



Glossary

BODYWORK - A generic term that applies to work on the body with the aim towards health and wellbeing. This includes relaxation and therapeutic styles (modalities), such as Swedish Massage, Myofascial Release, Deep Tissue, Reflexology, and so forth.

REFLEXOLOGY

Reflexology - An ancient natural healing method indigenous to peoples across the globe throughout many time periods. It was introduced into the United States at the turn of the century. Today, reflexology is traditionally defined as a unique method of using the thumb and fingers to work the reflexes on the hands and feet. These reflexes correspond to all the organs, glands, and parts of the body.

Relaxing or Refreshing Reflexology - Relaxation and stretching techniques calm the body and mind and restore flexibility to the feet and legs and hands and wrist. People often feel deeply relaxed and refreshed following a treatment.

Advanced Reflexology - Uses a variety of advanced and specialized techniques to work the feet and hands. Among these are relaxation techniques to calm the nervous system, advanced manipulation techniques to restore flexibility, and working specific reflexes to unblock congestion and improve bio-energy flow throughout the body.

MASSAGE

Swedish Massage - The classic massage involving long smooth and gentle strokes, loosening techniques to relieve stress, relax the body and mind, flush impurities, and improve blood and nerve circulation throughout the body. Relaxing Reflexology precedes Soft Touch Swedish Massage.

Deep Tissue - A characterization of or name of a massage in which the fingertips apply slow strokes and deeper pressure to reach the deeper layers of muscles to provide relief from chronic patterns that may produce tension, pain and discomfort. Clients report that our advanced techniques are more comfortable than other systems they have experienced.

Trigger Point (also known as Myotherapy and Neuromuscular Therapy) - A form of deep tissue pressure point massage that locates and presses on "trigger points" to break the pain cycle in the muscular tissue. A trigger point is a painful irritated area in a muscle that produces spasm and pain.

Myofascial Release - A form of bodywork that seeks to relief tension, pressure, and pain by releasing tension and congestion in the fascia. Long, stretching strokes and manipulation assist in releasing the fascia and muscular tension.

Lymphatic Massage - An application of massage that uses light touch to breakdown cellulite, flush excess fluid and toxins, and increase circulation. Massage can reduce fluid retention and relieve painful swelling.

Shiatsu - A form of Asian Massage in which the fingertips press special points (acupressure points) along meridians (channels of energy that flow throughout the body) to release blockages, restore and balance the flow of energy (chi or ki) in the body. Sometimes referred to as "body reflexology."

Sports - A form of massage designed to assist the sports enthusiast of all ages to enhance performance. Applications include pre-event massage, post-event massage, recovery, scar tissue, and corrective.

