

MASSAGE THERAPY SERVICES

Hot Stone Therapy

This exotic treatment involves placing heated lava stones on the skin and pressure points with natural and aromatherapy oils. The heat from the stones increases the relaxation response and healing through improved blood flow and circulation.

Deep Tissue Massage

Focused on addressing specific muscular groups and joints or, as a full-body intensive treatment, this massage uses firm pressure to target or prevent repetitive strain and injury by releasing areas of pain and tension

Sports Massage

Simultaneously flushing lactic acid build-up from muscle tissue to reduce and prevent exercise injury pain and swelling. Sports massage also includes joint mobilization and assisted stretching to increase flexibility and strength.

Swedish Massage

A full body massage utilizing a variety of techniques with varied pressure based upon client's needs. Notable for its rejuvenating effects, Swedish massage serves to promote circulation while stimulating the central nervous and muscular and skeletal system.

Prenatal Massage

Specific Swedish massage techniques which often is combined with reflexology. Pregnancy massage also includes circulatory work to address the needs and discomforts of pregnancy. A gentle, nurturing massage that can either target specific areas of pain and tension, or can be applied as a full-body massage.

Reiki

An Eastern healing technique characterized by a light touch at affected body areas, resulting in a calming and relaxing bodywork session that enhances the client's regenerative processes. Reiki has many benefits including reducing stress, improving sleep, achieving deep relaxation and accelerating the healing process.

To Make an Appointment

To schedule an appointment with one of our massage therapists, please email stuttgartmassage@gmail.com and include your name, the requested location (Patch, Panzer, Kelley), time, date, service, length of service (15, 30, 45, 90 minutes), and the name of the massage therapist if you have a preference.