

DESCRIPTION & INFORMATION OF LISA'S MASSAGES

Therapeutic massage is the manipulation of the soft tissue of whole body areas to bring about generalized improvements in health, such as relaxation or improved sleep, or specific physical benefits, such as relief of muscular aches and pains.

All Lisa's Massages use her special blend mixed with Do Terra Essential Oils in Vitamin E and Jojoba Base Oil.

Please disclose any allergies to any oils, aromatherapy, essential oils, and lotions.

Different Types of Massages:

Medical Massage:

Perfect for anyone experiencing chronic pain and injuries (medical conditions that should be checked with a Medical Doctor before administering). It is a specialized, unique treatment that is tailored to each individual, based on your specific pathologies, ailments through therapeutic assessment, evaluation, diagnosis, and other determining factors such as manipulation, movement of the locomotor soft tissues to reduce or eliminate pain or dysfunction. A unique multidisciplinary approach that is utilized to restore structural balance throughout the body, focusing on prevention and rehabilitation of musculoskeletal dysfunctions, chronic pain and sports and mainstream injuries. Primary modalities include functional assessment, myofascial release, craniosacral therapy, CST and orthopedic massage.

Swedish Massage:

A classic favorite. Very popular for both women and men. Relaxing, revitalizing and therapeutic Calming Massage that uses long strokes to help release muscle tension, increase blood circulation and lymph, and aids in reducing scar tissue adhesions.

These basic five strokes are used:

Effleurage - Long, luxurious gliding stroke

Petrissage - Kneading stroke

Tapotement - Percussion or tapping

Friction - Rapid, repetitious, heat producing stroke

Vibration - Vibrating or jostling

Deep Tissue Massage:

Popular for massage lovers or anyone who is stressed, overworked and active. Also includes chronic injuries and pain. Invigorating. It is much deeper and firmer than the Swedish Massage as it goes to the deeper layers of muscle tissue, the fascia. Specialized and tailored with modalities such as Myofascial Release and Trigger Point Therapy, which is used to help reduce pain and inflammation by using static pressure, and stretching and manipulating the area to soften this tight, tender painful connective tissue in your body.

Shiatsu Massage:

Quite popular in the US, Japanese bodywork and acupressure that is individually tailored using techniques such as Stretching, Tapping Palm Pressure, and Finger Pressure to stimulate the body's

natural energy pathways along the energy meridians by applying specific acupressure points (used in Traditional Chinese Medicine to balance the flow of Qi and Universal Life Force).

Foot Reflexology:

Perfect for everyone, it is very Relaxing, revitalizing, therapeutic and healing. This modality was used by the Chinese and Egyptians thousands of years ago. This technique is based on the system of zones and reflex areas that reflect an image of the entire body on the feet, hands and ears based on the theory that specific areas on the feet are reflexes to other parts on the body and internal organs. The reflexes are stimulated using the thumbs, fingers, hand techniques. It is just as beneficial and effective as a full body massage.

Check with your Medical Doctor before administration of:

Pregnancy or Prenatal Massage: Very light, therapeutic, relaxing massage that eases the discomforts of pregnancy by using specially designed pillows and bolsters to position a woman comfortably lying on her side.

Studies have shown that massage during pregnancy yields the following results: lowered anxiety, decreased back and leg pain, improved sleep, decreased levels of the stress hormone norepinephrine, and overall improvement in mood.

Check with your Medical Doctor before administration of:

Hot stone massage:

A class of its own. Amazingly indulgent, decadent, relaxing and therapeutic. Beneficial on both physical and psychological levels. It is a specialty classic massage; infused variation that uses the energy of the heated smooth flat stones and specific pressure points to balance the body, mind and spirit. The heat will be beneficial in releasing tension, deeply warming tight muscles and easing sore muscles. The warmth of the hot stones improves circulation and calms the nervous system. The placement of the stones is usually at specific points on the back, the palms of the hand, or between the toes vary depending on the client's condition, while still massaging the rest of the body.

Lisa's Special Creation Anti-aging Acupressure & Acupuncture Facial Rejuvenation Massage:

Relaxing and rejuvenating massage using acupressure points combined with facial acupuncture.

Acupressure has been used for thousands of years in China as a beauty treatment. Acupressure is said to improve the skin's condition by firming facial muscles and connective tissue that have been weakened due to pulling and stretching over the years. Applying gentle pressure to specific points helps to relieve congested areas, to relax the muscles, to improve circulation, to increase metabolism while restoring the texture and glow of your skin. Also reduces wrinkles, treats acne, and gives your skin vitality and a youthful appearance.

Acupuncture is Chinese Medicine, which is preventive medicine to help the body naturally heal itself and the life energy flowing throughout the body, (called Qi or Chi). Qi is generated in the internal organs and pathways and regulates a person's spiritual, emotional, mental, and physical balance and is

influenced by the opposing forces of Yin and Yang. The health of a person is influenced by the quality, quantity, and balance of Qi. Disease is purported to result from the flow of Qi being disrupted and Yin and Yang becoming imbalanced. Qi circulates through specific pathways called meridians or channels. There are 14 main meridian pathways throughout the body. Each is connected to specific organs. Meridian pathways transport vital energy or Qi to nourish and energize every cell, organ, gland, tissue, and muscle. Any obstruction of Qi anywhere in the body will hinder the distribution of nourishment that the body needs to function optimally.

Lisa's Gift, Most Desirable & Divine Creation Treatment:

Lisa was chosen to artistically design this holistic and healing treatment by incorporating her special combination of Massage & Acupuncture & Reiki Services, added with Lisa's spiritual intuitive energy healing touch.