

Massage Therapy

What Massage Technique Best Suits You?

The following are types of massages that are currently offered at Saw Mill Club:

Swedish Massage is a system of long rhythmic strokes, kneading and friction techniques on superficial layers of muscles, combined with active and passive movements of the joints.

Shiatsu is an oriental-based system of finger-pressure, which treats special points along the body's "meridians" (the invisible channels of energy flow), restoring internal balance.

Deep Tissue releases chronic patterns of tension in the body through slow strokes and deep pressure on contracted areas and trigger points. It facilitates the breakdown of adhesions and addresses the deeper layers of muscle and connective tissue.

Sports Massage is primarily directed towards athletes. Its focus is on the muscles that are used for a particular event or activity. This technique includes pre-event, post-event and maintenance techniques, that promote greater athletic endurance and performance, decreases the chances of injury and reduce recovery time.

Medical Massage (a.k.a. Rehabilitative) focuses on the care the injured person and the correction and / or stabilization of medical problems. The client is evaluated, and a treatment plan is formulated to address their specific recovery needs.

Pregnancy Massage supports the expectant mother so that she can comfortably relax even in her second or third trimester. During pregnancy the human body undergoes many changes, some of them stressful and very uncomfortable. Massage addresses common aches and soreness associated with pregnancy.

Reflexology is based around a system of points in the hands and feet thought to correspond to all areas of the body.

Myofascial Release is a traction technique that releases tension from the body's connective tissue, freeing constrictions/blockages. MFR aids in poor posture, injury, illness, stress and restores balance to the body.

Cranio-Sacral Therapy releases restrictions in the cranial system and spinal cord, relaxing the entire body. It is effective in alleviating headaches, migraines, stress and chronic fatigue.

Chair Massage provides all the same benefits as a Swedish, Deep Tissue and Shiatsu session for those who are limited for time.

Neck Massage is a half hour deep tissue massage that releases tight neck muscles, tension and stress

Stress Escape is a half hour massage to the face, neck, shoulders and hands.

Reiki is a Japanese term meaning "Universal Life Force Energy". The philosophy behind the bodywork of Reiki is that all living things are governed by this life energy. Physical, mental and emotional stresses often create blockages in one's body resulting in illness. When applied, Reiki opens these blockages through the transfer of life energy. Reiki promotes well-being by supporting the body's ability to heal itself.

Hot Stone Massage has a powerful metasthetic energy that is world renowned for promoting harmony and balance. Warm stones are gently placed on your body and massaged as one element, melting away stress.

Aromatherapy draws from the physical and ethereal healing properties of herbs and premium essential oils to reduce stress and provide a general feeling of well being. Oils can be added to Swedish, Deep Tissue, Reflexology and Hot Stone Massage.

Non-Members Welcomed.

For additional information, contact Debbie Kimbrough, LMT at (914) 733-4064.