

**MASSAGE TREATMENT** BREAKDOWN. For those who are new to massage and maybe even for those who haven't had many different types of massage. Maybe your massage was lacking or maybe your only goal was just to relax and let yourself be pampered for an hour or two. Whatever the reasons you may have sought the professional services of a Licensed Massage Therapist Practitioner, you expect a certain level of quality and goal to be met.

Massage is more than just about pampering for some it can make the difference in being able to make it through the day with less pain, ability to focus on a test or meeting, keep us in the game longer, or help us to maintain a basic way to live independently, as well. Going to see a massage therapist is like picking out the right doctor. If you're seeking help with an ear infection you wouldn't go to a podiatrist or GI. Same applies for LMTs not every therapist is alike. If you have fascial adhesions and decrease flexibility, you wouldn't want to just see a LMT that only does relaxation or Swedish massage services, you may want to seek a therapist that specializes in deep tissue, sports, or neuromuscular massage.

Hopefully the list below of some common massage therapy services will help you "out in to navigating you to your best massage ever" or at least give you the knowledge of in choosing the right services for what you need and/ or want out of a session.

**Swedish:** the most common is the most traditional form of Western massage you'll hear. It is the basic of the basic massage therapy techniques and form for every other service. It's mostly used in relaxation therapy services due to its gentle massage techniques that primarily focuses on the superficial layers of the body.

**Therapeutic:** often a term used loosely for any massage modality that helps to relieve pain, reduce stress, and work on a specific problem. It's often a combination of deep tissue, neuromuscular, myofascial, trigger point, and sports massage therapy that is used and dependent on what you, the client, needs on a particular day.

**Deep Tissue:** is often used to manage pain because it can give you a lot of relief from chronic pain and helps eliminate the pain cycle and break up scar tissue or adhesive formations after surgery or injury. With this massage it is often likely for you to feel more muscle soreness for a day or two after a session. It is also likely, depending on what area you are having problems with or how long you've been without getting a massage, it may leave you feeling disoriented, lightheaded even often due to circulation moving faster or passages opening up more. Sitting and drinking some water after a session for about 5 to 10 minutes will often help. After a deep tissue massage its important to drink water anyway because a session can make you dehydrated and, take a nice Epson salt bath or add on a Himalayan salt treatment to help pull out toxins worked up, electrolyte balance, soothe muscle soreness that may be felt next couple of days, and further just to relax.

**Sports massage:** uses massage, hydrotherapy, and strength training to achieve specific goals that can be used for both pre and post event. It is focused, targeting muscles that are used in specific sports. Although, often recommended for athletes to assist with rehabilitation, performance, and in physical conditioning to aid in quicker recovery.

**Acupressure:** is a TCM (traditional Chinese medicine) that is like acupuncture, except it uses finger pressure instead of needles. This type of therapy is where manual pressure is applied to specific points

that can help to alleviate motion sickness, headaches, insomnia, menstrual cramps. Nausea muscle pain that are achieved by using pressure points along the energy pathways to encourage free flow of qi.

**Reflexology:** may seem similar to acupressure, however it involves applying different amounts of pressure to specific regions ( feet, hands, and ears). It's based on the theory that these body parts are connected to certain organs and body systems. A session can help boost immune system, get over colds and bacterial infections, clear up sinus issues, correct hormonal imbalances, ease arthritis pain, treat nerve problems and numbness from cancer drugs, and improve digestion.

**Seated Chair Massage:** is a great way to get introduced to the benefits of massage. You're fully clothed, and quick and very cost-efficient. Just as it's named, you often sit in a specialized massage chair or regular with head resting on a table while receiving usually a 10–20-minute massage that can be set up in an office, at an event/ workshop, or home.

**Neuromuscular massage:** also known as trigger point myotherapy, this is one of the most effective types of massage therapy to treat and manage pain especially in the lower back. It's a specialized form of manual massage in which pressure is applied through the fingers and friction are used to release areas of strain areas called tender or trigger points, and they tend to be the cause of ongoing muscular pain symptoms. NMT also includes stretching techniques to increase flexibility that removes neuromuscular pain, and can reduce the intensity of referral that may include sensations like tingling or numbness. This type of therapy is different than deep tissue in that a NMT session may not include a full body massage and often just focuses on the specific area of discomfort.

**Myofascial (MFR):** is a massage modality that targets fascia to treat myofascial pain syndrome and to relieve chronic pain disorders. It focuses on easing tension and tightness in trigger points to reduce pain. The MTP will gently massage the myofascial and feel for stiff/ tight areas before massaging and stretching the areas of rigidity with light manual pressure. This process is repeated multiple times in the same area of the trigger point until the tension is fully released. Often times this may not be near where the pain is felt or originates from and the use of lotion, oil, or other medium may not be used. MFR works the broader network of muscles that might be causing the pain.

Scar tissue massage: can be performed as soon as the wound is knitted. During initial stage of wound recovery a gentle approach needs to be used and is given in conjunction with other manual therapies such as manual lymph drainage, myofascial release, Cyriax, various stretching methods, and with the application of heat and lubrication.

**Specialty:** refers to any of the massage techniques or manual therapies that involve sessions for specific health conditions such as pregnancy, oncology, under advise from any healthcare practitioner where treatment is indicated based on medical health history. It thoroughly looks at all notes to ensure that all contraindications and indications are met to provide the best and safest session possible.

**Lymphatic massage:** is a very light and gentle massage that focuses on stimulating the flow of lymph fluid encouraging lymph node drainage and its movement throughout the body. It is greatly beneficial to those with lymphedema and fibromyalgia. It is very important when seeking for this type of therapy right after intensive surgery or chronic lymphedema that you seek a highly trained Lymphatic Therapist with certification vs. one with just training in lymphatic drainage. Some MTPs with lymphatic training are fully capable in providing basic lymphatic drainage such as during pregnancy or general conditions that

can be used in conjunction with scar tissue repair, but they are limited to advance treatment. A certified lymphatic therapist will have extensive hours of trained certification and equipped with additional training in dressing and wrapping the area of treatment.

**Lypossage:** is a body contouring therapy that aids in the reduction of cellulite. It involves using a combination of bodywork modalities that are known to improve muscle tone, stimulate circulation, and positively affect the lymphatic system. Research has shown that 95% of subjects lost significant inches in the five target areas between the naval and mid-thigh, lower levels of LDL and higher levels of HDL, and a reduction in body mass and cellulite. It is performed by a certified Lypossage therapist. Usually treatment consists of 18-20 min sessions for 6-9 weeks with at least 2 sessions/ week treating 3 zone areas (hips, thighs, and abdomen), (back, chest, and arms), (head, face and neck).

**Cupping:** there are several various cupping techniques and cups that can be used. It's an ancient form of alternative medicine, where cups are placed on the skin to create suction to help with pain and inflammation, blood flow, relaxation, and as a type of deep-tissue massage. It can either be dry or wet. Fire cupping uses a flammable substance to set it on fire and as it goes out the cup is placed on the skin, as it cools, it creates a vacuum. Modern cups uses a rubber pump instead or silicone cups, which can be moved from place to place. Wet cupping involves making a tiny cut on skin in conjunction with the cup placement to draw out a small amount of blood.

**Contrast Therapy:** is the use of heat and cold to help loosen muscles to better assist in the body's natural healing process. It starts with warm oil and followed by the application of warm towels or heated stones and finishes with Biofreeze or cold stones.

Hot Stone Massage: is the use of heated stones to perform massage techniques or placement on the body to promote increased relaxation, soothing of sore muscles, or warming up areas of treatment before performing massage therapy techniques. It is a great way to reset the tissues if it has been a while in between sessions if you are very tight and have pain and stiffness.

Cold Stone Massage: is the use of marble stones that are put on ice or chilled to perform massage techniques on the body to promote muscle recovery, reduce inflammation, and assist in healing. This is a great modality to have done if suffering from headaches, migraines, sinus pressure, or allergies, and your skin will love you after a pore relieving treatment.

**Aromatherapy:** is the use of essential oils to enhance any massage therapy session. Essential oils are natural oils extracted from flowers, bark, stems, leaves, roots, or other parts of the plant to enhance psychological and physical well-being. This complementary modality can support treatment of various conditions like nausea, aches and pains, menstrual problems, headaches, fatigue and insomnia, anxiety, agitation, stress, and depression.

**Body Wraps:** or herbal wraps where the body is coated or rubbed with a pre-wrap product of choice thinly and then wrapped using linen or plastic wrap material. Once the wrapping is done all over, towels are placed on top, and an electric thermal blanket or sauna bag is placed to cover the client for about 30 mins. The temperature is hot enough to make you sweat. After 30 mins, clients are cooled slowly and rinse or wiped off, finishing with a lotion application. Sessions are normally 40-50 mins.

Detox uses ingredients that help aid in pulling out toxins.

Weight loss uses smaller strips of material and wrapped tightly.

Cellulite is a loose wrap and uses herbal remedies to improve cellulite's appearance.

Nourishing uses herbal ingredients that help circulation and rejuvenate the skin leaving the body feeling refreshed

**Body Scrubs:** can either be salt and/or sugar-based that aids in exfoliation and removing dead skin leaving the skin smoother, moisturized, clean pores, and skin rejuvenation.