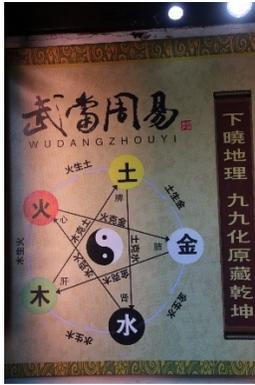


## NEW ~ Eastern Therapy at The Wellness Spa



*Chinese medicine has been around for over 3000 years. It holistically restores health by maintaining harmony throughout the body, balancing yin yang and allowing Qi (energy) to flow, in turn improving overall vitality and wellness.*

Traditional Chinese Medicine Massage	80 minutes	\$130
Thai Massage	50/80 minutes	\$90/140
Tui Na Massage	50/80 minutes	\$85/135
Gua Sha Face Massage	20 minutes	\$55
Gua Sha ~ Eastern Therapy Enhancer	Add-in only	\$15
Cupping	20/50 minutes	\$40/70
Ancient Thai Foot Detox	20 minutes	\$45
Reflexology	20/50 minutes	\$55/85

### Traditional Chinese Medicine Massage

If you travel to China and visit one of the many wholistic health practitioners, operating in small businesses across China, you will likely receive what we call the 'Traditional Chinese Medicine Massage'. This is our closest version of what that includes, minus the crowds and large city noises! Begin with a ginger root foot soak, followed by reflexology to open energy pathways and release stagnant Qi, complete with a full body Tui Na style massage to balance Yin Yang in the body and improve health and vitality. **\*We ask that you wear comfortable, soft athletic-wear or yoga-style clothing as this massage is done fully clothed.**

### Thai Massage

Thai massage is an ancient healing art, combining acupuncture, Indian Ayurvedic principles, and assisted yoga postures. This type of bodywork takes place on the floor, using a firm mattress or mat and incorporates elements of reflexology with compression on Sen (energy lines) by using palms, thumbs, feet, knees, elbows, and other parts of the body. Thai massage utilizes assisted yoga postures to stretch and relax the body while also toning muscles and internal organs. It helps relieve stress and anxiety, increases flexibility and range of motion, relieves joint stiffness and pain, boosts energy, and can even help relieve headaches and pain by stimulating circulation. This can be a full body treatment or you can have work done specific problem areas depending on time allowance. **\*We ask that you wear comfortable, soft athletic-wear or yoga-style clothing as this massage is done fully clothed.**

### Tui Na Massage

Tui Na (pronounced Twee – Nah) massage originated from ancient China and is believed to be the oldest type of bodywork. Tui Na is based on the theory that imbalances of Qi, which is the body's vital life force or energy, can cause blockages or imbalances that can lead to pain and illness. Tui Na massage stimulates the flow of Qi to create a harmony in yin and yang by getting rid of blockages and disturbances that manifest as illness, disease, and emotional issues. The basic principles are like acupuncture since it targets specific acupuncture points, but practitioners use hands instead of needles to stimulate acupuncture points. During a session, therapists use oscillating and pressure techniques that differ in form and speed. Tui Na can be done as a stronger deep tissue massage or gentler like an energetic treatment. Various techniques will be used in a session to fit our guest's specific needs. Tui Na is used to treat pain, illness or to maintain good health. **\*We ask that you wear comfortable, soft athletic-wear or yoga-style clothing as this massage is done fully clothed.**

## Gua Sha Face Massage

(pronounced gwa sahh, the 'h' is silent)

Dating back to the Ming Dynasty, Gua Sha is a form of traditional Chinese Medicine that involves rubbing a stone or tool against a person's skin to release the fascia from underlying muscle while also moving stagnant or blocked Qi. Gua Sha techniques have been used on the face to lift, firm and reshape the facial muscles for a smoother, brighter complexion and can aid in eliminating dark circles under the eyes. This face massage is very relaxing and effective for stress relief as well.

## Gua Sha Eastern Therapy Enhancer

This ancient Chinese healing technique may offer a unique approach to better health, addressing issues like chronic pain. The therapist scrapes your skin with short or long strokes to stimulate microcirculation of the soft tissue, which increases blood flow. The technician uses a Gua Sha massage tool to repeatedly scrape your skin in a downward motion. It is intended to address stagnant energy or Qi in the body that may be responsible for inflammation. Your therapist will begin with mild pressure, and gradually increase intensity to determine how much is needed. Rubbing the skin's surface is thought to help break up stagnant energy, reduce inflammation, and promote healing. **This Enhancer is a 10-minute Add-In Option.**

## Cupping

Fire or suction cupping is a form of alternative traditional Chinese medicine, where a local suction is created on the skin with the application of heated glass cups/globes. This modality is like a reverse massage; instead of pushing into the tissue, it pulls. This treatment can be comparable to a deep tissue massage, but it not intended to be painful. Cups can be placed almost anywhere on the body and depending on the desire result; they can be stagnant or glided on the skin to relieve pain, reduce inflammation, improve circulation and range of motion, remove toxins, treat sports injuries. **\*Cupping can be added onto our Eastern Therapies or some of our massage therapy services. Please ask our Spa Coordinator when scheduling your appointment if you would like this service added to one of your Wellness Spa treatments.**

## Ancient Thai Foot Detox

Combining wisdom from the ancient monks of Bangkok with the healing powers of herbs and spices, this treatment uses heated compression, pressure point foot massage and black obsidian stones to relax and realign energies in the body. This 2000-year-old practice can ease discomfort, open energy pathways and produce a deep feeling of balance, relaxation and well-being.

## Reflexology

Reflexology is a type of massage that involves applying different amounts of pressure to the feet, hands and ears. It's a core Traditional Chinese Medicine practice and believes that the feet, hands, and ears are connected to certain organs and body systems and by applying pressure to these parts offers a range of health benefits. Reflexology relies on the ancient Chinese belief in Qi (pronounced "chee") or 'vital energy'. Qi flows through each person and when a person feels stressed, is injured or living with illness, their body blocks Qi, causing an imbalance in the body. Reflexology aims to keep Qi flowing through the body, keeping it balanced and disease free by using specific pressure points that correspond to different areas in the body. Reflexology uses 'maps' on the feet or hands to determine where pressure should be applied to benefit the person receiving this style of Chinese medicine to receive the best outcome. Reflexology can help reduce pain, aid in recovery, lift mood, boost immune system, improve digestion, ease arthritis pain, reduce stress and anxiety. **\*We ask that you wear comfortable, loose-fitting clothing to easily access feet and lower legs.**