

Snips First Avenue

Massage Therapy Services

ACCUPRESSURE. Based on traditional Oriental medical principles for assessing and treating the physical and energetic body, stimulating acupuncture points to regulate chi (life force). *One hour.* \$90

DEEP TISSUE MASSAGE. Used frequently to treat tender points that might be found in muscles, fascia, tendons, ligaments, joint capsules, or periosteum. *One hour.* \$90

ICE MASSAGE. A local application of cold, achieved by massaging a cube of ice over a small area such as a bursa, tendon, or small muscle. *One hour.* \$60

SPORTS MASSAGE. A method of massage designed to prepare an athlete for an upcoming event. It is achieved through specialized manipulations that stimulate circulation of the blood and lymph. *One hour.* \$60

SWEDISH MASSAGE. Based on the Western concepts of anatomy and physiology, it employs the traditional manipulative techniques of effleurage, petrissage, vibration, friction, and tapotement. *One hour.* \$60

TRIGGER POINT THERAPY. Used to release hypersensitive areas within a muscle, soft, connective tissues, ligaments, skin, and periosteum, which is tender upon palpitation and usually relieves pain. *One hour.* \$70

CRANIAL/SACRAL RELEASE. Holding of the base of the cranium and the sacrum, realigning spinal fluid. \$30