
Therapeutic Massage – SWEDISH, DEEP TISSUE, SPORTS, & HOT STONE

Therapeutic Massage uses many techniques to improve body function, health, and reduce stress.

Many folks suffer from daily stress and fatigue. Too often, the wear and tear which is put on the body becomes routine. As a result, our bodies become anesthetized.

The body is a structure which not only houses our muscular and skeletal systems, but also our mind and soul. Trauma and physical strain can make that structure weak and unsound.

There is a healthier way! Through massage, the foundation of the body structure can be repaired and strengthened with the tools of a skilled therapist, like Melissa Harris. She offers several techniques from relaxing massage to deep tissue therapy.

What can Massage Therapy do for you?

- Relieves stress
- Improves muscle tone
- Reduces chronic pain
- Improves circulation
- Boosts the immune system
- Assists in healing of physical and emotional trauma
- Calms the mind and body, yet stimulates the nervous system and overall circulation

Swedish Massage

Swedish Massage is the most common and best-known type form of bodywork performed today. The intention of Swedish massage is to increase the oxygen flow in the blood and release toxins and to relax the entire body by massaging the muscles using long gliding strokes in the direction of the heart. In addition, circular pressure is applied, kneading, effleurage, percussion-like tapping, bending and stretching. Lotion is often used to reduce friction and stimulate the skin.

Swedish massage is exceptional for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.



Deep Tissue/Sports Massage

Useful for anyone with chronic pain, injury or range-of-motion issues, deep tissue massage is similar to Swedish massage but is used to target knots and release chronic muscle tension. Other benefits include reducing inflammation and helping to eliminate scar tissue. The focus is on the deepest layers of muscle tissue, tendons, and fascia (the protective layer surrounding muscles, bones and joints).

Deep tissue massage uses strokes across the grain of the muscles to stimulate circulation of blood and lymph fluids. The more intense movements and techniques such as deep finger pressure may be slightly uncomfortable and cause soreness that lasts a couple of days before resulting in the desired relaxation and pain relief.

Hot Stone Massage

Hot Stone Massage features the placement of smooth, water-heated stones at key points on the body to allow for deeper relaxation of the muscles. Our professional massage therapists then incorporate a customized massage, with the use of hot stones, to create a healing and relaxing experience. Hot Stone Therapy melts away tension, eases muscle stiffness, and increases circulation and metabolism.

Hot Stone Therapy has the ability to provide deeper muscle and tissue relaxation, which in turn releases more toxins and improves circulation. The benefits of Hot Stone Therapy have even been used in the treatment of insomnia and depression



Melissa Harris, LMT - Licensed through the Ohio Medical Board, Melissa incorporates a confidence and grace into her therapeutic touch which stems from over 13 years experience. She specializes in chair and Swedish massage. She is trained in many techniques from relaxing massage to deep tissue therapy to Lymphedema treatments, all of which help significantly reduce stress, increase mobility, and bring a sense of ease into the physical and emotional body. **Contact Melissa to schedule an appointment!**

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Experience the path to healing the body through therapeutic massage!