

# Healing Intentions

*Healing Starts When Intentions Begin*

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## Swedish Massage

Swedish Massage is the massage most people are familiar with. To prepare for this massage, you remove your cloths and get under soft flannel sheets, onto a table that is heated. Only organic oils are used to smooth onto the skin.

The long nurturing strokes of effleurage and kneading strokes of petrissage are so healing for the body. Massage has always been used to improve health and well-being. It brings relief to pains, cramps, swellings and strains as well as many other conditions. Massage boosts the immune systems and helps the body to get rid of excess fluids and toxins.

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I blend Organic Essential oils into a base of Organic Coconut oil. I diffuse the organic essential oils into the air. This massage is relieving, relaxing, nurturing and healing.

I believe that society today doesn't offer enough physical contact. People don't hug and touch as often as they used to. Many of my clients are elderly and/or live by themselves. The touching and the hugs when they arrive and when they leave are part of the healing package.

Many times when people come for their massage, it's the only time of the month where they give themselves an hour or an hour and a half of quiet time just for themselves.

I like to be part of that healing system and encourage my clients to take good care of themselves. Especially women today. They are working, raising kids, and nurturing everyone. Isn't it time to love ourselves as well?

I usually can't help myself. I like to add Shiatsu pressure points along the spine and do compression and stretches on the back with my Swedish massage sequence. I find this part of the Shiatsu massage so healing, I want everyone to have it.

- Swedish Massage

- 60 minute appointment, \$90.00

- 90 minute appointment, \$125.00

- Customize to your needs by combining with other modalities.

- Full body or partial body is available.