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## SPORTS MEDICINE SPECIALTY MASSAGE TREATMENTS ~

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*Specifically chosen ingredients are formulated for a unique and individualized experience*

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### **DEEP TISSUE NEUROMUSCULAR MASSAGE Spa Treatment**

50m\$160/ 80m\$185/ 110m\$245

The treatment utilizes classic Swedish massage strokes with firm pressure to address areas of pain and muscle “knots” along with neuromuscular therapy to corrects pain and dysfunction by treating trigger points, muscle adhesions, and fascial (connective tissue) patterns. This treatment is sought when there is a specific condition or injury to the tissue that needs to be treated and corrected.

### **WEEKEND WARRIOR DAY HIKER & BIKER MASSAGE Spa Treatment**

50m\$160/ 80m\$185/ 110m\$245

Experience pain relief from tired sore muscles associated with hiking, biking, and prolonged extended sitting from driving and or from your job so you may enjoy beautiful Bar Harbor. This specialized treatment of the feet, calves, lower back extends into releasing upper back and neck promoting healing recovery so you may continue to enjoy your stay, refreshed and recovered.

### **TCM QIGONG & Tui Na MASSAGE THERAPY Spa Treatment**

50m\$160/ 80m\$185/ 110m\$245

The Chinese Qi Gong Tui Na uses the hands and body parts (arm, elbow, and fist) with specific pressure directed to special areas and points, the Meridian and Acupuncture points. The goal of qigong massage is to restore balanced and unblocked flow of the qi and thus alleviate unhealthy physical or mental conditions.

### **MYOFACIAL RELEASE TRIGGER POINT Spa Treatment**

50m\$160/ 80m\$185/ 110m\$245

Myofascial techniques can facilitate passive, active and active assisted range of motion in preparation for functional activities. For example, if a client is having shoulder pain which limits their arm use in overhead activities such as hair combing, MFR can help to increase shoulder range of motion so the activity can be done with more ease. For those with chronic pain, MFR techniques can be effective as well.

### **CRANIAL SACRAL & POLARITY THERAPY Spa Treatment**

50m\$160/ 80m\$185/ 110m\$245

Cranial sacral therapy is a gently, noninvasive form of bodywork that addresses the bones of the head, spinal column and sacrum with the goal to release compression in those areas which alleviates stress, pain, and trauma while seeking to restore the natural position of the bones and can decrease stress from chronic injuries. Extremely effective and suitable for individuals with a sensitive system and or who may have experienced trauma or with around it.

### **SOFT TISSUE INJURY REHABILITATION Spa Treatment**

50m\$160/ 80m\$185/ 110m\$245

Soft tissue mobilization is a specific assessment, evaluation and treatment of soft tissues (ligaments, muscles, tendons, and fascia) for the purpose of creating beneficial effects on the nervous, musculoskeletal, lymph, and circulatory systems. The goal of soft tissue mobilization (STM) is to break up inelastic or fibrous muscle tissue (called 'myofascial adhesions') such as scar tissue from a back injury, move tissue fluids, and relax muscle tension.

#### **Add ons or upgrades include:**

Himalayan Salt Stone Massage Treatments *or* Facial Mask \$10  
Hot/Cold Jade Stone Massage Treatments *or* Foot Reflexology Scrub \$10

## CUSTOMER SPORTS ELITE SPECIALTY SPA PACKAGE\*

80m\$285/ 110m\$365/ 160m\$460

**(Includes any Sports Specialty (includes choice of 4 add-ons\*))**

\*Hot Oil Scalp Massage Treatment

\*Reflexology

\*Any Cupping options

\*Kinetic Taping

\*Specialty Hot Stone Massage Treatment

\*Aromatherapy

\*Facial Mask

\*Wrap Treatment



## HYDRO/CRYO THERAPEUTIC MASSAGE Spa Treatment

50m\$160/ 80m\$185/ 110m\$245

Enjoy a form of therapy that applies the use of water as a curative and preventive form of therapy and additionally uses its temperature effects, as in hot wraps. This treatment creates rapid vasodilation, allowing blood flow to return to the subcutaneous layers, muscles and entire periphery of the body and it is this blood flow loaded with oxygen, endorphins, and a release of norepinephrine, which aids in producing the analgesic healing effects.

### ~ Featuring Internationally Certified Advanced Cupping Therapy Massage ~

The history of cupping therapy dated back to thousands of years evidently, the Ebers papyrus, which is one of the oldest medical records and written approximately 1536 B.C, mentioned cupping. Today it has become one of the fastest growing additions to therapeutic treatments. The earliest recorded use of Cupping is from the famous Taoist alchemist and herbalist, Ge Hong (281-341 A.D.). The use of suction is commonplace throughout the history of the Olympic Games for maintenance, pre and post event injuries, detoxification, and recovery.

***No marks option available, just know that the marks indicate toxins releasing, not bruising!***

## PEDI Reflexology CUPPING with Full Body Massage

50m\$160/ 80m\$185/ 110m\$245

Pedi Cupping is a powerful combination of Biomagnetic Reflexology, Dynamic Cupping and Plantar Fascial Release on the lower compartment and foot. Reflexology is a natural, non-invasive way of stimulating internal organs, increasing circulation and restoring bodily functions to normal. Reflexology treatments are easily enhanced with the Suction Cups, Biomagnetics can also be used for addressing joint discomfort, and trigger points. Reflexology can reduce stress, relieve pain, increase energy, improve circulation, cleanse the body of a myriad of toxins, improve health, strengthen the immune system, enhance creativity and productivity.



## FACIAL & DECLATÉ REJUVINATION CUPPING with Full Body Massage

50m\$160/ 80m\$185/ 110m\$245

Promote circulation, relieve muscle tension, and help with sinus congestion and headaches, reducing puffiness, softening fine lines and wrinkles, stimulating collagen and helping products absorb more easily. Declaté lymph drainage massage purpose is to move fluid out of your tissues into lymph nodes where bacteria, viruses and other harmful microorganisms are destroyed. The drainage of stagnant fluids reduces edema and chronic puffiness. Lines and wrinkles will plump, making it an exceptionally powerful and surprisingly relaxing enhancement to advanced facial treatments.

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## ~ SPECIALTY CUPPING MASSAGE TREATMENTS *continued*~



### **AQUATIC THERAPEUTIC CUPPING MASSAGE**

50m\$160/ 80m\$185/ 110m\$245

Hydration cupping has therapeutic benefits associated with incorporating the soothing healing effects of water infused with raw algae to provide the body with the effects of glide/slide cupping and therapeutic massage.

### **BIOMAGNETIC THERAPY CUPPING MASSAGE**

50m\$160/ 80m\$185/ 110m\$245

The therapeutic application of magnets, at the deepest level, is based on the principle of restoration of normal cellular vibrational function, positively influencing the relationships throughout the entire body-mind process. Myofascial release, Trigger Point Therapy, and Orthopedic Cupping available with this treatment.

### **IONIC THERAPY CUPPING CALIBRATION MASSAGE**

50m\$160/ 80m\$185/ 110m\$245

Ionic detoxification is a means of removing toxins from the body and balancing cellular energy. This is suggested therapy for people who have accumulated many stored toxins and are not able to get rid of them efficiently, due to overworked liver, spleen, and kidney functions and recommended therapy for those who take a lot of medications.

### **DETOX LYMPHATIC DRAINAGE CUPPING MASSAGE**

50m\$160/ 80m\$185/ 110m\$245

Detoxification is the process by which the body is allowed to rest and is provided with the essential nutrients it needs. Cupping therapists can help speed up the detoxification process by providing cupping therapy on particular spots of the patient's body. The massage uses very light pressure and long, gentle, rhythmic strokes to increase the flow of lymph and reduce toxins in your body.

### **NERVE IMPINGEMENT PAIN RELIEF CUPPING MASSAGE**

50m\$160/ 80m\$185/ 110m\$245

Nerve impingement, compression neuropathy, and or nerve compression syndrome or compression neuropathy, also known as entrapment neuropathy, is a global condition. It is known colloquially as a trapped nerve, and this treatment is for these nerve issues. This specialized treatment of specific massage therapy cupping for nerve compression is extremely effective in relieving such stubborn and often debilitating conditions.

### **MYOFACIAL RELEASE TRIGGER PT CUPPING MASSAGE**

50m\$160/ 80m\$185/ 110m\$245

Trigger points are typically found in muscles that are overworked or injured from falls, strains and sprains. A major cause of trigger points is submaximal isometric muscle contraction (contraction without shortening) of muscle. Trigger points are hyperirritable spots in skeletal muscle this particular modality is most suitable at treating.

### **CELLULITIS REDUCTION CUPPING MASSAGE Treatment**

50m\$160/ 80m\$185/ 110m\$245

Cupping is an excellent therapy for the belly, thighs, and buttocks where cellulitis accumulates. Abdominal cupping stretches the walls of the organs, thus sloughing off stagnant waste and mucus and overall promotes the activity of digestion. Weight Loss and Cellulite treatment is one advantage that can be seen from using the cupping method.

### **Add ons or upgrades include:**

Himalayan Salt Stone Massage Treatments *or* Facial Mask \$10

Hot/Cold Jade Stone Massage Treatments *or* Foot Reflexology Scrub \$10



## ~ INTEGRATED SPORT WRAPS & TREATMENTS ~

*Gentle, calming, and soothing appropriate alternatives are always provided for sensitive skin*



### HYDRATION WRAP & SPECIALTY SPORTS MASSAGE

50m\$160/ 80m\$185/ 110m\$245

**Infuse your skin** with a selection of repairing ingredients formulated with antioxidants, organic seaweed extract, and trace minerals for cellular repair in the form of a luxurious wrap and complimented with a Sports Medicine Massage of your choice. Featured body hydrate: *OSEA Undaria Algae Oil / OSEA Ocean Cleansing Milk / Sea Minerals Mist*

### EXFOLIATION WRAP & SPECIALTY SPORTS MASSAGE

50m\$160/ 80m\$185/ 110m\$245

**Repair your skin** by providing exfoliation for your arms and legs with Salts of the Earth Scrub, an ultra-hydrating, anti-aging mineral salt body scrub followed with a nourishing wrap complimented with a Sports Medicine Massage of your choice. Featured body exfoliate: *OSEA Salts of the Earth / OSEA Ocean Cleaner / Dry Brushing treatment*

### DETOXIFICATION WRAP & SPECIALTY SPORTS MASSAGE

50m\$160/ 80m\$185/ 110m\$245

**Cleanse your body and pores** with naturally derived ingredients for detoxification and cleansing of the largest organ system, the skin. This soothing wrap offers cooling relief to often clogged skin in need of purification and so is complimented with a Sports Medicine Massage of your choice. *OSEA Cleansing Mud / OSEA Ocean Cleanser*

### HELIOS THERAPY WRAP & SPECIALTY SPORTS MASSAGE

50m\$160/ 80m\$185/ 110m\$245

**Calm and sooth Sun Burns** and fatigued muscles simultaneously with a uniquely devoted combination treatment for both your sensitive damaged skin and your sore tired muscles. *Aloe Vera & Algae H2O or OSEA Cleansing Milk*

## INTEGRATED TREATMENTS SPECIALIZED with Specialized Add-ons



### KINETIC TAPING POST SPECIALTY SPORTS MASSAGE

\$20 per body part

RockTape® is a high grade kinesiology tape that can be used to treat sports injuries, relieve pain, and increase the speed of recovery, mobilization and stability, and reduce swelling. During pregnancy, some of these specific applications include belly support, lower back support, and hip pain prevention. Tape can stay on for days!

### INDIVIDUALIZED NUEROSKELETAL SCREENING & CALIBRATION

\$30 added onto Treatment

Specialized treatments intail a medical intake to determine uniquely and appropriately individualized treatments specific to every client by the owner of Kainetics Neurobic Morphology, LLC. This proprietary service entails a detailed hands-on Kainetics® Biological Screening & Assessment Intake© prior to any treatments.

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