



REIKI-SSAGE

A technique involving elements of the system of reiki and gentle soft tissue manipulation. This service is a great introductory session to either energy healing, or massage, as the client can remain fully clothed, and both energy and physical techniques are performed. More than just "a massage with reiki," a session of Reiki-ssage blends the best of both worlds and adds further layers to create a truly sacred space in which to regain your equilibrium.

CBD Infused Session

Increase the calm and relaxing effects of a massage therapy session with a CBD infusion. CBD will absorb through the pores of your skin to enter the body, adjusting imbalances in the body which can cause sleep disorders or chronic pain.

Aromatherapy Infused Session

Infuse a blend of highly concentrated plant oils into your massage session to achieve specific results. Your aromatherapy session will include a scalp treatment to stimulate blood flow in the head and neck area so nutrients can better reach the scalp and nourish your hair.

Percussion Therapy

Percussion therapy is performed with a specially designed, hand-held, electric device. High speed rhythmic pulsing help to break up scar tissue and adhesions, and release spasms. Different speeds as well as different attachments can be used to tailor

the session to individual needs. Mobilization of muscles under a stationary percussion tool can also help to target problem areas, and increase circulation.

IASTM (Instrument Assisted Soft Tissue Mobilization aka blades/Graston)
Specially designed surgical stainless steel instruments are used to aid blood flow and break up adhesions in muscles and muscle groups by scraping across the skin. Properly performed, IASTM can be used to aid healing of injuries or surgeries of all kinds, and move you back into a state of well-being.

Deep Muscle Relief

Add hot towels, plus the application of a warming balm, and a cooling gel to your area of concern. After your session, take both products with you to use at home and extend your relief until your next visit.

CranioSacral Therapy

A series of gentle holds helps restore natural rhythms of cerebrospinal fluid. This in turn enables joints and nerves to function more efficiently. Clients often report a profound stillness and calming within a session, as well as reduction of pain, dizziness, nausea, and other maladies.

Cupping Therapy

This ancient form of alternative medicine involves placing special cups on your skin for a few minutes to create suction. People receive this therapy for many reasons, including help with pain, inflammation, blood flow and as a type of deep tissue massage.