



Our Physical Therapist with *Relax and Refresh, Health Beauty and Wellness*, Massage Therapists focuses on physical medicine and rehabilitation specialty that remediates impairments and promotes mobility, function, and quality of life through examination, diagnosis, prognosis, and physical intervention (therapy using mechanical force and movements). In addition to clinical practice, other activities encompassed in the physical therapy profession include research, education, consultation, and administration. Our settings, physical therapy services provides alongside, or in conjunction with, other medical services.

**Swedish/Therapeutic** – Best for relaxation, stress relief, relaxes the muscles and joints  
Thai Massage

**Deep Tissue** – best for chronically tight or painful muscles, repetitive strain, postural problems, or recovery from injury

Sports massage therapy is geared toward athletes of every kind, from world-class professionals to weekend joggers. The particulars of the sports massage technique are specific to the athlete's sport of choice. Focusing on areas of the body that are overused and stressed from repetitive and often aggressive movements.

**Shiatsu** – finger pressure applied on the points of body to improve the flow of blood and energy

**Hot Stone** – Best for easing muscle tension without deep pressure, maximizing massage

**Reflexology** – Best for relaxation and improved lymphatic drainage and blood circulation. The application of pressure to reflex zones is that the pressure affects the nerves, which then carry signals to other parts of your body. These benefits help relieve the effects of stress, which in turn helps your body find balance and heal itself.

**Reiki/ Shakra** -Increase and free the unbalanced energy flow in the body. It is equivalent to “body healing”. Shakra uses only touch and sometimes merely the proximity of the healer's hands to particular parts of the body. It is a hybrid treatment. Loosens muscles, increases oxygen and blood flow throughout the body, and encourages the free flow of the body's own energies.

**Pregnancy Massage** - Prenatal massage, also known as pregnancy massage, promotes relaxation, soothes nerves, and relieves strained back and leg muscles in expectant mothers. Prenatal massage is especially beneficial in the second and third trimesters, when the extra weight in your belly puts a strain on your back.

**Craniosacral Therapy** A cranio-sacral therapy involves which allows to “tune into the cranio-sacral rhythm”. Craniosacral therapists specialize in treating mental stress, neck and back pain, migraines, TMJ, chronic pain conditions such as fibromyalgia.

**Detoxifying Lymphatic Massage** – An effective technique for purifying the body by stimulating the lymphatic system, flushing toxins and activating the immune system.

**Thai Massage** - Shiatsu is often used to relieve stress and protect against stress-related health issues. It is also said to boost energy and improve range of motion and flexibility. In addition, Thai massage is being explored as a treatment for the following health problems:

- Tension headaches
- Balance
- Certain types of back pain (typically subacute and chronic nonspecific back pain)
- Muscle spasticity

