

## Types Of Massage

- **Deep Tissue:** Long flowing strokes, deep kneading, surface friction, light tapping, and joint movement.
- **Sports Massage:** Gentle kneading and stretching lengthens contracted muscles and fascia.
- **Myofascial Release:** Painful sprains and strains, as well as myofascial adhesions, can be addressed directly with massage techniques that improve circulation and stimulate healthy separation and realignment of injured fibers.
- **Reiki:** Hands on universal energy for good health and balance of mind, body and emotions.
- **Detox Massage:** Involves using essential oils to bring the body into balance.



## *What Will My Massage Appointment Be Like?*

- You will be asked to fill out a short health questionnaire if you have never been here before.
- When you are in the massage room, you will be asked to undress to your comfort level. Your massage therapist will give you privacy to undress and you are normally covered up except for the area being worked on.
- You will relax on a padded table designed for stability and comfort. The room will be warm and quiet, often with soft music to set a relaxing mood.
- Your massage therapist will use a light oil or lotion which is good for your skin and absorbs well.
- It is recommended to drink water after your massage to help flush out any toxins.



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*Call for an appointment!*

## MASSAGE THERAPY



**TOTAL HEALTH SYSTEMS**  
Multi-Specialty Clinic  
Chiropractic • Medical • Physical Therapy • Massage Therapy • Nutrition

(586) 228-0270

