

WHAT IS...?

Exploring Modalities
and Techniques

Cupping

Cupping is an ancient form of therapy where cups are placed on the skin to draw up tissue to decompress muscles and fascia, move lymph, promote blood flow, and enhance the body's own healing process.

Benefits of Cupping:

- Pain relief, including:
 - Back
 - Neck
 - Knee
- Increased range of motion
- Headache relief
- Improved circulation

Deep Tissue Massage

While definitions vary, most massage therapists agree at its most basic, a deep tissue massage is similar to a Swedish massage, but with the massage therapist using slower strokes and more force.

Benefits of Deep Tissue Massage:

- Reduced pain
- Increased movement
- Lower blood pressure
- Reduced inflammation
- Arthritis relief
- Break up of scar tissue
- Reduced stress and anxiety

Palliative Massage

Palliative massage is a type of massage where the main goal is relaxation and comfort. It uses gentle, slow strokes and very light touch, and is an approach to client care and not a specific type of massage technique.

Benefits of Palliative Massage:

- Symptom management
- Stress management
- Comfort
- Quality of Life
- Support
- Relaxation

Reflexology

Reflexology is a form of alternative medicine used to relieve tension and support overall health and wellness. Its basis is on the theory that all areas of the body can be stimulated via corresponding areas on the feet, hands, and head.

Benefits of Reflexology:

- Deep relaxation
- Improved sleep
- Stress relief
- Reduced anxiety and depression
- Digestive relief
- Pain management