

CRANIOSACRAL THERAPY

CranioSacral Therapy is used to locate and solve problems. It encourages your own natural mechanisms to improve the functioning of your brain and spinal cord, to dissipate the negative effects of stress, and to enhance your general health and resistance to disease.

LYMPHATIC MASSAGE

A light touch is used to promote the flow of lymph drainage throughout the body. This massage is wonderful for easing the stiffness and achiness which can result from lack of exercise. It stimulates the immune system to help fight disease, removes wastes, and increases nourishment to the body.

STRESS REDUCTION MASSAGE

Full-body relaxation massage goes far beyond simply “feeling good,” it sets in motion a whole range of beneficial responses. This massage incorporates varied techniques: Swedish, Neuromuscular Therapy, and Reflexology. You will feel soreness relieved, physically relaxed and mentally refreshed.

NEUROMUSCULAR THERAPY

A highly effective treatment for the elimination of pain caused by soft tissue (muscle, ligament, tendon, fascia, skin) injury, regardless of when the injury occurred. NMT examines 6 physiological factors which create or intensify pain in the body:

- Ischemia
- Emotional Well-being
- Nerve Entrapment Compression
- Nutrition
- Postural Distortion
- Trigger Points

This specific and scientific approach to soft tissue pain relief will help to bring about balance between the musculoskeletal system and the nervous system. Neuromuscular therapy enhances the function of joints, muscles, and biomechanics.

ZERO BALANCING

Zero Balancing (ZB) is a hands-on-bodywork system designed to align your energy body with your physical structure. Essentially, these two bodies work in concert with one another and with the external world, yet function independently of each other. The structural body is what you can see and touch—bone, soft tissue and all the body organs. The energy body is the seen and unseen movement, including muscular movements, movement of tissue fluids, cellular and molecular vibrations, movement within the body fields, and movement of the life force itself. Your energy body directly affects, and in large part is responsible for your mood, emotions and vitality. Changes in body energy and its fields

usually precede illness and have a causal relation to disease. ZB is simple yet powerful, it focuses on your whole person, even when addressing specific needs.

VISCERAL MANIPULATION

This technique works with the interconnected synchronicity between the motions of all the organs that make up the visceral system and the other structures of the body. At optimum health, this synchronous activity is flexible enough to remain stable throughout the body's many varieties of motion. However, when an organ cannot move in harmony with its neighboring viscera due to abnormal tone, displacement or adhesions, it will work against the other organs, as well as the body's muscular, membranous, fascia and osseous structures. Visceral Manipulation techniques consist of manual forces that encourage normal mobility in connective tissue. Since the visceral tissues are delicate and small, precisely directed forces reap the greatest results.

SPINAL TOUCH

When the body becomes strained and distorted, the muscle tissues need help to relax and rest. This treatment deals with the basic problem of your health stress and strain by relaxing those muscles which have been pushed beyond their "elastic limits" and have become strained. Spinal Touch allows the spine to correct with absolutely no pain to the client. The end result of the Spinal Touch Treatment is to bring your spine into mechanical balance through muscle relaxation. Remember, bones do not move muscles, muscles move bones and because of this the Spinal Touch Treatment will bring more lasting relief in many cases where the usual massage sometimes will not last.

REIKI

This technique is a gentle placing of hands over or on a fully clothed person. Restores balance and harmony bringing a sense of wholeness and wellness.

RAIN DROP MASSAGE

This massage technique uses aromatherapy where therapeutic quality essential oils are dropped onto the spine. Raindrop is a blend of an ancient Tibetan ritual procedure called vita-flex, fragrant aromatherapy, and soothing heat. The purpose of Raindrop Technique is to stimulate every organ, muscle and bone of the body at a cellular level through the oils, boosting the immune system, bringing the body into structural/electrical balance, and enabling the release of toxins or disease wherever they may be lodged.

STONE MASSAGE

This massage incorporates the use of hot stones in a Swedish massage. The added benefit is heat that penetrates the muscle and tendon providing deeper work with less pressure. It produces dramatic stress reducing results.

Make healthier choices in what you breathe, drink, and eat using nature's perfect solutions.

Getting started with....Essential Oils

Young Living's uniquely high quality essential oils are the foundation for every other product. They are available as "single" oils or blended in unique formulas. Young Living has created special kits to give you the greatest advantage in enjoying the oils right away.

Young Living essential oils are used during each massage. They are also available for purchase in the book store.

To book an appointment please call:

Connie Bynum

or

Diane McDonald

847-323-7633

847-540-5712

The prices are as follows:

Swedish Massage

60 minute session \$75

90 minute session \$105

30 minute session \$45

Myofascial Release or Zero Balancing

60 minute session \$75

90 minute session \$105

Raindrop Massage

60 minute session \$95

90 minute session \$125

Stone Massage

60 minute session \$85

90 minute session \$115

Craniosacral

60 minute session \$75

Reiki

60 minute session \$75

\$15 off your first visit