Karen Iverson

Therapeutic Massage



Karen Iverson

BS, LMBT NC # 5857

Associated Bodywork & Massage Professionals
Professional Member

Serving the Foothills…with Office in Lenoir

828.758.2584 or **828.850.9422**

KarenIversonMassage@live.com

Catalog

Of Services Available

Whether you have received massages before or are preparing to experience massage for the first time, it is important that you educate yourself about the different types of massage that are available.

During some massages the recipient remains fully clothed while for most the recipient undresses either partially or fully. Some massages are performed with deep penetrating strokes, while others use almost no pressure at all.

Understanding these differences will make your experience more comfortable and allow you to achieve the results you desire.

The choice is yours! You can select the massage treatment that best fits your needs…

If you still aren't certain what type of massage you would enjoy most - don't worry because Karen is happy to consult with you to determine the best massage for you. Based on your individual needs for pain relief, relaxation, stress relief or a combination of all three, Karen may customize your massage session. Aromatherapy oils, etc. can be added upon request.

Don't miss the exciting **Specialty Massages below…**

Basic Therapeutic Massages

Therapeutic massage is the manipulation of the muscles and tissues of the body to prevent and alleviate pain, discomfort, and stress. There are many styles and types of massage therapy. Some of the more recognized forms are:

Swedish Massage

Perfect for relaxation, de-stressing, and improving your circulation. A variety of strokes and pressure techniques are used to enhance the flow of blood to the heart, remove waste products from the tissues, stretch ligaments and tendons, and ease physical and emotional tension.

30-Minutes:	$50
1 Hour:	$75
90-Minutes:	$120

Deep Tissue Massage

In addition to Swedish Massage, Deep Tissue uses direct pressure, slow strokes and friction. As the name implies, the procedure is applied with greater pressure and to deeper layers of muscles than Swedish Massage. Deep Tissue Massage is often used to address specific areas of concern.

When muscles are stressed, they block oxygen and nutrients, leading to inflammation that builds up toxins in the muscle tissue. A deep-tissue massage gets to the heart of the problem, working intensely on the muscles and connective tissues to loosen toxins and get blood and oxygen circulating properly. Because many toxins are released, it's important to drink plenty of water after a deep-tissue session to help eliminate these toxins from the body. A mild pain reliever helps reduce soreness and inflammation.

30-Minutes: $60
1 Hour: $85
90-Minutes: $130

Therapeutic Medical Massage

Primarily used to treat specific regions of pain. As a result of the massage therapist's assessment based on the client's input of how their body feels and what they notice, the MT will recommend a treatment plan and use a variety of strokes that may be a combination or blend of the techniques used in Swedish, deep tissue, myo-fascial release, trigger point therapy, and passive Joint Mobilization stretches in an effort to relieve muscle aches and pains and/or to remove toxins in the muscles that result in knots or fibrous muscle tissue. The goal of the treatment plan and techniques used should result in improvement over a period of time.

Coming Soon

Pregnancy (Prenatal) Massage

Pregnancy creates significant changes is a woman's body. Most pregnant women feel discomfort and added stress on their bodies at various points in their pregnancies. Using safe positioning guidelines according to the week of gestation, pregnancy massage helps to alleviate some of the structural & physiological issues associated with pregnancy. Most often done in the side-lying position, the therapist provides the pillows, cushions & bolsters for maximum comfort and support. A full body massage can then be administered with attention to the back & hip areas. This massage enhances the function of muscles and joints, improves circulation and general body tone, and helps relieve mental and physical fatigue.

1 Hour: $80

30-Minute Upper Body Swedish Massage

When your back is aching and demands attention, when your time or budget is limited, or you just want to get an idea of what a professional massage is like, this is the treatment for you. Thirty minutes are devoted specifically to the back & neck muscles incorporating a variety of modalities including Swedish and Deep Tissue. Your back will thank you!

30 Minutes: $50 (Swedish) $60 (Combination Swedish and Deep Tissue)

Reiki Treatment

In Japanese, REIKI (pronounced ray-kee) means the "Universal Life Energy". Reiki is an ancient form of hands-on healing or "energy work" that activates the body's own healing abilities to improve the client's overall health and well-being. It is a simple hands-on or no-touch technique for channeling this omnipresent energy to promote healing. The practitioner places both hands, palms down, side-by-side or end-to-end, on or near the person's body in different locations.

This laying-on of hands relieves pain, acute ailments & chronic illness, as well as encourages spiritual growth. This type of body work is very subtle and calming. Most clients will feel a profound sense of relaxation afterwards.

Sessions are done on a massage table with the client fully dressed.

1 Hour: $75

Foot Reflexology

Foot reflexology has been traced back to Egypt 3000 years ago. Specialized thumb and finger techniques are applied to the "reflex points" or energy zones of the feet. Reflexology is based on the principle that these reflex zones are known to have specific, direct connections to specific organs and structures throughout the body.These reflex points - on the feet - correspond to each organ, gland and structure in the body.

By working on these reflexes, the therapist can promote relaxation, improve blood supply. A reflexologist applies manual pressure to the feet, working on specific points that connect with different zones in your body. She looks for deposits and imbalances, then releases these blockages to restore the flow of blood and energy, which brings about unimpeded nerve functioning and re-establish harmony among all body functions.

Wear comfortable clothes to your reflexology session, because all you'll be taking off is your shoes and socks. Sessions last about 30 minutes and are deeply relaxing. Reflexology gives a feeling of well-being and relaxation as it stimulates the body to help heal itself.

30 Minutes: $50

Out-Calls

If you prefer a relaxing, therapeutic massage and don't want to drive home afterwards, consider an outcall. A professional therapist will arrive at your home with her massage table or chair and can provide many of the above-listed treatments.

1 Hour: $75 and up - Depending on Location

Specialty Massage Therapy

Lymphatic Drainage Therapy (LDT)

Lymphatic drainage is a holistic approach to promoting a healthy lymphatic system. When the lymphatic system becomes blocked, lymph nodes may become swollen. Further, the system fails to remove the body's toxins and can even affect white blood cell counts. Lymphatic drainage is believed to reduce blockage, which promotes health in the lymphatic system as well as other bodily systems such as the circulatory, respiratory, muscular and endocrine systems.

Lymphatic drainage therapy consists of a manual massage, performed by a lymphatic drainage therapist. A lymphatic drainage massage primarily focuses on specific lymph nodes and points of the body, as well as the natural flow of the lymphatic system. Proponents of lymphatic drainage believe that the process will reduce blockages of the lymphatic system, which in turn promotes a healthier body. Some therapists believe that lymphatic drainage therapy can also reduce allergies, menstrual cramps, colds and other viruses.

1 Hour: $75

Cranio-Sacral Therapy

Cranio-Sacral Therapy (CST) is a gentle form of manipulation of the cranio-sacral system. The cranio-sacral system consists of the membranes and fluid that surround and protect the brain and spinal cord and includes the skull, face and mouth, which make up the cranium, and the sacrum (tailbone).

Cranio-sacral therapy has proven effective for the relief of migraine headaches, chronic neck and back pain, traumatic brain and spinal cord injuries, central nervous system disorders, temporo-mandibular joint syndrome (TMJ), Scoliosis, and fibromyalgia, among other ailments.

Cranial work can be used with other forms of massage and has a complementary effect. A cranial followed by a massage is truly an unforgettable experience.

Sessions normally last 1½ hours and are so relaxing that driving is not recommended for at least 30 minutes following the session.

90 minutes: $150

Cranio-Sacral Therapy I and II

Expanded Cranio-Sacral Therapy

Evaluating & treating cranial-base and hard palate dysfunctions as diagnosed and treated by Dr. William Sutherland, the father of cranial osteopathy. Integrating Sutherland's technique for identifying lesions into the Cranio-Sacral Therapy 10-Step Protocol and applying individual correction techniques when needed.

Clinical significance: Used to treat headaches, sinusitis, low-back pain, migraines, obsessive/compulsive disorder, head, neck & back pain, scoliosis, eye motor problems, endocrine disorders, TMJ problems, allergies, pain syndromes, personality disorders, various learning disabilities, reading problems, eye/motor coordination problems. Can also be used to treat problems secondary to facial trauma and dental work.

Combination: Cranio-Sacral Therapy I and II - 2.5 Hours : $200

Raindrop Therapy

One of Young Living's® most popular essential oil collections, the Raindrop Technique® contains nine essential oils and two premium massage oils that rejuvenate the mind and balance the body. When the essential oils are properly applied to the neck, back, shins and feet, this technique can bring about electrical alignment and help relieve a variety of discomforts caused by imbalances in the body, especially those found in the spine.

RDT is based on the idea that many types of spinal misalignments are caused by viruses or bacteria that lie dormant along the spine. These pathogens create inflammation, which in turn contorts and disfigures the spinal column.

Raindrop therapy may aid sciatic nerve pain, scoliosis, chronic back pain and kyphosis, as well as aid in digestive problems. Oils may also be used to kill infections.

RDT involves dropping essential oils from about six inches above the body. The oils are massaged into the skin using light stokes which cause the energy impulses to be stimulated, and for the oils to be absorbed into the nervous system. **The oils continue to work in the body for approximately a week after the treatment, with continued re-alignment taking place during this time.**

Contains: Seven Single Oils: Thyme, Basil, Peppermint, Oregano, Wintergreen, Cypress and Marjoram. Two Oil Blends: Valor® & Aroma Seiz™. Also contains Ortho Ease® Aromatherapy Massage Oil and V-6™ Enhanced Vegetable Oil Complex.

1 hour: $85

WATSU (Water Therapy)

Contact us for availability

Wellness and Self-Care Package Plans

Swedish Massages

- **60-Minutes – "3-Pack" $225.00**
- **90-Minutes – "3-Pack" $360.00**
- **60-Minutes – "6-Pack" $375.00**
  Buy 5 and get the 6th treatment FREE.
- **90-Minutes – "6-Pack" $600.00**
  Buy 5 and get the 6th treatment FREE.

Deep Tissue Massages

- **60-Minutes – "3-Pack" $255.00**
- **90-Minutes – "3-Pack" $390.00**
- **60-Minutes – "6-Pack" $405.00**
  Buy 5 and get the 6th treatment FREE.
- **90-Minutes – "6-Pack" $630.00**
  Buy 5 and get the 6th treatment FREE.

Combination Swedish & Deep Tissue Massages

- **Additional $10 per massage**

Contact Karen Today for more information or an appointment!

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KarenIversonMassage@live.com

Renew your Spirit…Revitalize your Body…
Refresh your Mind…
Relax….

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