

## **4-Handed Massage**

A two therapist, four handed full body massage incorporating Targeted Deep Tissue work™, relaxation techniques, and hot stone therapy. A unique blend of Eastern and Western massage modalities. Come and experience this innovative massage that originated at our New York studio. By special request, LMT's Ruth Brown and Debbie Vigneri team up to offer their best skills.

♥ *\$160.00 - 60 minutes*

## **Personalized Massage**

A medley of techniques and massage modalities designed to benefit the Highest good and health of the client. Hot stones, heat, vibration techniques, and movement are some of the tools that could be used to profoundly work out specific areas of tension and stress. A perfect way to balance relaxation with therapeutic work.

♥ *\$85 - 75 minutes*

♥ *\$45 - 30 minutes:*

*focused on a specific issue*

## **Traditional Hawaiian Lomi-Ili (Hot Stone) Massage**

A unique massage that offers the therapeutic benefits of Hawaiian massage (Lomi-Lomi), while incorporating the healing properties of hot stones. The heat of the hot stones profoundly reaches through the depths of muscle tissue to help reduce tension, detoxify, and encourage oxygen and nutritional flow. An extremely relaxing and invigorating experience!

♥ *\$140 - 90 minutes*

## **Biodynamic Craniosacral Therapy**

(BCST) Benefit from this Biodynamic, client guided (inherent wisdom) technique that enhances the body's own healing capabilities through the release of tension or stress held in the nervous system. This session is done with you fully clothed and resting comfortably on a massage table. Beneficial for stress-related conditions, the increase of circulation, chronic pain, improved immune system function, whiplash, TMJD, sciatica, fibromyalgia, scoliosis, arthritis, and low back tension and rehabilitation from surgery or trauma.

♥ *\$95 - 90 minutes*

## **Traditional Hawaiian Lomi-Lomi Massage**

A unique, traditional massage style using forearms and rhythmic pressure from light to deep to increase energy, relax muscles, promote overall circulation, instill a sense of well-being, and restore a state of balance to the body. Gentle stretches and gentle rotation of the joints are used to release tension and assist in energy flow and movement. A wonderful way to relax, restore and invigorate the body. An extremely beneficial experience!

♥ *\$100.00 - 60 minutes*

♥ *\$140 - 90 minutes*

## **Energy Flow (Reiki) Session**

A gentle, relaxing experience that deeply releases, de-stresses and revitalizes the body to restore balance and energy for renewal and healing. Especially helpful for acute physical, pre and post surgical and emotional imbalances. Sessions are done fully clothed.

♥ *\$80 - 60 minutes*

## **Wellness Coaching by Debbie**

Become a partner in your healthy living! Together, we will co-create lifestyle changes that will bring you health and wellness. I look forward to working with you and sharing my life's work & studies. My passions and service is dedicated to your health and wellness!

**First 30 minute session is complimentary!**

♥ *\$50 - 30 minutes*

*Phone or Skype consultations are available*

## **Personalized Yoga Instruction**

Would you like to enhance your yoga practice and receive a plan of action specialized for your body challenges and lifestyle? I am trained in the areas of Yoga, Ayurveda (Science of well being), and use the lens of massage therapy to work with and offer guidance to my students.

♥ *\$50 - 60 minutes*

## **Chair Massage**

A beneficial way to release tension from the back and neck, shoulders, and low back. A specialized massage chair is used to allow the back of the body to receive work. Take a mini-vacation and relax!

**Chair massage offered at our office or at yours!**

♥ *\$75 - 60 minutes*

## **Targeted Deep Tissue™ Massage**

A focused full body massage, using deep pressure and targeted work to restore the body's range of motion and to release chronically painful conditions. It restores the body to its original magnificent mechanical design. Ruth created and teaches this unique technique.

*\$100 - 1 hour ♥ \$60 - half hour*

## **High Performance Massage**

Designed for the amateur or professional athlete for whom results count. This massage uses Targeted Deep Tissue™ work as well as other massage techniques to help take a body to an even higher state of performance and readiness. It is ideal for the rider, dancer, golfer, runner or any other extremely physical sport. It may be used for overall performance enhancement or as a pre or post event treatment to keep the body on track.

*\$100 - 1 hour ♥ \$60 - half hour*

## **Shiatsu Session**

A gentle eastern form of massage that restores the body's energy balance. Performed with the client fully clothed and on a floor mat. The therapist applies pressure to specific energy pathways throughout the client's body. Shiatsu is ideal for internal and emotional imbalances and many chronic conditions.

*\$85 - 1 hour*

## **Injury Rehabilitation Massage**

A lymphatic technique used on acute injuries or chronic pain from past surgeries. A very profound and gentle modality that facilitates healing and reduces swelling. Can be used when other modalities are contraindicated, such as after surgical procedures.

*\$85 - 1 hour ♥ \$50 - half hour*

## **Co-active Life Coaching by Ruth**

What do you want to be? What do you love to do? How can your life be more fun and fulfilling? A coach is a partner to help you achieve your goals and provide ongoing clarity, focus and support during the process.

*♥ \$50 - per 30 minute session*

*1st one free!*

*Phone or Skype consultations are available*