

Price Structure

The Classic	1 hour	\$80
Myofascial Release	1 hour	\$80
Jin Shin Do	1 hour	\$80
Raindrop Technique	1 hour	\$100
Cranio-Sacral Therapy	1 hour	\$80

Note: Sessions can be customized to your personal needs.

Gift Certificates Available.

Available Options

The Classic~
Stimulates circulation and relaxation through a broader focus on the complete muscle group.

MFR ~
Treats the entire myofascial body/mind complex by eliminating the pressure on the restricted system that causes the symptoms.

Jin Shin Do ~
Relaxes body/mind, reducing tension by using specific points on the body's energetic pathways.

Raindrop Technique ~
A powerful treatment layering more than 12 essential oils which supports the immune system and can reduce inflammation, relax spasms, and promote self healing.

Cranio-Sacral Therapy ~
CST is a gentle technique that normalizes the cranio-sacral system and allows your body to self-correct. By unraveling pain and dysfunction at the source, the therapist will naturally help eliminate stress, strengthen resistance to disease, and enhance your health in every dimension.

Benefits

Therapeutic massage has many applications and variations. Because it is used for health promotion as well as for its curative aspect, it can truthfully be said "If you have a body, you can benefit from therapeutic massage".

- ◆ Enhances general health.
- ◆ Promotes well nourished & healthy skin.
- ◆ Improves circulation of blood and lymph.
- ◆ Improves energy flow.
- ◆ Triggers the relaxation response.
- ◆ Alleviates tension headaches.
- ◆ Relieves general muscular tension and aches.
- ◆ Alleviates stress and anxiety.
- ◆ Helps improve flexibility.
- ◆ Speeds recovery from strenuous physical exertion.
- ◆ Reduces anxiety of athletic competition.
- ◆ Enhances tissue elasticity and joint mobility.
- ◆ Restores a calm mind and a feeling of well-being.
- ◆ Reduces the adverse effects of overuse of muscle group.
- ◆ Helps prevent burnout, and other stress related diseases.
- ◆ Complements other wellness programs.

Expectations...

As with any new experience, you probably have many questions about what to expect in your massage session. I want to know what you're needs are, so that we can address them and make this session a pleasant and successful one.

Modesty~

In your session you will be draped with a sheet. You may choose to be totally or partially unclothed under the drape. As each part of the body is being massaged, it is uncovered. Your privacy will be respected at all times.

Talking~

Talking during a session is optional. Some people prefer silence to enhance the relaxation process, while others prefer more social interaction. Remember, feedback at any time is very important whether requested or volunteered, and ensures the success of your session.

Oil or Cream ? ~

The choice is yours. A lubricant prevents chaffing or pulling of hair. Let me know of any allergies. A towel is available upon request to remove any excess lubricant.

Length of Session~

Massage sessions generally last from 1 hour to 1 ½ hours. The amount of time depends on the purpose of the session, my schedule, and the availability of your time and resources.



Christine Ford has worked with elite athletes around the world, first at the Boston Marathon, then with gold medal Olympic winners as a member of the International Massage Team at the Athens 2004 Olympics, as well as at innumerable local road races and sporting events. She has lectured at Yale University School of Medicine on diagnostic techniques and alternative medicine. She combines advanced training in the techniques of Jin Shin Do, Myofascial work & Thai Massage with her unique blends of therapeutic essential oils, specially formulated for each individual to produce a truly unique and personalized effect. Whether you desire a Classic massage simply to relax, or require intense body work in the Western or Eastern Tradition, call for an appointment. The personalized consultation is free.

*The integration of Body, Mind and Spirit
through the healing arts therapies.*

Syzygy Within

Advanced Massage Therapy

Christine Ford, LMT

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