**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.

**Pregnancy 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.

**Aurum Manus Massage**

A truly holistic treatment for overall physical and mental well-being. This full body treatment combines classic massage techniques which have been formulated in such a way that tension is rapidly reduced and the body remains tranquil. It balances energy meridians with application of selected warm crystals, such as jade, rose quartz and others.

**Ayurvedic Massage**

Full body massage that is designed to detox the body with the use of selected herbs and aroma oils. With incorporating Marma points (vital energy points) this massage will leave you feel energetic and aid to achieving mind body balance

 **Cranio-Sacral Therapy**

A soothing method of detecting and connecting imbalances in the skull, spine and central nervous system. Utilizing the rhythm of fluids surrounding the brain and spinal cord, deep-seated visceral restrictions are released, improving organ functioning and realigning muscular tissue. Client remains fully clothed.

**Ayurvedic Face Massage**

A 30 minute session that targets face, head and neck to alleviate headaches and relieve stress and tension.
Shirodarha Oil Treatment: A wonderful stress reducer in which warm oil is poured slowly onto the forehead. It eliminates scalp tension, inner stress and nervousness, while creating a deep state of total bliss. (hair will get oily during the process).

**Reflexology**

This foot treatment incorporates a special massage technique in which pressure points are pressed and massaged to create a reflex to corresponding parts of the entire body to aim at releasing energy blockages, ease pain, relieve tension, and restore energy.

**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.

**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.