Whether you go to a spa or a healthcare provider, it helps to understand the different massage techniques available and what they can do for you.

**MASSAGE TECHNIQUES**

**Relaxation Massage**
- Also called a Swedish massage; it may include lotions/oils or hot stones
- A gentle, slow and rhythmic technique
- Calms your mind and body
- Typically full body
- Good for: Relieving everyday stress and general aches and pains

**Myofascial Release**
- Application of gentle and sustained pressure
- Relieves restrictions in the muscle
- Increases nutrients to the muscles
- Allows for greater range of motion
- Good for: Tight or achy muscles and restricted movement

**Trigger Point Therapy**
- Sustained pressure on specific muscle knots
- Addresses pain, numbness and tingling
- Good for: Sciatica, headaches, numbness/tingling

**Deep Tissue Massage**
- A restorative technique
- Breaks through muscle tissue
- Allows for greater range of motion
- Increases nutrients to muscles and flushes toxins
- Concentrates on a particular area of pain
- Good for: Various acute or chronic pain conditions

**CranioSacral Therapy**
- Gentle therapy to find dysfunction
- Assesses posture, organ and nerve issues
- Good for: Enhancing health, building resistance and unraveling pain

**Sports Massage**
- Enhances physical performance
- Brings nutrients to the muscles to prepare for activity
- Good for: Any athlete in all stages of play to help heal an injury

**Therapeutic Massage Can Help**
- Stress injuries
- Whiplash
- Headache
- Low back pain
- TMJ pain
- Sciatica
- Frozen shoulder

**Pregnancy/Prenatal Massage**
- Relieves tension caused by strain of carrying baby
- Prepares for labor, birth and early motherhood
- Good for: Any pregnant woman (with doctor approval if high-risk)

**QUESTIONS TO ASK**

**How can I find the right therapist?** Ask your friends and colleagues with similar concerns. Ask your physician who they recommend for your condition.

**How often should I go?** This depends on your condition. You may need one massage a month to help maintain wellness. You may need a couple shorter sessions within a week to help regain function and reduce pain.