131/thai-massage/): We incorporate Thai-working sen lines and Shiatsu-Chinese meridian lines to balance the body's energetic pathways. Wearing loose-fitting clothing, and performed on a mat on the floor, the therapist will gently stretch you and apply pressure to the chakra and acupuncture points. It can be described as self-assisted yoga but does much more for your body. The breath is an integral part of this treatment.
    - **Swedish Massage:** **Swedish massage involves long, flowing strokes, kneading, tapping, and other rhythmic techniques to relieve muscle tension. It is the most basic and forms the foundation for all other massages.**
    - [**Reflexology Hands/Feet**](https://www.spafinder.com/blog/healing/reflexology-101-treatment-benefits/)**:** Reflexology is based on the philosophy that all the points in the feet corollate and are connected to the entire body. It targets specific points on foot to restore balance to the body.
    - **Prenatal Massage:** Prenatal massage is a light massage specially designed for expecting women. Sideling with pillows makes the mom very comfortable while still allowing the practitioner to massage the entire body
    - [**Myofascial Release**](https://www.myofascialrelease.com/about/definition.aspx): Myofascial Release is a safe and very effective hands-on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion-John F. Barnes, PT. It involves a soft, slow stretch in target areas or throughout the body.
    - **Foot/Back Sugar Scrub:** Organic brown sugar and coconut oil, along with added essential oils based on your skin’s needs, exfoliate dead skin and leave your skin feeling refreshed and renewed.
    - [**Warm Oil Scalp & Hair Treatment**](https://vedix.com/blogs/articles/hot-oil-treatment-for-hair-growth): Using warm, heated organic coconut oil, the oil is slowly massaged into damp hair and scalp, then combed and worked through the scalp and hair. It helps to reduce stress and anxiety, while conditioning weak and damaged hair.
    - **Energy Balance:** Our bodies vibrate at the cellular level and the space in between. The chakras are balanced and restored to a healthy frequency using various tools and energy methods. This fantastic session may use a hands-on light touch, acupuncture, chakra stones, pendulant, oils, tarot cards, and sound therapy. It can be incorporated into any of our sessions!
    - **Native American Theme Massage:** This unique experience will help connect you to your higher self and ground and restore balance. It involves native American drumming, rattles, chants, and other energy healing tools.
* [**Watsu®:**](https://www.watsu.com/)This unique and special aquatic bodywork is based on shiatsu and performed in 97° water. It can profoundly affect the mind, body, and spirit as you gently move and stretch in the water. Trusting and letting go are essential factors in Watsu.
* **Guided Meditation**: As the name implies, guided meditation is led by another person to invoke a state of intense relaxation and healing. Depending on your intention will help us decide on the best medication for you, which typically last 30 minutes, and which can be discussed with your therapist.