

Therapeutic Touch: Massage

Massage Therapy

A massage therapist's trained and caring touch can have profound effects on your physical, mental, and emotional well-being. Massage provides stress relief and deep relaxation to people from all walks of life.

Health Benefits:

Research shows that up to 90% of visits to doctors are for stress related complaints such as headache or back pain. Massage therapy has an amazing effect on your nervous system, counteracting negative response to stress, relaxing muscle tension, heart rate, blood pressure, and enhancing circulation. You will be amazed to learn that you might not have ever really relaxed before! Once you know what deep relaxation is, you will be more able to monitor your stress levels.

Circulation and Cleansing:

Your circulation is improved with massage. You will feel better because congestion is relieved, lymph is filtered, waste products are eliminated, blood is oxygenated more effectively and tissues are nurtured and strengthened.

Exercise or Injury:

Massage increases the blood supply and nutrition to muscle without adding to their load of toxic lactic acid. Your muscle tone is therefore maintained during periods of inactivity. Massage can prevent or realign adhesions, stretch connective tissue, reduce inflammation in joints or eliminate edema of extremities. Relaxation of contracted muscles can release painful nerve compression.

General Well-being:

Massage "wakes up" your sensory receptors in both skin and muscle bringing you a new relaxed body awareness. Your skin will retain the healthy glow of improved circulation and nutrition from soothing oils. Massage calms your nervous system, helping you slow down and enjoy restful sleep.



Esalen massage, by Sarah Dagg, is a full body session designed to guide your massage from head to toe. Combining long strokes, gentle stretching, sculpting of deep musculature, and precision pressure point work, this holistic approach, created in Big Sur, California, is uniquely relaxing and complete.