

Chapter 1 : Massage Therapy

The Art of Massage prides itself on raising the bar of excellence in massage therapy. Our therapist are all New York State licensed and are trained in many modalities focusing on soft tissue pathologies.

Pregnancy massage focuses on addressing the special needs of expecting women. Specially-designed massage tables, cushions, and side-lying postures are used to prevent putting pressure on the abdomen. Pressure is applied to specific areas of the feet to correspond with specific areas throughout the body. This wonderfully relaxing foot massage helps to align your balance while having the ability to boost health: Smooth basalt river stones are heated and placed on specific points to increase muscle release and provide comfort and warmth. They are also used to massage the body and are integrated with Swedish and deep tissue techniques. A powerful, rejuvenating massage designed to increase circulation and range of motion as well as provide an overall sense of well being! Focuses on deep layers of muscle tissue, releases chronic muscle tension and improves blood flow. It usually focuses on specific areas and may cause some soreness for hours after the session. A mixture of gentle massage techniques that release tension in the fascial connective membranes that cover muscles, bones, and internal organs. Myofascial release aims to restore balance throughout the entire body. Myofascial differs from a more manipulative massage approach in that it works with the layer of tissue on top of and in between muscle and bone. Excellent for migraines and TMJ and a whole host of other conditions. Increase lymphatic circulation to help detoxify the body. This session will cleanse and regenerate tissues and organs and promote balance of chemistry. Lymph Drainage helps to stimulate the lymphatic system by removing waste more rapidly and reduce or remove inflammatory processes. Helps with sinus congestion, digestion, post-surgical recovery processes and removal of anesthesia from the tissues, and overall energy. Especially beneficial for people who suffer from migraines or chronic pain patterns. She has a wonderful attitude and is very skilled at massage. Site design by Red Thinking.

Chapter 2 : The Art of Massage - John Harvey Kellogg - Google Books

Why would you go anywhere else when we can offer you: The Most Skilled Therapists in the Area The Widest Range of Therapies Offered Online Booking The Fusion Experience.

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1. Holding Holding is an intrinsic part of massage. Practised properly, it can be a very powerful and expressive technique that will help calm and centre yourself and your partner. We intuitively practice holding whenever we experience pain or strong emotions. In massage, holding can be used at the beginning of any sequence as a centering and grounding technique. If you are practising self-massage, find a quiet place, close your eyes and breathe deeply. Try slowly bringing your hands up to either side of your face and enjoying the warmth that transfers from hands to face, face to hands. Alternatively, lay one hand across your forehead, the other supporting your head from behind and breathe slowly. Or simply lay both hands across your chest until you feel the warmth of your hands spreading through your chest to your heart. You can also use holding as a way of bridging separate parts of the sequence, maintaining a seamless flow from one movement to the next. Rubbing speeds up your blood flow, which immediately increases oxygen levels in your body. This should be a dynamic movement. Find a level of pressure that works for you and maintain a consistent rhythm. You can rub every part of the body. If you have cramp in your legs or feet, rubbing is great for warming up tense muscles. Use the flat of your hand or the edge of your palm to rub. A warming, energetic back rub can reinvigorate the entire body. So simple, yet amazingly effective. Cupping and tapping This is a vigorous technique used to re-energise the body. Create a cup shape with your hand by bending your fingers slightly at the knuckles. Keep your wrists loose and bounce your hand off your body using the whole of your cupped palm. This is a vigorous movement that stimulates your blood flow. If you are cupping your limbs, always start from the bottom and work upwards in the direction of the heart. Cup each part of the body for a count of five before moving on. Repeat the whole sequence until you feel invigorated. Tapping works on the same principle but should be kept for the smaller parts of your body, such as your scalp and forehead. Instead of using your palms, drum your fingertips rhythmically across the entire area. This should be an awakening sensation, so make sure you maintain a consistent and comfortable level of pressure. Tapping and cupping can be done on a partner or on yourself, although you should avoid using this technique on the abdomen - your stomach is too delicate for this vigorous and noisy! Kneading counteracts this by stretching and loosening the fibres, helping you to relax and unwind. Create an arch with your thumb and fingers over the part of the body you are massaging. Then, using as much of your hands as possible in order to avoid pinching the skin, lift and roll the muscle between your fingers and thumb. Make sure your thumbs and fingers are working rhythmically together. Use one hand to knead small areas, two for large areas. If you find that the muscles are too tense to lift and roll, gently knead the surface of skin and gradually increase the pressure. This can be painful at first, so adjust the pressure levels accordingly. Avoid direct pressure on the bones, however, especially when you are working along the spine. Where you encounter a particularly gristly knot an area of hard or tight muscle, ask your partner to take a deep breath, then press it. You can use just a single thumb to apply static pressure but, for extra pressure, try placing one thumb on top of the other. Work your way slowly along the area you are treating, making sure you maintain a consistent level of pressure. Hold each pressure point for five seconds before gradually releasing. The movement needs to be slow and consistent to be effective. Static pressure also works on the smaller areas you least expect. Try applying static pressure to your palm using your thumb, working your way around the entire palm. Apply circular pressure if you want to really stretch out tense muscle fibres but again, only concentrate pressure on muscles, not bones. For wider coverage, use the edge of your palm. The circles should be slow and deliberate, so that the muscle has a chance to really relax. Effleurage relaxes muscle tissue and increases the blood flow, and should be used at the beginning and end of a massage sequence. It has a wonderful calming effect on the body and helps establish a climate of trust between yourself and the recipient. Start at the base of the back with your palms lying flat and your thumbs just touching. Apply a continuous level of pressure be guided by the recipient on this and begin to slowly push your hands up their back towards the neck, taking care not to put pressure directly on the spine. When you

reach the neck, slide your hands apart along the shoulders. From here, slide out to the sides and come back to the centre. Aim to complete between five and eight full sequences. Effleurage can be carried out on every part of your body. However, there are certain circumstances under which you should avoid giving them a go: These simple sequences most of which can be done by yourself are great for combating the effects of a sedentary lifestyle, mild aches and pains and general weariness. They are preventive techniques, not miracle cures, designed to relieve temporary discomfort, tension, postural problems or stiffness. Before you begin, remember the following Instead, try holding - a completely safe technique that will help you to make a mental connection between your hands and the painful area. This will also give you a rush of oxygen which should help combat headaches and feelings of fatigue.

Chapter 3 : Penthouse: The Art of Massage (Video) - IMDb

The Art of Massage opened its doors in April in Suite 1 of the Colony Building on New Orleans Road. In , we expanded to include Suite 2 and added another treatment room, a shower area, and a larger lounge area to include a beautiful gallon fish tank and custom mural.

Designed using Homestead website templates. Create a website today. Fusion Not sure what style you would like? Sample a few different types of massage. If there is a specific style you are interested in, please let us know so that we may schedule you accordingly. Our own signature facial oil and hot towels are included. Sessions are performed on a floor mat while fully dressed in loose, comfortable clothing. Thai Reflexology A comprehensive foot treatment, this massage will soothe any discomfort in the feet and lower legs. Reflexology uses points on the feet that correlate to other areas of the body, bringing relaxation and overall improved function to the entire body. Swedish The most common type of massage is Swedish massage. It involves soft, long, kneading strokes on topmost layers of muscles. By relieving muscle tension, Swedish massage can be both relaxing and energizing. Ashiatsu Using overhead bars for balance, this massage is performed with feet. Long strokes and deep pressure milk the muscles and release toxins to induce deep relaxation. This massage is for those who love deep tissue, especially on the back, glutes and legs. Deep Tissue Deep tissue massage is best for giving attention to certain painful, stiff "trouble spots" in your body. The massage therapist uses slow, deliberate strokes that focus pressure on layers of muscles, tendons, or other tissues deep under your skin. Hot Stone During a hot stone massage the therapist uses smooth, heated stones as an extension of their own hands. The heat can be both deeply relaxing and help to warm up tight muscles in conjunction with other massage techniques. Prenatal Pregnancy massage is safe during all trimesters to help reduce stress, decrease swelling, and relieve muscle pain. Sound Table Experience Sound Therapy tables produce gentle frequency based vibrations that massage every cell in your body, passively, through bone and skin conduction while remaining fully clothed and listening to the music via headphones or room speakers, a Sonic Bath if you will. You hear and feel the music and frequencies simultaneously washing over you bringing you into a harmonious state of mind, body and energetic field or spirit.

The science-based art of massage uses pressure, quality of touch, accuracy of knowledge and technique, strokes' duration, rhythm, choice of instrument—thumb, palm, fingers, handheld tool—and the harmonious use of two hands, as in a Johann Sebastian Bach two-part invention for piano.

Jump to navigation Jump to search John Harvey Kellogg wrote an extensive piece on concepts revolving around the topic of massage. In his work published in called The Art of Massage, he makes it a point to discuss the history of the field. Kellogg supported pushing the idea that massage can help stimulate muscles to prevent their degradation. Also, not one category was present where the amount of muscles present in men was equal to the amount in women. Description[edit] He begins by talking about the influence of the Chinese on the practice. They were seen as one of the first people to use massage to help relieve illness , and had particularly important contributions to the development of the field. After this, there is space devoted to laying out what the pupil should study and examine so as to become better at the art. This is an idea Kellogg advocated for in many different contexts besides just this book. Joint movements are considered, and then the piece delves into how to massage separate parts of the body. There are special massages for each distinct body part he focuses on. Kellogg believes that the techniques are important for every part of the body, whether it is necessary to perform the practice on that area or by massaging other parts of the body that are connected to it. Kellogg is known for pushing the idea that massage can help stimulate muscles so as to prevent their degradation. After introducing the unique machines used to give people massages, the improvements to the devices over time are examined. Kellogg takes care to mention Metzger and Isidor Zabludowski , two prominent masseurs that were well-established at the time this work was written. However, he dotes on the practices of Zabludowski, and tends to dismiss Metzger as someone who has not contributed in a way that Kellogg deemed substantial or helpful to the growth of the practice. Through this neglect of Metzger, Kellogg makes it clear that he values the physiological effects of the massage greatly when he claims that Metzger has done nothing to assist in this field. A chart was made describing each type of muscle being observed. In every category, men were believed to have more muscles than women. There was not one category where the amount of muscles present in men was equal to the amount in women. After this, Kellogg talks about the importance of rest. He mentions the fact that for many years, people and doctors had believed rest was a crucial part of recovering from illnesses. However, he said that the concept of rest had become so powerful that at the time he wrote this piece, people actually started to think of the process as a " rest-cure ". Besides these guidelines, he also takes the time to describe to others all of the various terminology involved with the field. Definitions are provided for words such as massage, masseuse , and for direction of movements like "centripetal". Then, there is an extensive chart provided that goes into detailed information about the names of the muscles, nerves associated with it, and the actions that the particular muscle has in relation to the rest of the body. Alongside the chart, there is some information about muscle contraction and the chemicals that may be involved in movements. Appendix one focuses on clinical cases that show the use of massage in actual cases with patients. Some of the cases describe patients who lost weight due to massage therapy, others describe individuals who originally suffered from certain diseases and then received massage therapy, which helped them relieve symptoms, or actually seemed to cure their ailment. Even the descriptions Kellogg uses the describe the effects of massage are sometimes unadulterated. There are also images that display the practices Kellogg tries to encourage, as well as pictures of muscles and parts of the body.

Chapter 5 : The Art of Massage and Yoga Therapy - Home

John Harvey Kellogg wrote an extensive piece on concepts revolving around the topic of calendrierdelascience.com his work published in called The Art of Massage, he makes it a point to discuss the history of the field.

This became evident when she named her business. So I called it The Art of Massage. The important thing is that my staff provides everyone a soothing touch, a balm for the mind, and serenity for their soul. Or, as 19th-century British poet John Ruskin once exclaimed: Talented newcomers enjoy an incredible opportunity to begin practicing without having to find clients or make a large investment in an office. The Art of Massage offers a beautiful and friendly environment. We encourage a team atmosphere where therapists can share their knowledge and techniques. Our staff handles the day to day operations and administration so you can concentrate on providing exceptional massage therapy. For further information, please email your resume with cover letter to: She is experienced in Swedish massage, deep tissue, medical massage, Hot stone massage, reflexology, prenatal massage, Cranio-sacral therapy, Myofascial Release Technique, orthopedic testing, and Reiki. In addition she has been a licensed Esthetician for 8 years. Some of her skin care specialties encompass facial and body waxing, facials treatments, body scrubs, back facials, body wraps, and enzymatic peels. My therapy treatments include addressing injuries, chronic and acute pain and managing stress to improve health and wellbeing. The techniques that I currently utilize include swedish, deep tissue, myofascia release and trigger points and reflexology. As a massage therapist, Rick enjoys the wide variety of individuals I encounter during my work. Every person is different and interesting. Fulfilling the needs of each client is the motivation behind his treatments. This allows the opportunity for someone else to schedule an appointment. Since all massage services are by appointment only, a major credit card is required to hold your appointment. If you arrive late, your session may be shortened in order to accommodate others whose appointments follow yours. Depending upon how late you arrive, your therapist will determine if there is enough time remaining to start a treatment. All appointments will be held with a credit card. It is our pleasure to serve you!

Chapter 6 : The Art Of Massage

Holding is an intrinsic part of massage. Practised properly, it can be a very powerful and expressive technique that will help calm and centre yourself and your partner. We intuitively practice.

Chapter 7 : Services | The Art of Massage

Schedule An Appointment ONLINE. Above all we are Deep Pressure Specialists. From our Full body Deep Tissue Massage (according to your preference) To a Pain Relief focused sessions, we will design a massage session to your specifications and needs.

Chapter 8 : Book a massage with The Art of Massage | Falls Church VA

About Us The Art of Massage is a privately owned small business that personalizes each session to the needs of our clients. We offer a wide range of bodywork modalities including the more specialized services: CranioSacral therapy, Myofascial Release, Reiki, Lymphatic and Hypnosis.

Chapter 9 : Massage Therapy in St. Pete Beach, St. Petersburg, Gulfport and South Pasadena, Florida

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