

MASSAGE TECHNIQUES

Our Massage therapists are trained on several different modalities, or types of massage.

Some of these modalities can include:

- Swedish: Relaxation massage with long, soothing strokes. Pressure can vary based on client needs.
- Deep Tissue: Deeper massage, with focused work on problem areas and trigger point work focused over exact areas.
- Sports: Designed for the athlete, focused deep tissue work and trigger point work, incorporating range of motion and stretching.
- Prenatal: Designed for clients who are in their second and third trimester of pregnancy. Clients must be experiencing a healthy pregnancy and be out of their first trimester. Please refer to the prenatal policy if you are experiencing any complications with your pregnancy.