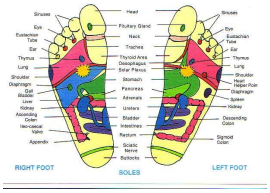
Relaxation Massage (*Chair*)

Massage therapy melts away stress and tension, relieving associated headaches and muscular aches & pains. It aids in the healing process from injury or over-use by encouraging the body to boost its healing processes.

This massage is performed in a specially designed chair - it positions you in a way that allows the therapist to access areas of tension. This massage reduces stress and tension, helps eliminate toxins, and alleviates aches and pains and much more.

Reflexology Foot Therapy



Reflexology is the physical act of applying pressure to the feet and hand with specific thumb, finger and hand techniques without the use of oil or lotion. It is based on a system of zones and reflex areas that reflect an image of the body on the feet and hands with a premise that such work effects a physical change to the body. This treatment is a relaxing foot massage (both feet) based on reflexology (specific areas associated with all the body's internal systems and organs). Acupressure is incorporated to enhance the treatment.

Reflexology can be used for various ailments or just to relax:

1. Relaxation
2. Pain reduction
3. Amelioration of symptoms for health concerns
4. Rejuvenation of tired feet
5. Improvement in blood flow
6. Impact on physiological measures (blood pressure and cholesterol; measurements by ECG, EEG, and fMRI)
7. Beneficial for post-operative recovery and pain reduction
8. Enhancement of medical care (cancer, phantom limb pain, and hemodialysis patients)
9. Adjunct to mental health care (depression, anxiety, Post traumatic stress disorder)
10. Complement to cancer care (pain, nausea, vomiting, anxiety)
11. Easier birthing / delivery / post-partum recovery

And much more.