



## **MASSAGE THERAPY**

### *Types of Massage*

All types of massages are priced the same:

- 30 minutes = \$40
- 60 minutes = \$65
- 90 minutes = \$90

*Saint Thomas Associates receive a \$5 discount.*

- **Swedish Massage** – Manipulation of the soft tissue of the body through stroking, rubbing, kneading or tapping.
- **Deep Tissue Massage** – Working deep into the muscle structure and connective tissues to release muscle tightness and adhesions.
- **Neuromuscular Massage** – Pressure applied to the neural end of muscle to cause the release of the spasm and adhesions.
- **Geriatric Massage** – Structured modality for the treatment of people over the age of 65. Massage structure is dependent on physical condition of the client.
- **Diabetic Massage** – Structured massage to increase blood flow and circulation in the lower body, legs, and feet.
- **Cancer Massage** – Using individual structured massage to give relief and comfort to cancer clients undergoing chemotherapy and or radiation or post treatments.

### *Types of Therapy*

The following types of therapy are generally longer sessions than standard massage. Pricing is \$1/minute plus \$5. Discuss time with massage therapist prior to session.

- **Lymphatic Drainage Therapy** – The stimulation of the Lymphatic system to reduce edema post op, post injury.
- **Cranial Sacral Therapy** – Using the cranial-sacral rhythm to find restriction within the Dural tube. Releases using very light pressure.
- **Reiki** – The interplay of universal life energy within the chakras to open all chakras to balance the body.

To schedule an appointment, call The Wellness Center at 222-2056.