Watsu ®

WEIGHTLESS GENTLE MASSAGE FLOATING IN WARM WATER



More info on **WATSU** ${\mathbb R}$

www.watsu.com

Imagine being afloat in a warm pool, stretching muscles while gently moving - calming the mind. No sensations but the tensionless, support of water that



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



Waterdamce



Works 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

AKASHA BODYSMITH

MASSAGE

AQUATIC BODYWORK CENTER



RELIEVE

TENSION
PAIN
STRESS

KIM CHAMBERLAIN

- · ADVANCED MASSAGE
- · AQUATIC BODYWORK

FORTUNA, CA.
BY APPOINTMENT

707-725-8867

www.akashabodysmith.com

AKASHA BODYSMITH ADVANCED MASSAGE

EDUCATED

RELIABLE

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.

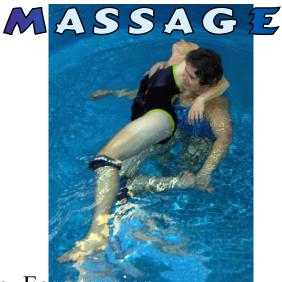
Polarity Therapy- Works with the energy fields of the body (can be light touch or very stimulating) restoring proper energy balance through sympathetic resonance with the practitioner.

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.



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



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