Watsu ®

WEIGHTLESS GENTLE MASSAGE FLOATING IN WARM WATER



More info on WATSU R

www.watsu.com





allows your body to relax deeper. Watsu's ® relaxing, stress reducing effects are deep, lasting and profound.







Torks with the synchronization of breath and movement beneath the water in beautiful dance-like progression, as part of aquatic bodywork. Slowing the heart and breath



to produce a deep meditative state.



95 DEGREE SALT WATER INDOOR THERAPY POOL LOCATED IN FORTUNA WHEELCHAIR ACCESS INCLUDING SHOWER **POOL RENTAL** HOT TUB RENTAL





www.akashabodysmith.com

AKASHA BODYSMITH ADVANCED MASSAGE



RELIABLE

EDUCATED

EXPERIENCED

- Gift Certificates
- Flexible Hours
- Out-Calls



Professional Member of the American Massage Therapy Association for 20 years

MASSAGE MODALITIES

Swedish- A gentle circulatory massage to stimulate blood and lymph, range of motion and stretching can be used.

Polarity Therapy- Works with the energy fields of the body (can be light touch or very stimulating) restoring proper energy balance through sympathetic resonance with the practitioner.

Shiatsu Acupressure- Applying pressure along Chi lines (meridians) corresponding to organ systems of the body. Herbs, flavors, Tai Chi, meditation and nutrition are compatible applications.

Neuromuscular Therapy- Applies specific pressure on trigger points to relieve chronic pain. They exhibit local tenderness and can refer pain or other sensations.

Deep Tissue- Using ischemic compression on specific muscles to restore circulation. Stretching and joint movement return muscles to normal resting length. Some conditions that benefit from deep tissue massage,

* Chronic pain from injuries, repetitive motion

* Severe pain from muscle spasms, ischemia (lack of blood), fatigue

* Stiffness from immobility, adhesions **Orthopedic Massage**-The Hendrickson Method® recognizes that muscle tissue develops a positional dysfunction interfering with mechanical body movement. Application of specific wavelike strokes can realign the tissue to functional position, also using muscle energy technique to facilitate neurological integration.

ASSAGZ



- Ease tension
- Reduce stress
- Restore mobility
- Just plain feel good

KIM CHAMBERLAIN

ADVANCED MASSAGE

AQUATIC BODYWORK

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