

Benefits of Massage

Massage has direct psychological and physiological benefits and helps to relieve, as well as prevent, muscle cramps and spasms, improves circulation of the blood and lymph glands, therefore improving the delivery of oxygen and nutrients to the cells as it enhances the removal of wastes.

Massage can be extremely effective in pain management, including conditions such as arthritis, neuritis, neuralgia, muscular lesions, sciatica, headaches, muscle pain and spasms.

Massage therapy improves the functioning of the circulatory, lymphatic, muscular, skeletal, and nervous system and may speed up recovery from injury and illness. Therapeutic massage can help people with a wide range of medical conditions, including:

- Anxiety/Depression
- Arthritis
- Carpal tunnel Syndrome
- Chronic Pain
- Digestive Disorders
- Fibromyalgia
- Insomnia
- Multiple Sclerosis
- Myofascial Pain
- Soft Tissue Damage
- Stress
- Tension Headaches/Migraine
- Thoracic Outlet Syndrome

Results

Following your session you will experience a sense of peace and well-being, replacing any stress or strain with balance, centering and grounding.



Massage Therapy

Urban Oasis Yoga & Wellness

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Welcome

Massage is a way to create balance through relaxing the body, quieting the mind and exploring the spirit. Massage significantly benefits all lifestyles.

As your massage therapist it is my duty to embody and demonstrate trustworthiness, confidence, and caring through touch. It is my responsibility to listen to past history and present needs and craft a session that responds directly to your specific needs.

Massage brings forth exceptional forms of relaxation, reflection, emotional release, and the connection of the mind to the body.

About Maggie Peloquin, LMP CST

Maggie is a licensed Massage Therapist who received her training at BodyMind Academy, a school that focuses on the body, mind, emotions and spirit. She also attended Bastyr University and achieved certification as a Level II CranioSacral Therapist.

She has a great love for all people and a strong desire to assist them along their life paths thru healing. She uses her intuitive abilities to seek problem areas in the body then works with you to achieve the healing you desire.

Maggie enjoys sharing family time with her husband and two small children. She also likes to cook and sew.

Services & Descriptions

Swedish Massage

Swedish Massage involves flowing strokes, kneading and pressing of soft tissues of the entire body in order to induce a state of total relaxation, affecting the muscular, circulatory and lymphatic systems.

60 Minutes \$70

90 Minutes \$100

Deep Tissue

Deep tissue massage focuses deeper working with muscle tissue. It is a set of techniques developed over the last century that are proven to reduce pain and free restrictions in movement. The pressure may be deep at times, but the intent is to relieve the adhesions (knots) in the deeper muscles that are often a part of chronic pain. The approach to deep tissue, and what experience dictates, is to apply it as part of a body massage with a focus on your areas of greatest discomfort.

60 Minutes \$75

90 Minutes \$100

Signature Massage

The signature massage is designed for relaxation. Drawing on Swedish, trigger point and deep tissue techniques, it will help you tune into and tune up your body. Like all therapeutic modalities, the benefits of massage are cumulative.

60 Minutes \$85

90 Minutes \$110

CranioSacral Therapy

CranioSacral Therapy is a gentle, yet powerful non-invasive technique that assesses and addresses the wave-like movement of cerebral spinal fluid in the body. Using a light touch assists in creating a more rhythmic and balanced motion. This therapy is particularly useful for mental stress, neck and back pain, migraines, TMJ syndrome and chronic nerve conditions.

60 Minutes \$80

Reflexology

Reflexology is a scientific foot treatment utilizing finger pressure, based on the theory that there are mini maps of the body on the soles of the hands and feet. A steady pressure is applied to specific points, freeing blockages in the nervous system and improving the energy flow of the body. Reflexology is an excellent tool to feel better without directly working on the area of pain, yet affecting a response in that area. Improved circulation and dissolving the crystals that form on the bottom of the feet helps to eliminate tension and improve the body's natural healing response.

20 Minutes \$40

Forms of payment:

Cash, Check and Credit Cards

Client Information:

I ask that all my new clients arrive 10 minutes early to complete a Health Intake Form.

Cancellations:

Please allow 24 hours for cancellations. No-show clients will be billed for the session.