

THE THREE LEVELS OF MASSAGE

Have you experienced the 3rd level of massage?

As most people know, the massage therapy we provide is far from a luxury. Considering how accumulated stress can be so dangerous to one's physical, mental, emotional and interpersonal health, our massage therapy consistently provides one of the most important and valuable ways to optimize everyone's life.

Within each massage you receive, the optimum massage experience should proceed through three discernible levels:

1. The "relaxation" level – providing a soothing break from the business of everyday life.
2. The "releasing" level – enabling your system to let go of accumulated stress and tension.
3. The "realigning" level – supporting the re-education, along with the optimum positioning and functioning of your musculoskeletal, neuromuscular, circulatory, immune and other vital life-support systems.

Overtime, the realignment provided at this third level can effectively correct many structural imbalances and greatly reduce or even eliminate chronic pain.

While massages at some places can only take you to the first or second level, each of our Massage Therapists is able to easily bring you through all three! That's why the massages we provide are truly therapeutic.

When you read about our Massage Therapists' backgrounds in our massage brochure, you'll understand why. Take our massage team leader Linda H. for example. Linda is a European trained Physiotherapist with 10 years of experience in Orthopedics and another 10 years of applying her skills through therapeutic massage. Each of our other massage therapists also have their own impressive backgrounds and unique sets of skills as well.

So keep these "3 levels" in mind during your next therapeutic massage. Enjoy the awareness of relaxing, releasing, and realigning your whole system. This way, by being "passively aware" of your experience, you will be mindfully cooperating with your therapist in supporting the truly life-enriching benefits your massages with us provide.