

I don't know what kind of massage I want! How do I decide?

	Swedish Massage	Deep Tissue Massage & Trigger Point Therapy	Sports Massage	Pregnancy Massage (60min only)
Client Goals	Relaxation Stress Relief Self-Care	Pain Management Injury Recovery	Athletic Improvement Increased Flexibility Injury Recovery	Relaxation Stress Relief Self-Care
Pressure	Light to Firm pressure, based on client comfort & therapist abilities	Medium to Firm pressure, based on client comfort & therapist abilities	Medium - Firm pressure, based on client comfort	Light to Medium pressure, to client comfort
Areas Worked On	Full Body (60 or 90 min) Focused area (30 min)	Focused areas only Plan on spending 15-30 min per target area	Focused areas only Plan on spending 15-30 min per target area	Full Body, avoiding specific pressure points
Level of Communication & Client Involvement	Minimal communication Checking in for client comfort and to have client turn over (if applicable)	Active communication Client provides feedback on pain levels, referral patterns, changes during session. Client may be asked to perform specific motions with or without resistance.	Active communication Client provides feedback on pain levels, referral patterns, changes during session. Client may be asked to perform specific motions with or without resistance.	Minimal communication Checking in for client comfort and to have client turn over
Techniques Used	Flowing effleurage strokes, kneading, gentle rocking or tapotement	Kneading, Petrissage, Tapotement, Cross Fiber Friction, Active Release, and Trigger Point Therapy	Deep Tissue massage techniques with integrated Active or Passive Stretching specific to a sport or movement pattern	Side-lying Swedish massage with lighter work on legs to promote fluid drainage
Recommended Add-Ons (optional)	Aromatherapy CBD Hot Stones	Aromatherapy CBD Hot Stones Cupping	Aromatherapy CBD Hot Stones Cupping	Aromatherapy CBD