

The Day Spa
has several
highly experienced
technicians:

Andrea West-Antoun
Patty Gribel*
LaKeisha Jones

*Reiki

The Day Spa at
Salon Elizabeth

35129 Dodge Park
Sterling Heights, Mi 48312

586-264-3820
dayspaatsalonelizabeth@gmail.com
dayspaatsalonelizabeth.com

Massage:

Swedish

Therapeutic

Deep Tissue

Hot Stone

Reiki

Why Massage?

Some people receive massage regularly to keep themselves in good physical shape. For instance, athletes get sports massage, which is a form of therapeutic massage. Those who have physically challenging job, such as construction workers, find massage helps keep their muscles loose, strong, and flexible. Others have health related concerns and have incorporated massage as part of their general physical wellness program.

By far, relaxation and stress reduction are the most common reasons for booking a massage.

What to Expect

The therapist will ask about overall health, injuries or other concerns you might have. Things you should tell a therapist include areas of tightness or pain, allergies, and any health conditions like pregnancy. Also tell them if you prefer light or firm pressure. It's best not to get a massage if you are ill.

After the consultation, the therapist will tell you how to lie on the table – face up or face down – then leave the room. You will disrobe to your undergarments and cover with a sheet. They will knock before entering.

During all types of massage, the therapist will use massage lotion, cream or oil on the skin and various massage strokes to warm up the muscle tissue, releasing tension and gradually breaking up “knots.”

What is Swedish Massage?

Swedish massage is the most common and best-known type of massage. If it's your first time at a spa or you don't get massage very often, Swedish massage is the perfect choice for you. In general, Swedish is good if you are just looking to de-stress and relax.

What is Deep Tissue Massage?

Deep tissue massage is aimed at the deeper tissue structures of the muscle and fascia, also called connective tissue. It benefits chronically tight or painful muscles, repetitive strain, postural problems, or recovery from injury.

Deep tissue massage is normally used in conjunction with many other styles of massage. It uses similar movements and techniques as Swedish massage, but the pressure will generally be more intense.

It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots, referred to as "adhesions."

Will A Deep Tissue Massage Hurt?

It is likely to be more uncomfortable than a classic Swedish massage. You should always feel free to speak up if the pressure is too much for you. It's important to drink a lot of water after a deep tissue massage to help flush lactic acid out of the tissues. If you don't, you might be sore the next day. It's possible that you might feel some soreness the day after a deep tissue massage even if you DO drink water. This just means a lot of waste products were flushed out of the tissues. It should pass within a day or so.

What is Therapeutic Massage?

Therapeutic massage is less about relaxation and more about obtaining a “therapeutic benefit.” It is the manual manipulation of the body's soft tissue, and is generally used for the reduction of stress and pain.

Your therapist will tailor the massage to your needs by identify areas that may be out of balance or sore and work with those areas through kneading, muscle stripping, stretching and other techniques designed to help the muscles heal.

What is Hot Stone Massage?

Your therapist will apply heated stones to areas of your body where tension exists. Larger stones are placed along the back, near the spine and on large muscle groups such as the shoulders. The smaller stones are placed on smaller, isolated areas of pain. The therapists will also use the stones as tools to work the muscles that are tense. The heated stones help the client's body become relaxed and resulting in a more deep and relaxing message.

This type of treatment is not recommended for people who have high blood pressure, heart disease or diabetes. Individuals who are taking blood thinning medications are also strongly cautioned to avoid the use of hot stone therapy. Pregnant women or those with sunburn should not have this treatment.

Reiki

“Energy Work”

Reiki is a gentle, yet powerful alternative to other forms of bodywork that provides deep relaxation. It is suitable for those with a painful condition, who are pregnant or who prefer not to undress.

Did You Know?

You can add limited hot stonework to any of our massages for only \$10. Also, you may choose to convert any massage to 30 minutes for \$45...but why would you?

*Massage is the
key to
your serenity.*