

**River Oaks Hot Spring Spa
800 Clubhouse Drive
Paso Robles, CA 93446
805.238.4600**

SERVICE DESCRIPTIONS

Massage Therapy Services:

All of our service providers use these techniques or a variation to incorporate them into their own technique.

- ❖ **Swedish Massage-** Incorporates five main soothing strokes to stimulate the circulation of blood through the soft tissues of the body to alleviate pain and tension and enhance health and healing.
- ❖ **Hot Stone-** This massage is designed to relieve stiffness and soreness and restore energy. Smooth dark stones are heated in water and stroked across a client's oiled skin and then laced on areas of the body. The style is the same as therapeutic massage, except hot stones are added at times to those areas that the therapist deems to need extra manipulation or relaxation that comes from the moist heat of the stone. The stones allow the therapist to apply extra pressure. This is a deeply relaxing massage.
- ❖ **Deep Tissue-** A method of working a muscle group or group of muscles or fascia more deeply. The aim of deep tissue massage is to restore structural alignment and balance within the body by releasing chronic tension formed deep into the muscle. A deep tissue massage may involve applying pressure from the elbow or forearm to sink slowly into the connective tissue and manipulate them. Deep Tissue massage is NOT a hard massage.
- ❖ **Reflexology-** An energy based pressure-point technique of acupressure and traditional massage strokes aimed at relaxing as well as improving circulation throughout the body. This involves applying pressure to the reflex points on the sole or palm, and the sides/tops of each foot or hand.
- ❖ **Prenatal-** The same as therapeutic massage, but specifically designed for the changes in a woman's body as she advances throughout pregnancy. Depending on how far along she is dictates how she may lay on the table. If in 1st trimester, she may lay face down and a therapeutic massage can be done as normal. If 2nd and 3rd trimester, the client will be side line (lying on her left side) and made comfortable with pillows propping up the tummy and a pillow in between the knees.