

Karen Iverson
Therapeutic Massage



Karen Iverson

BS, LMBT NC # 5857

Nationally Certified in Therapeutic Massage

Associated Bodywork & Massage Professionals
Professional Member

**Serving the High Country and the Foothills...with Offices in
Blowing Rock, Boone and 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:	\$40
1 Hour:	\$65
90-Minutes:	\$95

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: \$50
1 Hour: \$75
90-Minutes: \$105

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 in 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: \$70

30-Minute Neck and Back 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: \$40

On-Site Chair Massage

Turn your coffee break into a healthy massage break. Using a special cushioned chair, your back, neck, shoulders, arms & hands can be comfortably massaged without the use of oil or lotion while you're fully clothed. A perfect gift for your employees' hard work, great for a sporting event, home spa party, bridesmaid party or shower, the possibilities are endless.

Popular in offices and other public places, on-site massage therapists use a portable chair to deliver brief, upper body massages to fully clothed people. Chair massages can be very relaxing, relieve muscle tension, headache pain and improve circulation.

Research has shown that office workers massaged regularly were more alert, performed better, and were less stressed than those who weren't massaged. Benefits experienced from a 15-minute chair massage include reducing stress, increases energy, relieves minor muscle aches and pains.

15 Minutes: \$15 each person (four person minimum)

Corporate Hourly Rate: To be determined with consultation

Hot Stone Massage

Massage using heated, smooth, basalt stones. The lightly heated stones are soothing and used for relaxation, stress reduction, detoxification, and energetic balancing. The ancient healing art of stone massage is a modality for physical and spiritual balancing.

The energies of basalt and sedimentary massage stones are known generators of energy; they give to an area that is depleted and help move energy in places of excess, promoting a harmonizing and cleansing effect, thus allowing for a soothing meditative state of quietude, calm and balance. Working in harmony using various techniques and incorporating warm and cold stones for relaxing the body at its deepest level, therapeutic stone massage is very effective in creating harmony and a positive energy flow; thus promoting a sense of balanced energy and peace.

This massage combines the therapeutic effects of heat and Swedish Massage. Heated river rocks are used by the therapist throughout the massage to warm and loosen tight muscles while melting tension away. It is very pampering, soothing, and relaxing!

90 Minutes: \$120

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: \$65

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: \$40

Sweethearts Massage

Take a break with your favorite person! Experience any or all of our massage services in a relaxing atmosphere. Perfect for those special occasions!

Priced According to Massage Choice! Call for specifics...

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: \$65

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: \$120

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

Trigger Point Therapy

These techniques target the painful knots that can form in muscle tissue. Pressure is applied to "trigger points" (exquisite tender points where the muscles have been damaged) to alleviate muscle spasms and pain. After releasing, the pain associated with these knots/points is greatly reduced.

Karen incorporates this into your full body massage ~ as needed.

\$10.00 added to any service.

Aromatherapy

Aromatherapy means "treatment using scents". Aromatherapy Massage is a body massage enhanced by the use of essential oils. Aroma-therapists use therapeutic oil extracts from plants, flowers, trees, fruits, bark, grasses and seeds. There are approximately 150 essential oils, each having its own distinct therapeutic, psychological, and physiological properties. Essential oils work through the olfactory senses and inside the body by penetrating the skin.

When inhaled, they work on the brain and nervous system through stimulation of the olfactory nerves. As we breath the scents, our brain releases chemicals that communicate with our nervous system to produce a calculated result such as relaxation, digestion, invigoration, or pain relief.

These oils have many beneficial effects on the body, mind & spirit. Some stimulate, some relax, while some aid in the release of toxins. Still others relieve pain & discomfort. Some blends help balance the energy flow in the brain/body system. Many of these oils have antiseptic properties; some are antiviral, anti-inflammatory, pain-relieving, antidepressant and expectorant. Oils should be left on for 30 minutes following the session to allow them to penetrate.

\$10 added to any Service.

Sound Energy Dynamics

This technique of healing dates back to the ancient times in Tibet.

The work is a transformative set of tools that will help you remove unwanted routines, habits and ruts directing you towards the realization of your hopes and dreams. The use of tuning forks over and around the body, as well as incorporating hands on techniques, clears the chakras, yet does not encourage processing of discordant emotions, memories, concepts and structures, these pass freely from your energy field.

60 minutes: \$60

Sacred Mountain Therapy

One of our most popular services! Combines Sound Energy Dynamics, Aromatherapy and Swedish massage all rolled into **one fabulous experience!**

90 minutes. \$100

Sacred Space Therapy

Combines Sound Energy Dynamics, Aromatherapy and Cranio-Sacral Therapy.

2 hours. \$140.

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: \$75

WATSU (Water Therapy)

Coming in 2015

Wellness and Self-Care Package Plans

These package plans are for use by one individual...
they may not to be shared with others.

Swedish Massages

• **60-Minutes – “3-Pack” \$180.00**

• **90-Minutes – “3-Pack” \$270.00**

• **60-Minutes – “6-Pack” \$325.00**

Buy 5 and get the 6th treatment FREE.

• **90-Minutes – “6-Pack” \$475.00**

Buy 5 and get the 6th treatment FREE.

==> Please Note: Some rates may vary depending on the location and the Therapist's arrangement with the Spa Owners. The Spa rates take precedent over the rates here.

**Contact Karen Today
for more information or an appointment!**

828.758.2584 or 828.850.9422

KarenIversonMassage@live.com

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



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