

# Spirit-Mind-Body Massage & Reiki

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## FRIF: Functional Re-Integration

**FRIF: Functional Re-Integration Framework (tm)** is a conceptual way of thinking about adaptively & intuitively borrowing & integrating from the best of many manual & energy therapy modalities to bring the

appropriate set of therapeutic & rehabilitative techniques to bear on the set of pathologies the therapist encounters during a therapy session.

**FRIF** recognizes the uniqueness of each client's spirit, mind & body by intuitively, dynamically & knowledgably selecting the set of therapeutic & rehabilitative tools, techniques, & outside referrals, to effectively mitigate persistent (chronic) pain, stress and physical dys-function — all the way to the root cause levels.

The manual & energy therapy modalities listed on the **Services TAB** below **FRIF** are currently available within the **FRIF** framework. The three core modalities are the John F Barnes Approach to MyoFascial Release (**MFR/jfba**), Zero Balancing (**ZB**), and **Reiki**.

**The FRIF concept** consists of six levels of treatment, depending on the client's therapeutic needs, as well as finances.

**S2W: The Stairway to Wellness (tm):** The six levels can be conceptualized as a 6-level stairway of therapy services, with Basic Relaxation and Stress Relief at the lowest step and Ancient Traumas at the highest step. The more time the therapist works at the higher levels of the **S2W**, the more long-lasting-to-permanent the benefits of the therapy will likely be, but also the longer the therapy will likely take.

The six S2W steps are:

S2W Step 6: Root Cause Level 4 — Ancient Traumas  
 S2W Step 5: Root Cause Level 3 — Fascial Release  
 S2W Step 4: Root Cause Level 2 — Health Education  
 S2W Step 3: Root Cause Level 1 — FRIF  
 S2W Step 2: Therapeutic Symptomatic Relief  
 S2W Step 1: Basic Pain & Stress Relief and Relaxation

**MFR/jfba** is distributed throughout the S2W, but primarily over S2W Steps 4-6.

**Health Education**, S2W's Step 4, includes **client self-care**, an essential element of the four levels of root cause therapy, in order to:

- keep the client's healthcare cost down
- improve the efficacy of the client's therapy sessions
- provide tools, techniques & understanding to help the client deal with issues arising between therapy sessions,
- educate regarding lifestyle and initiating & perpetuating factors
- keep the client's healthcare cost down.

During most sessions, the therapist will spend varying amounts of time at each level of the S2W. The approximate amount of time the therapist spends at each S2W level varies from session to session; appropriate expectations will be discussed with the client during each session.

Most therapy sessions will yield a basic SOAP progress note.

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## *MFR/jfba: MyoFascial Release*

**The John F Barnes Approach to MyoFascial Release (MFR/jfba\*)** is SMBmassage's foundational manual therapy system

within **FRIF's** comprehensive conceptual umbrella of manual & energy therapy modalities, under which all other therapy services are offered as appropriate.

**MFR/jfba** is a gentle form of soft tissue manual therapy intended to eliminate pain, increase range of motion, and rebalance the whole body through release of fascial restrictions and adhesions throughout the whole body. It accomplishes this by using manual techniques to stretch the fascia gently and to release the adhesions that exist between the fascia and the muscles, ligaments, bones, nerves, lymph system, blood vessels, and each and every body organ — to the cellular level.

**Fascia** is the connective tissue that connects, covers & contains all muscles, muscle fibers & muscle cells; as well as all nerves, blood vessels, lymphatic system, bodily organs, and skeletal structures of the body, down to the cellular level. Research now shows that fascia is also found within the cells, themselves. Fascia is all-pervasive, found throughout the body.

**MFT:** Targeted direct & deep tissue and trigger point styles of massage work are often mistakenly referred to as myofascial release therapy. These targeted deep styles are more correctly referred to as MyoFascial Therapy, or **MFT**, and as Trigger Point Therapy. They are not the **True MFR/jfba** modality.

**True MFR/jfba** is not deep tissue work, and it is neither a protocol nor a cookbook style of therapy; it is non-diagnostic. It releases fascial restrictions by applying light pressure and gentle stretches to the fascia for 5-10 minutes, over both broad (macro) and narrowly focused (micro) areas. A minimum of 90-120 seconds is required before any physical fascial release process begins. Because fascial restrictions build up over time, often over a lifetime, 5-10 minutes or more are commonly required in order to release multiple layers of restrictions. The therapist and the client work together to "listen to & read" the body's vaso-motor indicators and other physical & emotional signs and sensations the client feels, in order to guide where the therapist will next work. Several sessions could be required before all layers are released. Releasing fascial restrictions releases constrictive pressures on pressure- & pain-sensitive structures and organs — pressures that can be as high as 2,000 psi.

Fascial restrictions cannot be seen with today's medical imaging technologies, i.e., MRI, f-MRI, myelograms, PET, CT or CAT, electromyography, Xray, Ultrasound. Nonetheless, a trained and experienced *True MFR/jfba* therapist can "read" the client's body for signs of myofascial restrictions.

**True MFR/jfba**, by reducing pressure from fascial restrictions, enables relief from persistent pain; increased blood, nutrient & lymphatic circulation; lower blood pressure; improved cell nutrition, immune, digestive & organ system function; increased range of motion (ROM) and physical mobility & capability; as well as the possibility of less reliance on using drugs such as opiate pain killers for relief and avoiding the drug's accompanying side-effects.

**Health Education:** An essential component of MFR/jfba is **client self-care**, to reduce the client's healthcare cost, as well as to give the client the appropriate tools & education to deal with fascial restrictions, tightness & pain as they arise between therapy sessions, and for long after the sessions are completed.

**Lymph Flow:** A healthy lymphatic system is of core importance to a healthy immune system. **MFR/jfba** relieves the constrictive pressure of fascial restrictions and adhesions on the delicate lymph nodes & ducts, allowing the lymph ducts to enlarge to their natural diameter, thereby improving lymphatic flow by means of the innate peristaltic muscle action inherent in the lymph duct walls. In addition, specialized Lymphatic Drainage Therapy (LDT) provides an additional boost to improving lymph system operation.

**Research** shows that **MFR/jfba** provides significant long-term pain relief for clients suffering from **Chronic Myofascial Pain Syndrome (CMFPS)** and **FibroMyalgia Syndrome (FMS)**, especially when used as part of a multi-disciplinary approach to these syndromes.

\*jfba = John F Barnes, developer of the John F Barnes Approach to Myofascial Release (MFR/jfba).

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## ZB: Zero Balancing

Based on acupressure & osteopathic principals, *Zero Balancing (ZB)* is a simple yet powerful technique for aligning the body's energy system with the body's skeletal structure. Each session generally takes between 30 and 60 minutes, but an abbreviated ZB session can be accomplished in 15 minutes; and is performed with you fully clothed. After your skeletal structure and energy system are balanced, many dysfunctions and traumas tend to release automatically. In addition, you are able to function with greater ease and clarity in the world, leading to a deeper overall sense of well-being and health.

At the end of a ZB session, clients often find themselves in an altered state of expanded consciousness and feeling extremely relaxed.

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## Reiki

*Reiki* is a Japanese form of energy work that cleanses and balances the energy system in the body. As a result, the body's natural self-healing mechanisms strengthen, helping to establish optimum health. During a session, I work directly with your energy field to remove blockages, detoxify your system, and restore your vital life force energy. Reiki uses either a gentle laying on of hands or distance healing to channel the "*Universal Life Force Energy*" through me to & from you; I am not burdened with having to hold the client's old or stale energy. The benefits of Reiki range from the release of habitual mental and emotional stress to alleviating persistent pain.

Traditional Usui Reiki came to the US from Japan in the early 20th century; its most ancient roots likely go further back to India and Tibet. Western Reiki practitioners have looked beyond the traditional forms of Usui Reiki to discover that there is much more beyond traditional Reiki. Reiki reveals it has room to grow as Master Practitioners and Sensei have explored and experimented with channeled symbols and found hitherto unknown capabilities for Reiki, i.e., Tibetan, Reiki Explorer, Karuna, Holy Fire, Sahu, Rish Tea, Chakra-Clearing and many other forms and

enhancements. As mankind demonstrates the ability to handle the old & new forms of Reiki, additional forms are revealed by Source.

Often, I will apply Reiki through the Jin Shin Jyutsu acupressure protocol.

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## MMT: Medical Massage Therapy

**\$40.00 per 15 min unit, 2 units minimum**

*MMT or Medical Massage Therapy* integrates **MFR/jfba** and many other manual & energy therapy modalities through **FRIF** to respond in a targeted manner to physician-prescribed and other dermo-neuro-musculo-skeletal system dysfunctions. There are one or more specific medical issues to be mitigated, most often through multiple therapy sessions.

Working with a dynamic high-performance holistic integrative healthcare team, I can call upon many healing disciplines to help relieve a client's suffering and loss of function, and to restore them to wholeness and wellness.

The *Medical Massage Therapy Service* is available only via physician referral, with or without health insurance. Session time is allocated in 15 minute units. The rate is higher because of the added requirements for Federal HIPPA Compliance, hospital, clinic, physician & insurance company record-keeping, distribution and secure storage, and formal healthcare team coordination.

If **health insurance** is involved, then sessions will range from 2-4 units (30-60 minutes) per day, to seek to maximize your daily medical insurance payouts. A SuperBill will be prepared as a PDF file and emailed to you for your use with your health insurance provider. SMBmassage does not deal directly with health insurance providers.

I am a ***Certified Medical Massage Practitioner (C MMP)***.

Please also review *Clinical Massage Therapy*, below.

All massage services not meeting the criteria for being classified as ***Medical Massage Therapy (MMT)*** are classified as being ***non-Medical Massage Therapy (non-MMT)*** services, including clinical, orthopedic, sports, therapeutic, relaxation, symptomatic, acupressure, Reiki, swedish.

The main criteria for being classified as *MMT* are specific pathology focus, physician referral, and formal documentation preparation, distribution & secure storage for your physician and health insurance provider.

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## CMT: Clinical Massage Therapy

*Clinical Massage Therapy* is a style of manual & energy therapy focused on treating specific painful conditions and pathologies that affect the soft tissues of the body, often in support of a physician, medical clinic or hospital. Because clinical massage is designed to treat specific medical conditions, it requires extensive training. It

involves releasing fascia & tense muscles, restoring performance and range of motion (ROM), reprogramming the mind through its neuroplastic properties; and helping to stretch and lengthen (return to normal resting length) tight muscles, ligaments & tendons, and to release intra- & extra-capsular adhesions in & around rigid joints. My goal is to restore full ROM & health to the soft tissues of your body, both treating your specific conditions and improving your overall well-being.

For clients not having a valid physician referral, *Clinical Massage Therapy* is nearly equivalent to *Medical Massage Therapy*, but at the lower base rate & other then-prevailing clubs & special rates, and without formal paperwork for health progress/status and billing.

For CMT, there is no need for a physician referral; furthermore, because no health insurance provider is involved, neither a SuperBill nor health progress/status paperwork will be formally provided & routinely distributed.

If health progress/status or billing paperworks are formally & routinely required for distribution & record-keeping, then the service is classified as being *Medical Massage Therapy (MMT)*, rather than as *non-Medical Massage Therapy (non-MMT)*.

*Clinical Massage Therapy* is the highest level of *non-MMT*; it includes orthopedic & sports pathology massage and energy therapies.

Please also review *Medical Massage Therapy (MMT)* above.

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## OSM: Orthopedic & Sports Massage

No pain, know gain;  
Know pain, no gain!

*OSM: Orthopedic & Sports Massage* is designed for highly active people who engage in athletics, including professional, college, high school, and personal groups.

Engaging in sports is harsh on the body and can often lead to injuries in both the short and the long term. Orthopedic & Sports Massage and Energy therapy enhances performance and prolongs a sports career by helping to prevent injury, reduce pains and swelling in the body, relax the mind, increase flexibility, and dramatically improve recovery rates & outcomes.

Keeping records of repeated injuries can help identify trending opportunities for remedial training activities to help reduce or eliminate trends in injuries, thereby maintaining peak performance — especially important for collegiate and professional athletes. Orthopedic & Sports Massage is also highly effective in aiding the rapid recovery of an athlete from an injury by encouraging greater somatic and kinesthetic awareness, and supporting the body's natural immune function.

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## Cancer/Oncology Massage Therapy

*Cancer/Oncology Massage Therapy* is a framework developed specifically for cancer patients who have unique needs that must be addressed to make sure that a massage is beneficial to their health. Trained oncology therapists understand which massage therapy modalities to use for each specific client, and how best to apply those modalities; and more importantly, which ones not to use and why not. The trained oncology massage provider will understand global and local indications for, and contra-indications against, doing massage & energy therapy for an oncology patient. Furthermore, I focus on creating a gentle, nurturing environment for you to relax into.

Techniques used can include MFR/jfba, Dermo-Neuro-Modulation, Comfort Touch, Lymphatic Drainage, Reiki, Zero Balancing, Jin Shin Jyutsu, very light Swedish.

Reiki energy therapy may be used in nearly every case because Reiki can be delivered via the lightest of touch, or even at a distance through non-touching.

Based on my training and experience, I am designated & listed by the Society 4 Oncology Massage (**S4OM.org**) as being an **Oncology Massage Preferred Provider (OMPP)**.

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## LDT: Lymphatic Drainage Therapy

*Lymphatic Drainage Therapy (LDT)*, especially for whole-body immune system tuneups and *trauma-related edema* (swelling), strives to gently and rhythmically move the lymph through the body, especially areas of the body swollen from *trauma-related edema* such as post-surgery recovery and rehabilitation, sports injury, thereby relieving fluid pressure and enhancing immune system functioning. As both a preventative and a remedial technique, LDT can be used for a wide range of purposes, including faster recovery from injury, reducing swelling and discomfort from pregnancy or diabetes, and strengthened resistance to illness. Because LDT is so gentle, the client frequently enters an altered meditative state, or even falls asleep; there is seldom any need to interrupt your pleasant altered state of being during an LDT session.

**Note:** **MFR/jfba** over the whole body can also facilitate better lymph flow through the body's natural mechanisms of voluntary physical movement and involuntary peristaltic activity in the lymph duct walls by relieving constrictive pressure on delicate lymph ducts. Then regular and frequent LDT can give your healthy lymphatic system a useful periodic or as-needed boost, such as during flu season.

Your lymphatic system is a vital part of your immune system.

Do you know? —

(1) Because the blood circulatory system is a closed system with a dedicated pump, e.g., the heart, your entire volume of blood can circulate through your body in just a few seconds.

(2) Because the lymphatic circulatory system is an open system with no dedicated pump to move lymphatic fluid through the lymphatic system, it relies largely on your body's voluntary &

involuntary physical muscular actions. If you are athletic, the lymphatic system contents can completely circulate within 1-2 weeks. If you are sedentary, complete lymphatic circulation can take 6-8 weeks and longer — as is often the case for sedentary cancer survivors.

Sign up for your regular *Lymphatic Drainage Massage*, today.

**Please Note:** Lymphatic Drainage for some specific illnesses, such as Primary Lymphedema (i.e., genetic deficiencies) and Secondary Lymphedema (i.e., lymphatic system damage from extensive 3rd-degree burns or cancer-related lymphedema or an otherwise physically damaged lymphatic system), might require specialized certification (MLD & CDP\*), and working in consultation with the client's physician & healthcare team. If this is your situation, then I will recommend to your managing oncologist or physician, a therapist who is appropriately MLD & CDP-qualified.

**If you are undergoing chemo or radiation therapy for cancer**, then you are very likely sedentary, if not immobile. This implies that your immune system is being further compromised by a very sluggish lymph circulation rate and the accompanying lengthy lymphatic circulation time — just when you most need it to be fast-moving to rid your body of the toxins and toxic waste of chemo & radiation treatments! **I strongly urge** that you & I talk to your oncologist regarding getting LDT regularly and frequently — or the more specialized **MLD & CDP** certification, if that is the level required for your situation. And, as appropriate, to consider receiving **MFR/jfba** treatment to complement LDT.

\* **MLD & CDP** = Manual Lymphatic Drainage & Complex Decongestive Protocols certifications.

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## DNM: Dermo-Neuro-Modulation

No pain, know gain;  
Know pain, no gain!

*Dermo-Neuro-Modulation* (DNM), a delicate light-handed massage method, described as experiencing a butterfly's wing flapping on your body, makes extensive use of the latest understandings from neuroscience regarding how pain is manifested and affects fascial & muscle states, and how the surface skin nerves interact with the brain and then with the joint, fascia and deeper muscle tissues near the area of gentle touching and stretching, thereby achieving beneficial results with little pressure. DNM techniques re-educate the mind-nerve-body connection into a new and improved state of dermo-neuro-musculo-skeletal balance.

DNM's light touch on the skin (*dermo*) seeks to avoid sending danger messages to the brain (*neuro*) from local nociceptors — DIM or "Danger In Me" nerve receptors. Instead, the brain receives mostly SIM or "Safety In Me" messages. After evaluating these DIM and SIM messages, along with other *bio-psycho-social* inputs, the brain communicates back to the fascia & muscles its opinion that it's OK to relax, for there is no longer any real danger of tissue damage to protect against through pain and muscle guarding: or the brain's opinion could be that it is NOT OK.



A "NOT OK" opinion from the brain can arise from stored information and nervous system hyper-sensitivity, even long after the original real physical damage has healed.

Making use of the neuroplastic properties of the central nervous system (CNS), including the brain, and the peripheral nervous system (PNS), the nervous system's sensitivity to potentially noxious inputs can be *modulated* downward, thereby reducing DIMs and increasing SIMs.

To increase the surface friction and sensation as the therapist's hands lightly work the skin's surface, DNM does not use lotions or oils.

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## Comfort Touch

*Comfort Touch* massage is used in situations where the client has either easily damaged delicate skin, or calcium depletion in the bones (diagnosed osteoporosis), or has an aversion to touch and pain. Such instances might include the elderly, cancer survivors undergoing radiation or chemotherapy, burn survivors, sufferers of fibromyalgia, victims of physical abuse. I slowly apply a very gentle pressure, like a gentle squeeze, with no movement of my skin relative to the client's skin so as not to damage the skin. The pressure is always applied in such a manner that there is a real countervailing force on the other side of a bone.

Because of risks to clients with diagnosed severe osteoporosis, I exercise special caution when working the lower arm or lower leg, where there are two bones close together. In these two areas, there is an orientation in which I can work that provides real countervailing forces for the application of a gentle squeezing pressure.

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## Swedish Relaxation Massage

*Swedish Massage* is a very relaxing and therapeutic style of bodywork. It combines oil or lotion with an array of strokes such as effleurage, rolling, kneading, tapotement and percussion to help the body improve its circulation. The benefits of this type of bodywork are wide-ranging, including relief from aches and pains, decreased stress levels in the body, enhanced immune & digestive systems functionality; and mental clarity, improved appearance, and greater flexibility.

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## Acupressure

*Acupressure* is based on one of the most ancient principles of healing — that simply touching a specific point on the body will release stress and improve health in the body. In an acupressure session, I apply firm pressure directly to these "*acupressure points*" on your body, which relieves your muscle tension and

improves your circulation. This simple and powerful technique has been shown to be very effective in treating headaches, backaches, and insomnia.

Acupressure points correspond with acupuncture points. I work by using my fingers or warm stones non-invasively, rather than by using invasive needles. Acupressure adds the benefits of human touch and my constant undivided second-by-second attention to you.

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## Burn Scar Massage Therapy

*BSMT: Burn Scar Massage Therapy* is a framework developed specifically for burn survivors who have unique needs that must be addressed to make sure that a massage is beneficial to their health. Trained burn scar therapists understand which massage therapy modalities to use for each specific client, and how best to apply those modalities; and more importantly, which ones not to use and why not. The trained burn scar massage therapist will understand global and local indications for, and contra-indications against, doing massage therapy for a burn survivor. Furthermore, I focus on creating a gentle, nurturing environment for you to relax into.

I am a **Certified Burn Scar Massage Therapist (CBSMT)**.

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## Medi-Cupping

**\$25 session setup surcharge per**

Cupping creates a vacuum over a small body area with the intent to improve blood and nutrient flow, to release fascial adhesions restricting movement, and to improve waste product removal from the body.

In the Soft Dynamic style, the cups are constantly moving so that they do not leave red "hickies" on the body, although there will sometimes be increased redness for a day or so.

I use firm plastic cups with a Medi-Cup machine, or flexible soft silicone cups, negating the need of using heat to create the vacuum.

**NOTE:** Please give a 2 day advanced notice that you want this service.

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## NMT: NeuroMuscular Therapy

*NeuroMuscular Therapy (NMT)* is a system of massage techniques that were first developed in the 1930's by Dr. Stanley Lief in England. It uses a holistic approach towards healing, emphasizing and stimulating the body's natural ability to heal itself.

Neuromuscular therapy also enhances the function of joints and muscles, and accelerates the overall healing process by facilitating the release of endorphins. NMT takes advantage of the important

role of the nervous system when seeking to reduce or eliminate your suffering.

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## TPR: Trigger Point Release

No pain, know gain;  
Know pain, no gain!

*Trigger Point Release Therapy (TPRT)* is a style of bodywork that focuses on stimulating and releasing "trigger points" in your body, the source of much myofascial pain. Trigger points are tender areas of tension, often located close to acupuncture points, except that they occur in the muscle belly and near the myotendinous attachment areas of the muscle & bone, and not necessarily along the body's energy meridians. These "*knots*" can build up throughout a person's life due to physical, mental, and emotional stress. During a session, focused pressure is applied through a variety of techniques in order to release your trigger points.

An important feature of trigger points is the phenomenon of referred pain: the trigger point location is often not at the same physical location as is the real pain experience. The closeness of the referral can be an inch away — or it can be "calf to cheek"!

Compounding the referral matter is the fact that pain in one place can have its originating referring trigger point be located in one of several candidate locations, requiring some informed trial and error detective work. Finally locating and releasing the trigger points associated with your pain will release the cause of the pain, rather than merely dealing with the "*symptom of pain*".

While this TPRT process can be slightly uncomfortable at times, the therapeutic effects are long-lasting and profoundly transformative. Even though I do, every now and then, rely on some momentarily brief pain to help locate TPs, my style seeks gentleness to avoid pain during TPRT so that the brain does not perceive that there is still any real danger to protect or guard against.

My practice is informed by current findings in *modern applied pain science*, so that I can minimize, and perhaps even eliminate, most pain associated with trigger point release therapy.

There is a high degree of correlation between the location of TP's and acupuncture points.

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## AJS: Active Isolated Stretching

Developed by Aaron Mattes, Active Isolated Stretching (AIS) is a dynamic system for improving your flexibility and overall well-being. Stretching your muscles not only reduces your chance of injury, but also strengthens your tendons and improves your circulation.

AIS makes use of brief gentle multi-directional active and passive stretches to desensitize the nervous system and to reprogram the brain's movement patterns and defensive mechanisms.

AIS works well with Feldenkrais and Hanna Somatics motion re-education and re-integration therapies.

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## Rock and Shake

*Rock and Shake* gently moves the entire body and body areas, providing gentle muscle massage, joint movement, and skin stimulation. The benefits, while frequently lulling you into a comfortable meditative state, include myofascial unwinding, deep relaxation, stress reduction, circulation improvement, and often sleep. Because of its gentleness, your therapist seldom needs to interrupt your meditations or sleep — the benefits are communicated to your body and your subconscious altered state of being, even while meditating or sleeping.

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## Geriatric Massage

*Geriatric Massage* is designed to meet the specific needs of the elderly. It helps to improve blood circulation, relieve pain, and increase range of motion (ROM). If you are elderly, geriatric massage can help you maintain and improve your overall health, as well as regain certain physical functions that have been reduced due to aging. Furthermore, because the elderly typically don't receive enough physical touch, this massage can help alleviate symptoms of loneliness and depression.

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## Oriental Body and Energy Work

Oriental bodywork aims to restore and balance the flow of energy (Qi, Chi, Ki or Prana) throughout your body. It uses gentle hand and finger pressure along specific points and energy pathways (meridians) on your body to restore your body to full health. There are many forms of Oriental body and energy work; many share a common foundation in Traditional Chinese Medicine (TCM) and ancient Vedic practices. They differ in their use of specific techniques to balance your energy.

In general, energy work is based on the belief that everyone is part of an intelligent field of "*Universal Life Force Energy*", and that the body needs to sustain its balance for optimum health. Anytime you experience emotional or physical illness, it indicates that your own store of life force has become unbalanced. I work directly with your energy field to restore balance and flow to your entire system. Once your energy field has been restored to full health, your body will follow.

The roots of energy work are diverse, coming to us through ancient cultures such as Hindu, Buddhist, Chinese and Japanese; however, energy work is universal in its application, not requiring any particular religious or spiritual belief system for it to work. Neither is it possible to do harm through "*Universal Life Force Energy*" work.

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## Zen Shiatsu

*Zen Shiatsu* is a Japanese gentle-to-assertive form of massage therapy. The word Shiatsu comes from two Japanese words — "shi" (finger) and "atsu" (pressure). In addition to directly stimulating muscles and acupressure points along the energy meridians of your body, gentle range of motion (ROM) and stretching techniques are applied over a wider area of the body to integrate the point work and encourage the balanced flow of Qi (energy) throughout the body. Zen Shiatsu is a meditative healing art that honors the integrative healing roles of the spirit, the mind and the body.

Working a dense pattern of the acupressure points on your bladder meridian, in the back-neck region, allows me to work all of the "*shu points*", which stimulates all of your organ systems — much like foot or hand reflexology, or Hara work. A pleasant by-product of this dense back-side point-work pattern is a gentle and satisfying deep-tissue experience for the lower & upper back, shoulder and neck muscles.

The dense-point Zen Shiatsu style is especially well suited to chair massage which often focuses on the body above the waist.

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## Jin Shin Do

*Jin Shin Do* is a very simple system of acupressure. It lays out a set of 26 safety energy locks, 12 organ energy flows and 6 depths of your body. If any of your energy pathways becomes blocked, this creates stagnation and imbalance in your energy field and leads to discomfort or illness. I use my hands to gently release any blockages in your energy pathways, and restore balance to your entire system. The whole experience is very relaxing, nurturing and therapeutic.

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## Reflexology (Foot)

*Reflexology* is a type of bodywork that focuses on applying pressure to the specific nerve zones in your feet, and sometimes the hands and ears (I do not do the eyes). Unlike other foot massages that intend primarily to relieve tension in the feet themselves, reflexology is a far more in-depth practice that aims to harmonize your entire body. According to reflexology, every part of the human body is mapped into your feet. Reflexology treatments have been found to be highly effective for conditions such as allergies, headaches, and depression.

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