



## Massage Therapy

### **Therapeutic Massage**

Good for de-stressing and decompressing, therapeutic massage helps alleviate the pain signals in the body by encouraging the nervous system's parasympathetic response and elicits rest and relaxation to every system and every fiber of the body. The intention of this form of bodywork is to allow the body to complete its active processes and aid its innate ability to rest. This is the body's anti-coffee. Choose from 60 or 90 minutes in length.

### **Integrated Massage**

The ability to grow out of pain patterns and into healthier ways of living and moving and doing is ideal for most people, especially those in pain. For those of us who are in the healing process, we may require more in-depth bodywork to help us achieve and strengthen this ability. An integrated massage includes the same approaches as a therapeutic massage but also includes greater assessment of the body's posture and movement, with a focus on turning off the pain-spasm cycles commonly associated with chronic and acute musculo-skeletal dysfunctions. By taking a deeper look into the body's complexes, we work to achieve balance and relief and to help connect joint movement with greater freedom. Choose from 60, 90 or 120 minutes in length.

### **Arvigo Technique of Maya Abdominal Therapy (ATMAT)**

An external, non-invasive massage for the reproductive and digestive systems, ATMAT gently realigns organs, improves smooth muscle tone, releases congestion, and also enhances blood and lymph flow, nerve impulses, and vital energy through the belly, pelvis and sacrum. For women and men alike, ATMAT is a great resource and practice for self-care. This service is offered in 90 minute format only.

### **Orthopedic Sports Massage**

An off-shoot of integrated bodywork, orthopedic sports massage helps alleviate the aches and pains common to athletes. Sessions can be used to focus on particular areas and to help clients with their overall performance and physical optimization. Choose from 30, 60, 90 or 120 minutes in length.

### **Pregnancy Massage**

A valuable therapy for the mother-to-be, prenatal massage can help alleviate the stressors of pregnancy as well as provide a quiet place to settle into the body. Like therapeutic massage, prenatal work is designed to take the edge off and to help renew your resources. Choose from 60 or 90 minutes in length.

### **Pricing**

30 minute massage .....	\$55
60 minute massage .....	\$80
90 minute massage .....	\$105
120 minute massage .....	\$130

## Massage Packages

### 90 minute sessions

5 sessions (\$105/session) .....\$525  
10 sessions (\$100/session) .....\$1000

### 60 minute sessions

5 sessions (\$80/session) .....\$400  
10 sessions (\$75/session) .....\$750

### 30 minute sessions

5 sessions (\$55/session) .....\$275  
10 sessions (\$50/session) .....\$500