



# Areigna Preston, OMT, LMT, BCTMB

## is your escape from stress!

<p><b>Aromatherapy Massage</b> - Combining the benefits of inhaling unique essential oils, with Swedish, acupressure and lymphatic drainage techniques. Clinical research has shown that fragrant essential oils of biochemically active plants have effects on body and mind that are both subtle and profound. Experience the potent natural magic of pure botanical essences, combined with specific light massage techniques designed to enhance the effectiveness of the pure essential oils.</p>	<p>60 minutes      \$70 90 minutes      \$100</p>
<p><b>Clinical Chair Massage</b> - The applications of touch and movement performed while the client is in a seated position with the focus being the neck, shoulders, back, arms, and hands. Studies have shown that happy, healthy employees contribute to a company's success. Decreasing stress and increasing energy has positive effects that reverberate throughout the entire organization. On-site chair massages available with a minimum of 5 people.</p>	<p>15 minutes      \$15 30 minutes      \$30</p>
<p><b>Deep Tissue Massage</b> - Used to release chronic patterns of muscular tension using slow strokes, direct pressure, and friction, combined with deep breathing. The movements are often directed across the grain of the muscles with greater pressure and at deeper layers of the muscle than Swedish Massage, addressing points of attachment as well as the belly of the muscles. This treatment is recommended for those who regularly receive massage and who enjoy intense body work.</p>	<p>40 minutes      \$40 60 minutes      \$80 90 minutes      \$120</p>
<p><b>Foot Reflexology</b> - By stimulating the nerves through predefined pressure points on the feet, this therapeutic method can encourage blood flow, which relieves pain and promotes healing. In the process, reflexology not only quells the sensation of pain, but relieves the source of the pain as well. I take my treatments one step further and connect the flow up to the knees.</p>	<p>60 minutes      \$60</p>
<p><b>Lymphatic Drainage Massage</b> - A gentle, rhythmic massage encouraging the natural drainage of lymph, which carries waste and toxins away from the tissues. This assists in the body processing and disposing of the waste and toxins through urine, and sweat. Detoxification causes a significant improvement in the power and function of the immune system. Lymphatic Drainage Massage is a powerful method for lymph-edema reduction.</p>	<p>60 minutes      \$60 90 minutes      \$90</p>
<p><b>Relaxing Swedish Massage</b> - Gently manipulating the soft tissues for therapeutic purposes. Indulgent and uniquely relaxing, the various movements affect the skin, muscles, blood and lymph vessels, nerves, and some internal organs. Tension dissolves, leaving only comfort and well-being behind.</p>	<p>60 minutes      \$60 90 minutes      \$90</p>
<p><b>Sports Therapy</b> - Massage therapy on athletes and others engaged in intense physical activity for a natural performance enhancement and health maintenance. The goals of sports massage are to improve athletic endurance, lessen the chance of injury, and shorten the time needed to recover from an event, training session, or injury. <i>Please wear a loose-fitting shirt and shorts.</i> Treatments can focus on:</p> <ul style="list-style-type: none"> <li>● <b>Cool Down</b> - Received ideally within two hours of a workout to alleviate delayed-onset muscle soreness</li> <li>● <b>Restorative</b> - Designed to increase range of motion, improve flexibility, and reduce the risk of injury</li> <li>● <b>Rehabilitative</b> - Addresses injury and the ongoing effects of repetitive use</li> </ul>	<p>30 minutes      \$40 60 minutes      \$80 90 minutes      \$120</p>
<p><b>Tension Zone Therapy</b> - A variety of highly effective focused techniques are used to releasing tension in your head, neck, and shoulders, and restore comfort to this commonly tense area. Feel the weight lifted off your shoulders. <i>Note: NOT a full-body massage.</i></p>	<p>60 minutes      \$60</p>

Contact me to set up an appointment to begin your path to healing, recovery, and rejuvenation.