



Techniques Used by Heather Policelli:  
Registered Massage Therapist

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Swedish Massage: 1 hr \$85 1.5 hr \$125

The term "Swedish Massage" refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart. It involves the use of kneading, stroking, friction, tapping, and vibration and may provide relief from stiffness, numbness, pain, constipation, and other health problems. The main purpose of Swedish massage is to increase the oxygen flow in the blood and release toxins from the muscles. Other possible benefits include stimulation of circulation, an increase in muscle tone, and a balance of the musculo-skeletal systems. Swedish massage shortens recovery time from muscular strain by flushing the tissues of lactic acid, uric acid, and other metabolic wastes. It increases circulation without increasing heart load.

Deep Tissue Massage: 1 hr \$85 1.5 hr \$125

Deep tissue massage is a type of massage aimed at the deeper tissue structures of the muscle and fascia, also called connective tissue. Deep tissue massage uses many of the same movements and techniques as Swedish massage, but the pressure will generally be more intense. It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots (also known as adhesions or trigger points.)

Trigger Point Therapy: 1 hr \$85 1.5 hr \$125

Trigger points are described as hyper-irritable spots in skeletal muscle that are associated with palpable nodules in taut bands of muscle fibers. Compression of a trigger point may elicit local tenderness, referred pain, or local twitch response. Deep pressure is applied to the trigger point to release the tissue, this technique can be uncomfortable for clients but results always present with relief.

Myofascial: 1 hr \$85 1.5 hr \$125

Myofascial release is a manipulative treatment that attempts to release tension in the fascia due to trauma, posture or inflammation. One continuous sheet of connective tissues called fascia surround the muscles, bones, nerves and organs of the body. Points of restriction in the fascia can place a great deal of pressure on nerves and muscles causing chronic pain.

Practitioners of myofascial release employ long stretching strokes with out oils or lotions meant to balance tissue and muscle mechanics and improve joint range of motion in order to relieve pain.

Manual Lymph Drainage: 1 hr \$85 1.5 hr \$125

Manual Lymph Drainage aims to stimulate the lymphatic system to remove congestion and stagnation from within the body, and so help it return to a healthy condition. MLD therapy utilizes gentle massage strokes that remove blockages and promotes proper lymph flow. This is important because it is the primary function of the lymph system to defend the body against disease by cleansing, detoxifying and nourishing the body's tissues.

Pregnancy Massage: 1 hr \$85 1.5 hr \$125

Pregnancy massage is the prenatal use of massage therapy to support the physiologic, structural, and emotional well-being of both mother and fetus. Various forms of massage therapy, including Swedish, deep tissue, neuromuscular, movement. Maybe applied throughout pregnancy as well as during labor and the postpartum period. Cultural and anthropological studies indicate that massage and movement during the childbearing experience were and continue to be a prominent part of many cultures' health care.

Seated Massage: 1 hr \$85

Seated massage can be used as an alternative to lying down for those who are pregnant, or can not lay down because it causes discomfort. Clients can be clothed to receive a pressure based massage or draped exposing the back for swedish massage techniques.



CranioSacral Therapy: 1 hr \$85 1.5 hr \$125

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CST was pioneered and developed by osteopathic physician John E. Upledger following extensive scientific studies from 1975 to 1983 at Michigan State University, where he served as a clinical researcher and Professor of Biomechanics.

CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

Using a soft touch generally no greater than 5 grams, or about the weight of a nickel, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.

By complementing the body's natural healing processes, CST is increasingly used as a preventive health measure for

its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction, including:



- Migraine Headaches
- Chronic Neck and Back Pain
- Motor-Coordination Impairments
- Autism
- Central Nervous System Disorders
- Traumatic Brain and Spinal Cord Injuries
- Scoliosis
- Learning Disabilities
- Chronic Fatigue
- Emotional Difficulties
- Stress and Tension-Related Problems
- Fibromyalgia and other Connective-Tissue Disorders
- Temporomandibular Joint Syndrome (TMJ)
- Neurovascular or Immune Disorders
- Post-Traumatic Stress Disorder
- Post-Surgical Dysfunction



Raindrop Therapy: 1 hr \$100

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Raindrop Technique® is a procedure of applying a sequence of organic and therapeutic grade essential oils that delivers nutrients to the feet, back and spine. The oils are dispensed like little drops of rain from a height of about six inches above the back and lightly massaged along the vertebrae and back muscles. It is a form of specialized aromatherapy. Raindrop is a combination of various aspects of conventional massage, adaptations of Oriental acupressure and reflexology (Vita Flex), Native American healing techniques and Aromatic Sciences using the potent line of Young Living therapeutic grade essential oils.

Benefits of Raindrop Therapy:

- Relaxation and invigoration
- Relief of body pain
- Relief of tension and headache
- Reduction or elimination of back pain and disfigurement

- Increase in immune function
- Improves attention and concentration
- Elevation of mood and emotions



In response to emotional trauma our body creates acid a chemical response. The acid activates enzymes that write the emotional trauma on our RNA template which is then stored permanently in our DNA. That emotion unless cleared, becomes a part of us for the rest of our lives and may be passed down to our children.



Thai Stem Massage: 1.5 hr \$150

Special Offer: Thai Stem Massage \$99 + \$20 for the Thai Stems.

Regular price \$150

Offer Good until January 14th 2010.

You will take home with you serenity, total relaxation, as well as the Thai Stem hot compresses, which you can re-use on yourself or partner at home.

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Herbal Stems are traditional massage tools used in Thailand since ancient times. Like other forms of massage, they help release toxins, increase circulation, relax muscles, and work out painful knots. The Thai stems are different because they combine soothing heat with therapeutic natural herbs and essential oils. These healing oils and resins are absorbed into the blood stream through the epidermis and react with the body chemistry in a sympathetic and gentle way. The Herbal Thai Stems are used in conjunction with massage and stretching, as discussed between RMT and client.