

Massage Descriptions

Swedish Relaxation Massage:

\$45 half hour \$85 hour

(Clients to disrobe and be covered by sheets during session)

Full body relaxation massage with oil or lotion, using long, flowing strokes and light to medium pressure. Client is draped with a sheet and only exposing the area being massaged at the time. This massage improves circulation, releases toxins, and improves well-being.

Shiatsu/ Acupressure Massage:

\$50 half hour \$95 hour

Shiatsu and Acupressure, techniques rooted in Traditional Chinese medicine, are combined to promote healthy, balanced flow throughout the body. In this session, clients wear loose-fitting clothing, no oil or lotion is used, and massage can be done on a table or on a mat placed on the floor. A combination of pressure, applied to points along the meridian pathways, and stretches are performed to release blocks in energy flow. While this type of massage promotes relaxation, clients also feel rejuvenated after the session.

Thai Massage:

\$50 half hour \$95 hour

This technique provides assisted stretches

This technique uses Acupressure and stretching techniques to promote circulation throughout the body and improve range of motion. Similar to Shiatsu, the client wears loose-fitting clothing and no oil or lotion is used. This Ancient Eastern modality is typically performed on a firm mat on the floor, but can also be done on a table and integrated with other Asian bodywork techniques.

Deep Tissue Massage:

\$50 half hour \$95 hour

This technique targets specific areas of the body and structurally realigns connective tissue for ease of movement. Slow, firm and concentrated pressure is applied, focusing on the deeper layers of muscle tissue. This technique helps to release, stress, relieve muscle tension, break up scar tissue, and improve range of motion.

Acupuncture

Acupuncture is a branch of Traditional Chinese Medicine, a 5,000 year-old system of medicine used to both treat and prevent disease. The beauty of acupuncture is that it treats the root cause vs. symptoms.

Acupuncture involves the placement of hair-thin, flexible and painless needles in specific points on the body, to influence circulation. The needles increase and restore blood flow and oxygen to the cells, while releasing endorphins, the body's natural pain killers. In addition to pain relief, acupuncture affects many biochemical changes in the body, thereby enhancing immunity, regulating digestion and flow, improving mood, relieving fatigue, and creates a peaceful and relaxed state.

Our Acupuncturists are all board-certified, State licensed practitioners and collectively have more than 40 years of practice experience. We specialize in women's health, digestive issues, autoimmunity, stress, depression, neurological, dermatology and pain conditions.

Many insurance plans in CA cover acupuncture, and we accept most PPO insurances. We also offer discount packages for Massage & Acupuncture!

Call us today for a brief complimentary consultation so that we can help you live a more vibrant life.