

Services

Massage Therapy



Swedish Massage

A very relaxing and therapeutic style of body work. It combines oils or lotion with an array of strokes such as rolling, kneading, and percussion to help the body improve its circulation. The benefits of this type of bodywork are wide-ranging and include relief from aches and pains, decreased stress levels in the body, enhanced mental clarity, improved appearance, and greater flexibility.



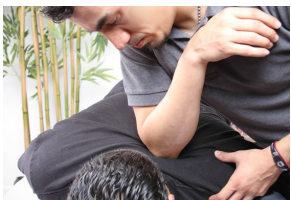
Deep Tissue Massage

A form of bodywork that aims to relieve tension in the deeper layers of tissue in the body. Deep Tissue Massage is a highly effective method for releasing chronic stress areas due to misalignment, repetitive motions, and past lingering injuries. Due to the nature of the deep tissue work, open communication during the session is crucial to make sure you don't get too uncomfortable. Keep in mind that soreness is pretty common after the treatment, and that plenty of water should be ingested to aid with the flushing and removal of toxins that will have been released from the deep tissue during the session.



Sports Massage

A type of massage designed for highly active people who engage in athletics. Engaging in sports is harsh on the body and can often lead to injuries in both the short and long term. Sports Massage enhances performance and prolongs a sports career by helping to prevent injury, reduce pains and swelling in the body, relax the mind, increase flexibility, and dramatically improve recovery rates. Sports Massage is also highly effective in aiding the rapid recovery of an athlete from an injury by encouraging greater kinesthetic awareness and in turn promoting the body's natural immune function.



Acupressure

Normally without removing any clothing, Acupressure uses the fingers to press key points on the surface of the skin to stimulate the body's natural self-curative abilities. When these points are pressed, they release muscular tension and promote the circulation of blood and the body's life force to aid healing. This treatment also helps to remove toxic waste, provide relief from head, neck and shoulder aches.

If you have any questions about how my service can help you, or would like to learn more about Massage Therapy at Balance Body Therapy, please call me at 708-956-7072 or email me at drdanappointments@gmail.com to make an appointment today!