

MASSAGE TREATMENTS:

These Holistic treatments enable you to take life's knocks, pamper yourself, manage stress and allow your body to perform at it's peak by releasing unwanted tension from your body.

Sports Massage can be divided into four main areas: **Pre - event** massage is invigorating and superficial and is used to prepare and warm up the sports person's muscles prior to an event.

During competition massage combines the use of superficial and moderate strokes, depending on the particular sport and results desired.

Post - event massage works to get rid of lactic acid build up immediately after an event or a hard training session. This technique works deeply on muscle injuries, tension and toxin build up in the muscles, helping all sports people to maximize their full potential.

Old injuries massage uses techniques to enhance range of movement, suppleness and, therefore one's enjoyment of life. This massage uses techniques to breakdown old scar tissue, enhance muscle flexibility and maintain muscles at their fullest potential.

Reflexology is the art and science of recognizing the reflexes on the feet, which directly mirror the parts of the body exactly. When these reflexes are stimulated, they promote relaxation and thereby enhance the body's own healing mechanism, bringing the body back into a state of balance.

Reiki promotes profound relaxation and rejuvenates the body by harmonizing and healing the electromagnetic energy field thereby allowing the physical body to enjoy optimum health.

Thai Massage / Shiatsu provides a very relaxing yet uplifting treatment, which mobilizes joints and stretches muscles. It releases energy blockages, enhancing every aspect of one's being.

Indian Head Massage is an invigorating, yet relaxing, head neck and shoulder massage. The people of India have, for centuries, massaged one another's heads, promoting long shining, healthy hair and deep spiritual development.

Ka huna / Hawaiian Massage incorporates the use of the therapist's arms and hands in flowing rhythmical movements over the body and energy fields, in what becomes the dynamic dance of life. This technique forms a special connection between the client and the bodyworker. This allows a very deep healing to take place, bringing the joy of life to the body, a feeling of peace to the mind and a deepened sense of awareness to the spirit.

In – home massage provides the luxury of a therapist coming to your home for your personalized treatment.

The massage therapist will provide all the necessary massage equipment.

Aromatherapy incorporates the use of essential oils (which are the essence or life force of the plant) massaged gently into the body, releasing their own natural healing properties. This massage is often done in a gentle and nurturing way. The oils can, however, be added to a Lymph Drainage, Therapeutic or Sports Massage.

Swedish Massage is a gentle relaxing and nurturing massage. It can also be therapeutic.

NMT / Deep Tissue Therapeutic Massage relaxes, revitalizes and loosens tight and tense muscles, especially in the neck and back - excellent for tired stressed people. A combination of neuro-muscular, Swedish and sports massage techniques are utilized and adapted to create a massage ideally suited to each client's specific requirements.

Other treatments available:

Metamorphic Technique

Shamanic Healing

ColorWorks Color Therapy

To book your personalized massage or healing appointment – call **Jaci** on:

(C) 828 – 768 9444

Benefits of massage:

- Relieves muscle tension / pain
- Alleviates muscle spasms
- Relieves /manages stress
- Increases relaxation
- Promotes self value and body awareness
- Assists in creating mental clarity
- Releases emotional blockages
- Stimulates circulation
- Mobilizes joints
- Restores energy to body
- Improves flexibility
- Balances energy systems
- Lowers blood pressure
- Lengthens and strengthens muscles
- Breaks down scar tissue
- Balances organs of the body
- Improves concentration
- Integrates body, mind and Spirit
- Improves immune efficiency.

Take yourself where you may never have been before, embrace your greatness, with loving – touch massage.

Jaci Daley

LMBT#746

Offering therapeutic massage, bodywork and color therapy.

Telephone:

828 – 877 2535

828 – 768 9444



My Philosophy: I believe that we are all special and unique beings. I intuitively use massage and body work, to connect with each person on a spiritual level and endeavor to create the highest healing possible for each person, using all the techniques I have gained through my years of on-going study and teaching.