

(803) 761-1127

*“ I appreciate your professionalism and expertise. Thanks for a job well done, I’ve signed up for the massage club, so I’m sure I’ll be back to rake in more of your therapeutic services. ”*

*Lindsey Y*

# Massage Modalities



What Every Aiken Body Needs  
[MYAIKENBODY.COM](http://MYAIKENBODY.COM)

At My Aiken Body, we provide therapeutic massage for every passion and need — including sports stress, strains, degenerative disc disease, repetitive use syndromes, carpal tunnel and tennis elbow, fibromyalgia and rheumatoid arthritis, as well as basic relaxation, stress relief, and prenatal comfort. We may use a combination of many modalities, including Swedish, Orthopedic, Integrative, Trigger Point, Passive Position Release, Myofascial Release, Zen Shiatsu, Thai Massage, Reflexology, and Hot Stone therapies.

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**Aromatherapy Massage:**

Aromatherapy Massage is a relaxing whole body therapy which utilizes the healing aspects of essential oils and directional, lymphatic body brushing to soothe and relieve aches, pains, and stress. Essential oils are extracted from herbs, flowers, resin, woods, and roots. Each oil has unique medicinal purposes such as aiding in the healing of wounds, tissue repair and regeneration, digestion, respiration, sleep, anxiety, and depression. Not a deep tissue massage, an aromatherapy treatment focuses on lymphatic flow and incorporates body brushing, light effleurage, compression, joint mobilization, and heat to enhance the healing properties of the essential oils.

**Ashiatsu:**

Ashiatsu Oriental Bar Therapy combines elements of Barefoot shiatsu, Kerala foot massage, and Swedish massage. Incorporating overhead wooden bar supports, the therapist uses body weight and gliding foot compression on strategic points along the muscles. When performed near the spine, this form of effleurage creates a "push, pull, pumping" effect on the intervertebral disc space and relieves irritations on the spinal nerve caused by inflammation and swelling.

**Couples:**

A special arrangement that allows a couple to receive their massages at the same time, in the same room with two massage therapists. The massage may be any type of massage such as Swedish, deep tissue, etc. Couple's massage is a wonderful way to share the power and benefits of massage.

**Deep Tissue Massage:**

Deep tissue massage affects the sub-layer of musculature and fascia. The massage therapist works in layers, sinking from superficial to deep, throughout the course of the massage in order to administer deep tissue work. Deep tissue massage helps relieve chronic muscular pain and injury rehabilitation and reduces inflammation-related pain caused by arthritis and tendinitis. It is generally integrated with other massage techniques.

**Hot Stone Massage Therapy:**

Hot Stone Massage Therapy involves the use of water-heated basalt stones of varying sizes to key points on and across the body. The direct heat of Hot Stone Massage Therapy creates sensation of warmth and comfort and soothes tired, sore muscles.

**Manual Lymphatic Drainage:**

Manual Lymphatic Drainage is intended to encourage the natural drainage of the lymph, which carries waste products away from the tissues back toward the heart. It was developed in Germany for treatment of lymphedema, an accumulation of fluid that can occur after lymph nodes are removed during surgery, most often a mastectomy for breast cancer. It may also be used to naturally drain fluid accumulated in the legs from Chronic Venous Insufficiency (CVI), and to stimulate the immune system, encourage fluid drainage from edema and water



retention, relax, and reduce pain from post-surgery swelling. (It is contraindicated for people with congestive heart failure or heart weakness.) During the lymphatic drainage treatment, the therapist gently stretches, strokes, and pushes the skin in directions that follow the structure of the lymphatic system so that accumulated lymph fluid can drain through superficial lymph channels. Lymphatic drainage is performed on the superficial layers of the skin, has a very gentle, relaxing, effect, and is painless. Each session lasts from 45 to 60 minutes, and therapy usually is performed once a day four or five times a week for two to four weeks for the best results.

**Myofascial Release:**

A three-dimensional application of sustained pressure and movement into the fascial system in order to eliminate fascial restrictions and facilitate the emergence of emotional patterns and belief systems that are no longer relevant or are impeding progress. First, an assessment is made by visually analyzing the human frame, followed by the palpation of the tissue texture of various fascial layers. Upon locating an area of fascial tension, gentle pressure is applied in the direction of the restriction. Myofascial release is an effective therapeutic approach in the relief of cervical pain, back pain, fibromyalgia, scoliosis, neurological dysfunction, restriction of motion, chronic pain, and headaches.

**Orthopedic:**

Combining some elements of sports and medical massage, orthopedic massage integrates 10 modalities to treat soft tissue pain and injury. Emphasis is placed on understanding both the injury and its rehabilitation criteria. Three basic elements adhered to, despite the technical diversity in treatment, are assessment, matching the treatment to the injury, and adaptability of treatment.

**Prenatal Massage:**

Prenatal Massage is massage that attends to the safety, specific needs, and medical concerns of the pregnant mother. Prenatal massage is generally not recommended in the first trimester. However, in the second and third trimesters, prenatal massage can be beneficial to the comfort and well being of the expectant mother. Prenatal massage can be performed in a variety of positions, though the most common, safest, and easily affected form is the side-lying position, with many pillows for props to increase comfort and lend support. Prenatal massage is for palliative purposes, and is intended to sooth and relieve the expecting mother from added strain caused by carrying the baby, especially in the lower back, muscle fatigue and soreness, and to ease the exhaustion and anxiety caused from lack of sleep and stress. Physician's clearance for prenatal massage therapy is highly recommended.

**Sports:**

Used primarily for the serious athlete who trains continuously. It focuses on the muscles relevant to the particular athletic activity. It also include pre-event, post-event and maintenance techniques that promote greater athletic endurance and performance, lessen chances of injury and reduce recovery time.







obtain a feeling of connectedness, a better awareness of their body and the way they use and position it. The strokes and manipulations of Swedish Massage are each conceived as having a specific therapeutic benefit. One of the primary goals of Swedish Massage is to speed venous return from the extremities. Swedish Massage shortens recovery time from muscular strain by flushing the tissue of lactic acid, uric acid and other metabolic wastes. It improves circulation without increasing heart load. It stretches the ligaments and tendons, keeping them supple. Swedish Massage also stimulates the skin and nervous system while at the same time relaxing the nerves themselves. As it can help reduce emotional and physical stress it is often recommended as part of a regular program for stress management. It also has specific clinical uses in a medical or remedial therapy.

### Thai Yoga Massage:

Often called "Passive Yoga" or "Lazy Man's Yoga," Thai Yoga Massage is a powerful healing art based on the concept of invisible energy lines (sen lines) running through the body, similar to the concepts of acupuncture. Life energy (prana) is absorbed through the food we eat and the air we breathe. It runs along a network of energy lines called prana nadis. A disturbance in energy flow results in insufficient supply of prana, which manifests ill health. Thai Yoga Massage is a means to breakdown blockages, stimulate free flow of prana and restore general well being.

It takes place on a futon mat on the floor. The therapist guides the client through a series of passive stretching and joint manipulations. Using both her hands and feet, she applies pressure along the sen lines and pressure points with rhythmic, rocking movements. Together these actions result in a comprehensive, full body treatment that relieves muscular tension and pain, improves circulation, stimulates the immune system and balances the body energetically. Thai Yoga Massage is both relaxing and energizing. Wear loose comfortable clothing without buttons or zippers. It is best to receive a Thai Massage with an empty stomach.

### Trigger Point Therapy:

A "trigger point" is a sensitive area or tender point in the muscle or connective tissue (fascia) that becomes painful when compressed. Pressing on a trigger point may cause "referred pain", or pain that arises in an area entirely removed from the point being pressed, and can help identify the external area in the body generating the pain. Trigger points can also be a point from which pain radiates throughout the muscle and fascia and may cause myofascial pain syndromes. Trigger point therapy targets these sensitive sites or points in the body. During the treatment, the massage therapist applies concentrated amounts of pressure to these tender points followed by rocking, stretching, and effleurage to relieve muscle spasm. Trigger Point Therapy is generally integrated with Swedish and Deep Tissue massage with the intention of relieving a client from specific pain, pain patterns, or syndromes.

