

# 安 Massage Therapy Services

At Everything Zen, we give you the best in customer service while providing wellness therapies custom-tailored to your lifestyle, personal goals, and therapeutic needs. From therapeutic massage, to organic skin care and nutritional advice, our approach is to look at each individual through mind, body and spirit, creating a therapy that works for you!

## Specialty Massages

Massages therapy can be highly beneficial for pain relief, increasing range of motion, and can help to ease anxiety and depression. Let life's stresses dissolve as you relax into a healing, therapeutic touch.

We not only offer massage by appointment 7 days a week now, but did you know that we offer so many different types:

- Swedish Massage
- Deep Tissue Massage
- Customized Massage
- Lymphatic Drainage Massage
- Medical Massage
- Pregnancy Massage
- Hot Stone Massage
- Aromatherapy Massage
- Table Thai Massage
- Sports Massage
- Reiki Massage

**Swedish Massage:** Swedish massage therapy is the modality that comes to mind when most people think about massage. As the best-known type of bodywork performed today, one of the primary goals of the Swedish massage technique is to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. But Swedish massage therapy goes beyond relaxation. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension. We offer Swedish Massage for 30 minutes at \$45, 60 minutes at \$80, and 90 minutes at \$115.

**Deep Tissue Massage:** Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints). We offer this massage for 30 minutes at \$45, 60 minutes at \$80 and 90 minutes at \$115.

**Customized Massage:** No two bodies are the same. We customize every session for each client and their individual needs. Rather than offering a choice of only one massage type, we can combine several different massage modalities into one session. We actively listen to our clients and their bodies and customize every massage. We believe that each massage should be specifically focused on your exact therapeutic needs and desires. We offer your Customized Massage for 30 minutes at \$45, 60 minutes at \$80, and 90 minutes at \$115. With our EZen BE WELL Membership Program, we offer \$64 for 60 minutes & \$94 for 90 minutes during membership period.

**Lymphatic Drainage Massage:** The lymphatic system is a vital bodily defense against infection and disease. Lymphatic drainage massage is one of the best things you can do to help your body help itself. The human lymphatic system is, in a sense, the body's second circulatory system. It is made up of lymphatic vessels, lymph nodes, lymph (the interstitial fluid drained through the vessels), and lymphocytes (specialized immune cells). The tonsils, adenoids, spleen, and thymus are all part of the lymph system. Our lymph nodes are soft, small internal structures located in the armpits, groin, and neck, as well as in the center of the chest and abdomen. The lymph nodes produce immune cells that fight infection while filtering lymph fluid to remove foreign material. When bacteria or other immune threats are present in lymph, lymph nodes increase production of infection-fighting white blood cells, which can cause the nodes to swell. The lymphatic system has no "pump" of its own to move lymph through the system, as the circulatory system has the heart. Rather, bodily movement and breathing function to move liquid lymph through the vessels and filters of the lymph nodes. For people who get too little exercise and eat too much processed food, the lymphatic system can easily be overtaxed - resulting in a body that is susceptible to infection and disease. We offer this specialty massage for 30 minutes at \$45, 60 minutes at \$80, and 90 minutes at \$115.

**Hot Stone Massage:** Hot stone massage is a specialty massage where the therapist uses smooth, heated stones as an extension of their own hands, or by placing them on the body, soothing tired nerves and muscles, relieving tension and improving circulation. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly. We offer Hot Stone Massage for 60 minutes at \$80, and 90 minutes at \$115.

**Medical Massage:** Medical massage is result oriented, and the treatment is specifically directed to resolve conditions that have been diagnosed and prescribed by a Physician. The therapist may use a variety of modalities or procedures during the treatment, but will focus the Medical Massage treatment only on the areas of the body related to the diagnosis and prescription. This is a systematic therapeutic manipulation, through applying fixed or

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movable pressure, friction, rubbing, stroking, pinching, tapping, kneading, or applying vibration to muscle and connective tissue. Sometimes this massage is performed on the whole body or just a part, causing movement to that part of the body or sometimes just holding it in a fixed position. Where massage is used for its physical and psychological benefits, this type may be termed remedial massage therapy. The goal is to help the body heal itself and to increase health, well-being, and self esteem. Symptoms that can be relieved include pain, stress, back problems, chronic pain such as Arthritis, PMS, menopause, RLS, edema, high blood pressure, bad circulation, etc. This type of specialized massage results in a reduced pain, healing injuries, improved circulation and relieved tension in the muscles and skin. We offer Medical Massage for 30 minutes at \$45, 60 minutes at \$80, and 90 minutes at \$115.

**Pregnancy Massage:** Massage therapy during pregnancy is a wonderful complementary choice for prenatal care, a soothing, relaxing treat. It is a healthy way to reduce stress and promote overall wellness. Massage relieves many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps, headaches and edema (or swelling). In addition, massage for pregnant women reduces stress on weight-bearing joints, encourages blood and lymph circulation, helps to relax nervous tension -- which aids in better sleep -- and can help relieve depression or anxiety caused by hormonal changes. We offer this massage for 60 minutes at \$80 and 90 minutes at \$115.

**Postural Corrective Bodywork:** Through a combination of posture assessment and targeted muscle testing, we identify postural patterns that are causing pain and dysfunction. We then incorporate a variety of targeted massage techniques to help you to feel better fast! We offer 90 minutes only at \$115.

**Aromatherapy Massage:** Aromatherapy uses fragrant oils extracted from herbs, flowers and fruits to naturally enhance the benefits of massage. Before each session begins, you can choose one of our unique oil blends to be used in your massage lotion. This type of massage has many benefits for mind, body and soul, as it helps your aches and pains, releases nervousness and irritability, reduces inflammation, enlivens the body and mind, while calming the mind and promoting restful sleep. Aromatherapy Massage is offered for 30 minutes at \$45, 60 minutes at \$80, and 90 minutes at \$115.

**Reiki Massage:** Are you feeling an imbalance in your life? Reiki is a form of energy healing that works with chakras, or energy centers in the body. Due to life's stresses, it can be easy to feel out of balance. Reiki works on all levels (mind, body, and spirit) to help restore and realign what your body needs. Pick an aromatherapy essential oil custom blended to what your body needs, and let the healing begin! Feel a deep sense of inner peace and clarity after your session. We offer you 60 minutes at \$80 or 90 minutes at \$115.

**Table Thai Massage** is often referred to as "lazy man's yoga". Rather than the traditional kneading of other therapeutic massage, Thai Massage incorporates passive stretching done by the therapist. The recipient is gently pushed or pulled into a variety of yoga poses, and muscles are massaged (largely with compressions) while being stretched. Thai Massage can also be incorporated with traditional massage therapy. We offer this service for 60 minutes at \$80, 90 minutes at \$115, and 120 minutes at \$145.

**Sports Massage,** beyond the obvious benefits of enhancing performance, this type of massage lends itself as a useful modality in numerous ways. The results benefit those with recurrent injury, post surgical healing or for anyone that participates in a consistent fitness regimen. We offer you 60 minutes at \$80 or 90 minutes at \$115.

Combine the benefits of massage with other healing modalities such as CrainoSacral, Reflexology and the use of our BioMat to your customized sessions.

Everything Zen

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Located at 495 Gold Star Highway, Ste. 320, Groton, CT

[www.everythingzenmassage.com](http://www.everythingzenmassage.com)

For Better Health & Wellness!