

Forms of Massage Techniques Provided:

- **TCM Acupressure.** TCM Acupressure is based on the same principles as acupuncture but without the use of needles. It is the use of light to firm finger pressure on acupuncture/acupressure points on the body to relieve pain and stimulate your *qi* or life energy according to traditional Chinese medicine to bring balance to the body. The points lie along energetic pathways in the body. Energy along the pathways can become blocked resulting in stagnation, and acupressure stimulates the body's natural healing processes to restore the smooth flow of *qi* resulting in physical and emotional well-being.
- **Jin Shin Jyutsu.** An ancient form of acupressure from Japan. This practice is a disarmingly simple style of acupressure. It works with a set of 26 points (called Safety Energy Locks or SELs) along energy pathways. When a pathway becomes blocked, energy stagnates. This initially affects the local area of stagnation, but has the potential to create balance along the entire pathway.
- **A Reiki Master.** A healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being.
- **An Esalen massage practitioner.** Esalen Massage® is best described as the interface and integration of form, energy, structure, and soul. With its nurturing contact, integrating strokes, and detailed attention to the whole body, an Esalen Massage provides a state of deep relaxation and healing.
- **TuiNa (Chinese massage).** Tuina is effective for musculoskeletal problems such as sports injuries, neck pain, shoulder tension, lower back pain, and numbness and tingling in the limbs. Tuina is also good for relieving headaches, stress, anxiety, depression, and insomnia.