



chi
bodywork™

massage styles and modalities

life | energy | balance

We coined the phrase “ch’i time” because our therapists draw from a wide variety of massage styles and modalities to create a treatment that addresses your body’s unique needs each time we see you. Whether you’re an experienced massage aficionado or scheduling your first massage, you can trust our therapists’ expertise in a variety of fundamental and specialized bodywork types.

swedish massage (*light, medium or firm/deep pressure*)

This popular massage combines several techniques, including kneading, rolling, effleurage, petrissage, friction, percussive and tapping strokes to aid in stress and tension reduction, improve circulation, remove toxic wastes, tone muscles and more. Many modalities blend well with Swedish massage. The many benefits of Swedish massage include generalized relaxation, dissolution of scar tissue adhesions and improved circulation, which may speed healing and reduce swelling from injury.

deep-tissue massage

Techniques that apply deep-tissue/deep-muscle massage are administered to affect the sub-layer of musculature and fascia. These techniques require advanced training and a thorough understanding of anatomy and physiology. **The muscles must be relaxed in order to effectively perform deep-tissue massage.** Otherwise tight surface muscles prevent the practitioner from reaching deeper musculature. Deep-tissue massage helps chronic muscular pain and injury rehabilitation and reduces inflammation-related pain caused by arthritis and tendinitis. It is generally integrated with other massage techniques.

sports massage (*pre- and post-performance, injury treatment and preventive*)

Sports massage is used as a preventive medicine for many athletes before, during and after sporting events. A combination of techniques such as Swedish massage, Shiatsu, Trigger Point and Relaxation before an athletic event can prepare the athlete for increased performance. Sports massage is ideal during athletic training to keep the muscles loose and warmed up to reduce injuries, as well as following a hard workout to rid the body of stress, relieve fatigue and remove toxins and by-products the body produces during strenuous activity. Massage can make athletic training and body building much more effective. When an athlete sustains an injury, skillful massage therapy can often speed and improve the quality of healing.

trigger point

Trigger Point or Trigger Point Myotherapy is designed to treat and reduce myofascial pain. Trigger point compression is used to reduce swelling, tension, stiffness and pain while increasing range of motion, flexibility, circulation and endurance. At times it is difficult to pinpoint the exact trigger point location because of the referred pain it can produce. Activating the trigger point can be achieved by the therapist using pressure from the hands, knuckles, elbows or knees. Treatment consists of trigger point compression, passive stretching and a regime of corrective exercises. Trigger point relies heavily on client-therapist interaction, including verbal and nonverbal elements. The therapist encourages the client to be personally responsible for his or her improvement.

reflexology

Reflexology can be used on the feet, hands or ears, allowing specific areas to correspond to certain parts of the body (internal glands and organs). Reflexology is based on the principle that pressure applied to certain areas sends signals to the corresponding location, gland or organ through the nervous system. Stimulating these areas can be used to reduce pain, ease addiction, relieve stress and improve nervous system communication and blood circulation.

lomi lomi (*firm/deep pressure*)

Two-handed and forearm-flowing full body strokes characterize Lomi Lomi. Similar to Swedish massage in many aspects, this system uses prayer and the acknowledgment of the existence of a higher power as an integral part of the technique. Lomi Lomi — Hawaiian for rub rub — is described by massage artist and teacher “Aunty Margaret” Machado as “the loving touch — a connection between heart, hand and soul with the source of all life.”

shiatsu

Developed in Japan, shiatsu is a finger-pressure technique using traditional acupuncture points. Similar to acupressure, shiatsu concentrates on unblocking the flow of life energy and restoring balance in the meridians and organs in order to promote self-healing. With the client reclining, the practitioner applies pressure with the finger, thumb, palm, elbow or knee to specific zones on the skin located along the energy meridians. The treatment brings about a sense of relaxation while stimulating blood and lymphatic flow. The benefits of this treatment may include pain relief and a strengthening of the body’s resistance to disease and disorder.

reiki

Reiki is a spiritual healing art that comes from the Japanese word (Rei) which means “Universal Life” and (Ki) which means “Energy”. Reiki is not affiliated with any particular religion or religious practice. It is a subtle and effective form of energy work using spiritually guided life force energy to activate the natural healing processes of the patient’s body and restore physical and emotional well-being.

qigong

This traditional Chinese treatment combines hands-on and hands-off techniques that balance the flow of qi (energy) through the body, move and relieve qi blockages and improve circulation. Qigong is also a combination of timed breathing and gentle flowing movement, meditation, visualization and conscious intent all working together to achieve an integrated adjustment of mind and body in order to better cultivate, circulate and balance qi — or life force. Qigong theory is the basis of traditional Chinese medicine and is used to treat illness and encourage relaxation.

