

J Spa

**RELAX, REJUVENATE,
& RENEW
with Massage**

Hands on healing helps you unwind, lowers blood pressure, promotes muscle relaxation and boosts your immune system.

Try a massage today!

Regular:

*Swedish
Acupressure
Cranial Sacral
Energy Work
Lomi Lomi
Pre/Post Natal
Trigger Point*

**\$75/60min
\$100/90min**

Specialty:

*Deep Tissue
Hot Stone
Myofascial
Lymphatic Drainage
Shiatsu
Sports
Thai*

**\$90/60min
\$120/90min**

Save money when you purchase a 5-pack:

5-pack of Regular massages:
\$350/60 minute sessions
\$475/90 minute sessions

5-pack of Specialty massages:
\$425/60 minute sessions
\$575/90 minute sessions
Non-members add \$10 to each session

Modality Descriptions on back of flyer.

INFORMATION (408)357-7429 Or
Email: Spa@svjcc.org

APJCC SPA SERVICE

Massage Modality Descriptions

Acupressure: Uses deep finger pressure applied at certain points located along an invisible system of energy channels within the body called meridians. Acupressure stimulates these points to remove blockages, to increase the energy flow, to reduce stress, and to promote health and harmony in the body.

CranioSacral: This is a therapeutic procedure for remedying distortions in the structure and function of the brain and spinal cord, the bones of the skull, the sacrum, and interconnected membranes.

Deep Tissue: This massage is aimed at the deeper tissue structures of the muscle and fascia using more pressure and intensity.

Energy Work: Techniques of energy work balance the energy of the body, including physical, emotional, mental, and spiritual imbalances and help to reduce stress. It is a form of natural healing as it can reduce pain and prevent future pain.

Hot Stone: Hot stone massage is a form of massage therapy that uses specialized stones called basalt stones. These stones hold heat, helping to create a deep tissue massage to work tight, knotted muscles and release tension. It is also beneficial to those who experience muscle tension or have had a muscle-related injury. It can also improve energy flow and circulation through the body, relieve pain and release toxins. Other potential benefits include improved mood and relief from symptoms of arthritis and anxiety.

Lomi Lomi: Treats the body's lymphatic, immune, circulatory, respiratory, muscular and digestive systems. It can also be used on an emotional level to release past memories and stresses locked away in the body and to achieve harmony between the mind, body and soul by activating the flow of energy throughout the body.

Lymphatic Drainage: This is unique in that clients experience a cleansing of the immune system. By circulating and maintaining the quality of lymph flow, this can lessen the effects of or prevent the onset of illness. As the therapist applies specific strokes to the client's body, the lymphatic system is stimulated, moving impurities found within lymphatic fluid out of the body. This gentle treatment cleanses the connective tissues of inflammatory materials and toxins, enhances the activity of the immune system, reduces pain, and lowers the activity of the sympathetic nervous system.

Myofascial: This is a form of deep-tissue bodywork that seeks to rebalance the body by releasing tension in the fascia and restore structural alignment in the body as well as promote a balanced relationship between all parts of the body.

Pre/Postnatal: Relieves the tensions and aches caused by the extra weight and shift in the center of gravity to the body and also reduces swelling, soothes the nervous system, acts as a tonic, reduces fatigue and enhances energy.

Shiatsu: Using a series of techniques therapists apply rhythmic finger pressure at specific points on the body in order to stimulate chi (vital energy), and stretches to release blockages on the body's energy ways (meridians). This is highly effective in relieving muscle tension.

Sports: Perfect for the active person or the athlete to work specific muscle groups and joints. This massage includes pre- and post- event techniques to allow for greater endurance, lessen the chance of injury and decrease muscle recovery time.

Swedish: Relaxes your mind while improving circulation for the entire body. Swedish uses a combination of strokes and pressure point work for overall balance and relaxation.

Thai: Full-body treatment that involves passive, yoga-like stretching and pressure-point massage along the body's major energy channels to release blocked energy, relieve tension, align the skeletal structure, and increase flexibility. Thai is done with the table lowered and the client wears loose clothing. No oils are used.

Trigger Point: Therapists apply concentrated finger pressure to "trigger points" to break cycles of spasm and pain. Trigger points are tender, congested spots in the muscle tissue that may radiate pain to other areas.