



MASSAGES

COMMON MESSAGES INCLUDING AYURVEDA

Beyond Swedish and Deep Tissue, massage techniques draw from different cultures and philosophies, including the holistic principles of Ayurveda. The choice of massage depends on your wellness goals, such as deep relaxation, pain relief, or detoxification.

SWEDISH MASSAGE

Best for: General full-body relaxation, stress relief, and improved circulation.

Techniques: Uses a combination of long, gliding strokes (effleurage), kneading (petrissage), friction, rhythmic tapping (tapotement), and shaking motions.

•**The experience:** Therapists use oils or lotion with mild pressure that can be adjusted based on preference.

DEEP TISSUE MASSAGE

•**Best for:** Relieving chronic muscle tension, targeting deep knots, and rehabilitating injuries.

•**Techniques:** Applies slower strokes and more intense pressure to reach deeper layers of muscle and connective tissue.

•**The experience:** This can be more intense than a Swedish massage. It is effective for addressing postural problems and chronic pain in specific area

HOT STONE MASSAGE

•**Best for:** Deep muscle relaxation and soothing warmth to release tension.

•**Techniques:** A therapist places smooth, heated stones on specific points of the body and uses them as massage tools.

•**The experience:** The heat can help loosen tight muscles and improve circulation.

AROMATHERAPY MASSAGE

- Best for:**Promoting relaxation, reducing stress, and improving mood through the use of essential oils.
- Techniques:**A Swedish-style massage that incorporates scented essential oils diluted in a carrier oil.
- The experience:**Clients can choose from a variety of oils, such as lavender for relaxation or rosemary for an energizing effect.

THAI MASSAGE

- Best for:**Increasing flexibility, relieving muscle fatigue, and boosting energy.
- Techniques:**Combines gentle pressure, passive stretching, and assisted yoga postures on a mat. It is often referred to as "yoga massage".
- The experience:**The client remains fully clothed. The massage involves continuous, interactive movement with the therapist.

REFLEXOLOGY

- Best for:**Stimulating energy flow and promoting overall well-being by targeting specific points.
- Techniques:**Applies pressure to specific points on the feet, hands, and ears, which are believed to correspond with different organs and systems.
- The experience:**This can be an alternative to full-body massage for those who are sensitive to touch or prefer to stay clothed.

AYURVEDIC MESSAGES

Ayurveda is an ancient Indian system of medicine focused on balancing the body's three energies, or doshas—Vata, Pitta, and Kapha. Ayurvedic massages typically involve medicated herbal oils selected for an individual's constitution and specific health needs.