

Craniosacral massage is a method performed in order to evaluate and enhance the function of the craniosacral system. It is gentle and it involves the use of hands. The hands gently touch the surface and add pressure to certain points through special techniques. The role of the therapist is to help the craniosacral system gain its natural rhythm again, by releasing the points of restriction(*Karen Annese*)

Deep Tissue is a massage technique involving the use of slow, deep and intense massage across the grain of the muscle to heal physical injuries, chronic tension and emotional stresses within the body. Deep tissue massage applies greater pressure than relaxation/Swedish massage to deeper layers of the muscle. It can be used to release trapped nerves and correct damaged muscle tissue, as well as to soften hard muscles which have caused joint restriction and structural misalignment. (*Debi Blaisdell, Annie Twiss, Marina Reznikov, Karen Annese, Michele DellaVedova*)

Hawaiian Lomi Lomi is a traditional form of Hawaiian Massage which uses soothing circular rhythmic strokes with a generous portion of Aloha to relax the body and nurture the spirit. (*Michele DellaVedova*)

Hot Stone massage is a form of bodywork that involves the application of heated stones to the body during deep tissue massage. In many ways a stone massage session is similar to any other type of massage. The stones are heated (usually to about 130°F or 34°C) Massage oil is spread on the client's back and legs. The stones are then worked over the body. The client turns over and the process is repeated on the arms, hands, and fingers. The final parts to be massaged are the neck, head, and face. (*Jen Leyden*)

Massage with Spa Treatment involves the application of a combination of special oils and creams containing extra fine salt crystals. This mixture is briskly rubbed lightly over the body surface providing increased circulation and exfoliation to leave skin soft and refreshed. 75 minutes, \$95. (*Jen Leyden*)

Prenatal massage therapy supports the physiologic, structural, and emotional well-being of both mother and fetus. Nestled with pillows or other specialty cushions into a side-lying or semi-reclining position, most women are more comfortable for the 30-60 minutes of a typical massage session. The lower back, hips, and neck benefit from sensitively applied deep tissue, neuromuscular and movement therapy. (*Betty Carr, Karen Annese, Jennifer Leyden, Michele DellaVedova*)

Polarity Therapy is a comprehensive health system, which works with the Human Energy Field, the electromagnetic patterns expressed in mental, emotional and physical experience. In Polarity Therapy, health is viewed as a reflection of the condition of the energy field, and therapeutic methods are designed to balance the field for health benefit. Benefits of polarity therapy include profound relaxation, new insights and clarity, and increased vitality, optimism, joy and creativity(*Judy Copp*)

Swedish is a technique of massaging the muscles with special oils by therapeutic stroking and kneading of muscle tissue to promote increase flexibility and induce relaxation. It is used to improve circulation, relieve muscle pain and tension. (Jen Leyden, Karen Annese, *Marina Reznikov, Debi Blaisdell, Michele DellaVedova*)

Therapeutic massage is the manipulation of muscle and connective tissue to enhance the function of those tissues and promote relaxation and well-being. This type of massage can ease tension and reduce pain. Therapeutic massage can be a part of physical therapy or practiced on its own. It can also be highly effective for reducing the symptoms of arthritis, back pain, carpal tunnel syndrome, other disorders of the muscles and/or nervous system. (*Karen Annese, Annie Twiss, Betty Carr, Michele DellaVedova*)

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