

# Massage

Massage is one of the oldest, simplest forms of therapy. It is a system of stroking, pressing and kneading different areas of the body to relieve pain, relax, relieve stress, stimulate and tone the body. Massage does much more than create a pleasant sensation to the skin, it also works on the soft tissues (the muscles, tendons and ligaments) to improve muscle tone. Although it largely affects those muscles just under the skin, its benefits may also reach the deeper layers of muscles and possibly even the organs themselves. Massage stimulates blood circulation and assists the lymphatic system (which runs parallel to the circulatory system) in the elimination of waste throughout the body.



## The Benefits of Massage

Perhaps the most well-known and immediate benefits of massage are reducing stress, easing away tension and helping clear the mind. Through the stretching and loosening of muscles, massage soothes the nerves and alleviates muscle tension. Through stimulation of blood and lymph circulation, massage replenishes muscles with fresh oxygen and nutrients while simultaneously flushing away metabolic waste products. The end of a massage session will leave individuals with a happy blend

of energy and relaxation, rejuvenation and tranquility. Regular massage can have the effect of strengthening and toning the entire body mechanism and so help to prevent unnecessary strains and injuries that might otherwise occur due to excess tension or structural weakness. Research shows massage reduces heart rate, lowers blood pressure and alleviates pain in migraine sufferers.

### Physical Benefits of Massage

- Relieves muscle tension and stiffness
- Alleviates discomfort during pregnancy
- Fosters faster healing of strained muscles and sprained ligaments; reduces pain and swelling; reduces formation of excessive scar tissue
- Reduces muscle spasms
- Provides greater joint flexibility and range of motion
- Enhances athletic performance; treats injuries caused during sports events
- Promotes deeper and easier breathing
- Improves circulation of blood & movement of lymph fluids
- Reduces blood pressure
- Relieves tension-related headaches and effects of eye-strain
- Enhances the health & nourishment of the skin
- Improves posture
- Strengthens the immune system
- Treats musculoskeletal problems
- Rehabilitation post-operative / injury

### Mental Benefits of Massage

- Promotes a relaxed state of mental alertness
- Helps relieve mental stress
- Improves ability to monitor stress signals & respond appropriately
- Enhances capacity for calm thinking & creativity
- Develops emotional health
- Satisfies needs for caring, nurturing touch
- Fosters a feeling of well-being
- Reduces levels of anxiety
- Increases awareness of mind-body connection

Set Your Appointment Today!

757.873.3900

## Our Services In Detail

The Institute of Health & Healing Clinic was developed to allow our students "Hands-On" practice on the public to perfect and grow their skills. All of our students, grads, certifieds, practitioners and professionals must come in specifically for your appointment. No one is on staff when doing services. We may only be able to accommodate your service by appointment so please, if you cannot make your scheduled appointment time, just give us a call so we can provide the time to someone else who may be on our same day waiting list.



We provide services for massages, facials, body treatments, waxing and nails. The following information is a detailed description of each service. Our facilities will accommodate more than one person at a time such as the couples room which holds two tables, the esthetician room which holds four tables and our largest room which holds six to eight tables so larger groups are not a problem.

Our Clinic hours are Monday - Friday 9am-7pm and Saturday 8am-5pm. Rooms are available for rent for services, meetings and seminars.

## Types of Massage

The Institute of Health & Healing provides several levels of massage service. The Student, Grad Student and Certified Massage Therapists which have different skill levels and the prices reflect accordingly.

- The massage student must be at a specific point in their course studies and test out with an assigned certified massage therapist before they are allowed to practice massage on the public. The massage student must also give five Certified Massage Therapist reviews throughout their training while in the Clinic so their skills can be properly ascertained. The public is asked to honestly evaluate our students service so they may grow in their skills.
- The Grad Students have been through the entire massage therapy program or advanced program and are waiting to take their National Certification exam. The Grad Student is allowed to practice in the Clinic for three months after their completion date.
- The Certified Massage Therapist has passed their National Certification exam and is certified by the State Board of Nursing to be a Certified Massage Therapist.

### We offer the following massage techniques:



firm pressure

- ◆ Swedish Relaxation Massage - light to medium pressure
- ◆ Therapeutic Massage - medium to firm pressure with focus
- ◆ Deep Tissue Massage - firm pressure with deep strokes throughout
- ◆ Prenatal Pregnancy Massage - light to medium pressure and you must be past your first trimester to receive a massage
- ◆ Reflexology Massage - concentrates on the feet and hands with
- ◆ Hot Stone Massage - medium to firm pressure with heated basalt stones
- ◆ Hot BambooRod Massage - medium pressure with heated Bamboo rods or sticks

# Types of Massage

## Swedish Relaxation Massage

Swedish relaxation massages are provided by current students enrolled in the Massage Therapy program. The Swedish massage is a light to medium pressure. One of the most commonly taught and well-known massage techniques, Swedish massage is a vigorous system of treatment designed to energize the body by stimulating circulation. Five basic strokes, all flowing toward the heart, are used to manipulate the soft tissues of the body. The disrobed client is covered by a sheet and/or blanket at all times, with only the area being worked on exposed. The student or therapists use a combination of kneading, rolling, vibration, percussive, and tapping movements, with the application of oil, cream, gel or lotion to reduce friction on the skin. The many benefits of Swedish massage may include generalized relaxation, dissolution of scar tissue adhesions, and improved circulation, which may speed healing and reduce swelling from injury. Grad Students and Certified Massage Therapists may also provide a Swedish massage ~ it's all in the pressure.

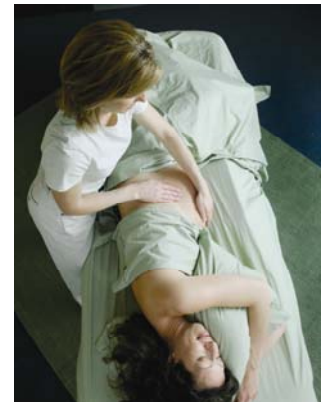


## Therapeutic and Deep Tissue Massage

A therapeutic massage is usually deep work and may focus on a specific area for the entire length of the massage. A firm or deep tissue massage can be given during the full body massage which usually starts at the 1 hour, 90 minutes and 2 hour time frames. They may use their elbows, forearms, hands and knuckles to administer the different strokes and pressure. The more therapeutic, firmer, deeper massages are provided by the Grad Students and Certified Massage Therapists.

## Prenatal/Pregnancy Massage

You must be past your first trimester (13 weeks or more) to receive a prenatal massage here at the Institute. Many methods of massage and somatic therapies are both effective and safe prenatally and during labor and postpartum periods of women's pregnancies. Prenatally, specific techniques can reduce pregnancy discomforts and concerns and enhance the physiological and emotional well-being of both mother and fetus. Skilled, appropriate touch facilitates labor, shortening labor times and easing pain and anxiety. In the postpartum period, specialized techniques rebalance structure, physiology, and emotions of the new mother and may help her to bond with and care for her infant. Specialized, advanced training in the anatomy, physiology, complications, precautions and contraindications is given. The prenatal massages here are provided by the Grad Students and Certified Massage Therapists.



## Reflexology

Based on an ancient Chinese therapy, reflexology involves manipulation of specific reflex areas in the foot, hands, and ears that correspond to other parts of the body. Sometimes referred to as zone therapy, this bodywork involves application of pressure to these reflex zones to stimulate body organs and relieve areas of congestion. Similar to acupressure principles, reflexology works with the body's energy flow to stimulate self-healing and maintain balance in physical function. This technique is used to reduce pain, increase relaxation, and stimulate circulation of blood and lymphatic fluids. It is especially useful in stress-related illness and emotional disorders. Reflexology is also convenient in cases where an area of the body is traumatized or diseased to the extent that direct manipulation is not appropriate.

# Types of Massage

## Hot Stone Massage



Stones of all shapes and sizes and varying temperatures, ranging up to 140 degrees, are used during Hot Stone massage therapy to elicit physical healing, mental relaxation, and a spiritual connection to earth energy. Warm stones encourage the exchange of blood and lymph and provide soothing heat for deep-tissue work. Stones are placed in varying positions on the body which may include between the toes for energy balancing or may be used by the therapist for specific trigger-point work. Hot Stone therapy requires less effort from the practitioner's own body and delivers healing warmth to the hands, benefitting the therapist, as well as the client. If you are sensitive to heat then Hot Stones may not be for you.

## Hot BambooRod Massage

This extremely deep relaxing massage technique uses Bamboo rods or sticks as an extension of the practitioner's hands and fingertips. The practitioner will knead, roll, tap and apply pressure with the rods along the body. BambooRods of different lengths and circumference are warmed between heating pads and retain heat very nicely for a comfortable heated massage session. The therapist will pre-oil your skin with their hands and then use the BambooRods to roll and slide them over the skin allowing greater surface contact which helps with myofascial release and other heated benefits.

## Couples Massage

The couples massage is performed by two massage students, graduates or therapists in the same room as the two clients in which the clients receive simultaneous massages. The massage room can accommodate two tables and then we also have a larger room that can accommodate up to eight tables for larger parties.



## Other Services

### Aromatherapy

The use of essential oils (extracted from herbs, flowers, resin, woods, and roots) in body and skin care treatments is known as aromatherapy. Used as a healing technique for thousands of years by the Egyptians, Greeks, and Romans, essential oils aid in relaxation, improve circulation, and help the healing of wounds. Aromatherapy diffusers are utilized to fill the massage room with the scent of the oils. Specific essential oils are blended by the aroma therapist and added to a carrier oil to be used during the massage. Each oil has its own unique characteristics and benefits. Use of this technique declined as the modern pharmaceutical industry developed. However, the French chemist Gattefossé revived the art by coining the term aromatherapy and publishing a book in 1928.

### Reiki

Reiki is a Japanese technique for **stress reduction and relaxation that also promotes healing**. It was discovered by Dr. Mikao Usui in the early 1900's. Reiki is administered by "laying on hands" and techniques such as this have been practiced for thousands of years. Reiki is a very simple yet powerful technique. See additional reading.