

Spring Renewal

MASSAGE & LEARNING CENTER



Massage & Energy Modalities at Spring Renewal

Chair Massage, also called on-site and seated massage, includes techniques that provide fully-clothed seated massage, bodywork and somatic therapies to clients, generally in a corporate or business setting. Practitioners utilize shiatsu and/or Swedish techniques.

Craniosacral Therapy (CST) is a therapy that focuses on the membrane system surrounding the brain and spinal cord (the dura membrane). CST focuses on relieving restrictions in the system that often have been long-standing. It is safe and deeply relaxing. Clients often report going into a dream-like state while still being conscious of their surroundings.

Deep Tissue is an assertive approach to body work. It typically includes cross friction of tissue to stimulate circulation making tissue softer and allowing far deeper pressure and more complete flushing out of toxins. During the session, the therapist may also include various stretching techniques. Deep Tissue work is very popular and effective for athletes looking for optimal performance.

Hot Stone Massage uses stones of all shapes and sizes and varying temperatures, ranging from zero to 140 degrees, during a massage to elicit physical healing, and mental relaxation. Warm stones encourage the exchange of blood and lymph and provide soothing heat for deep-tissue work. Stones are placed in varying positions on the body for energy balancing or may be used by the therapist for specific trigger-point work, or as tools for soothing long strokes.

Lymph-drain Massage involves strokes intended to stimulate the movement of the lymphatic fluids in order to assist the body in cleansing. This is a gentle, rhythmical technique that cleanses the connective tissue of inflammatory materials and toxins, enhances the activity of the immune system, reduces pain and lowers the activity of the sympathetic nervous system.

Myofascial Release (MFR) is the manipulation of the connective tissue that surrounds every living cell in our body. MFR is performed by slow, sustained, gentle stretching of this tissue with the focus being on reforming it and putting it back into a healthier state.

Polarity Therapy is based on universal principles of energy attraction, repulsion and neutrality. The interrelation of these principles forms the basis for every aspect of life, including our experience of health, wellness and disease. With this understanding, polarity therapy addresses the interdependence of body, mind and spirit, the importance of relationships, and the value of creating a way

of life in harmony with nature. Founded by Austrian-born naturopath Dr. Randolph Stone in the mid-1920s, polarity therapy is a clothes-on, non-invasive system complementing existing systems with an integrated, holistic model. Polarity is based on the belief that positive and negative poles exist in every cell. The body is gently manipulated to balance the positive and negative energies. In addition to physical manipulation, blockages and toxins are eliminated through a cleansing diet and simple exercises. Treatments are suggested in a series of four.



Your therapist will discuss your therapy needs and individualize your session; usually including a variety of techniques.

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Prenatal/Pregnancy Massage is performed by a trained prenatal specialist. Many methods of massage and somatic therapies are both effective and safe prenatally, and during labor and postpartum periods of pregnancies. Prenatally, specific techniques can reduce pregnancy discomforts and concerns and enhance the physiological and emotional well-being of both mother and baby. Skilled, appropriate touch facilitates labor, shortening labor times and easing pain and anxiety. In the postpartum period, specialized techniques rebalance structure, physiology and emotions of the new mother, and may help her to bond with and care for her infant. Specialized, advanced training in the anatomy, physiology, complications, precautions and contraindications is part of the advanced training all of our prenatal massage therapists receive.

Reflexology involves manipulation of specific reflex areas in the foot, hands and ears that correspond to other parts of the body. Sometimes referred to as zone therapy, this bodywork involves application of pressure to these reflex zones to stimulate body organs and relieve areas of congestion. Similar to acupressure principles, reflexology works with the body's energy flow to stimulate self-healing and maintain balance in physical function. Developed in the United States in the early 1900s, this technique is used today to reduce pain, increase relaxation and stimulate circulation of blood and lymphatic fluids. It is especially useful in stress-related illness and emotional disorders. Reflexology is also convenient in cases where an area of the body is traumatized or diseased to the extent that direct manipulation is not appropriate.

Relaxation Massage involves the manipulation of the soft tissue of the body with the intent of engaging the parasympathetic nervous system. It is while in the parasympathetic mode (the state we enter in REM sleep) that the body restores itself.

Somato-emotional Release (SER) was initially developed to assist Vietnam veterans diagnosed with Post Traumatic Stress Syndrome (PTSS). This light touch modality is used effectively to engage negative, trapped memories that were hidden from the conscious mind, but reacted upon by it. SER is a safe, wellness enhancing therapy that can often offer astounding results to anyone suffering from PTSS or other conditions involving negative memories and thought patterns.

Swedish Massage One of the most commonly taught and well-known massage techniques, Swedish massage is a vigorous system of treatment designed to energize the body by stimulating circulation. Five basic strokes are used to manipulate the soft tissues of the body. The disrobed client is covered by a sheet, with only the area being worked on exposed. Therapists use a combination of soothing long strokes, kneading, rolling, vibrational and percussive movements, with the application of oil to reduce friction on the skin. The many benefits of Swedish massage may include generalized relaxation, dissolution of scar tissue adhesions and improved circulation, which may speed healing and reduce swelling from injury.

