

Massage Menu

1/2 hour massage	\$35
Back, Neck, Shoulders (45 min)	\$50
Massage Medley (60 min)	\$70
Massage Medley (90 min)	\$105
Massage Medley (120 min)	\$140
Mother Massage	\$70
Couples massage (60 min)	\$150
Couples massage (90 min)	\$225
Couples massage (120 min)	\$300
Hot Stone (60/90 min.)	\$90/120
Shiatsu (60 min)	\$35
Reiki or Craniosacral	\$1/min

Please ask for group rates. Home visits available. Gift certificates available.

Frequently Asked Questions:

What do I wear during a massage?

Clients are left alone in the treatment room to undress and get under the drapes that are ready for the client on the massage table. The linens are called draping by Massage Therapists. The client always has privacy. If you are uncomfortable with this, tell your massage therapist. There are techniques that can be used fully clothed, such as Shiatsu and craniosacral.

Should I have an hour or half hour massage?

The most benefit will come from an hour massage. Client's often think 'My shoulder hurts' and would just like their shoulder worked. However, it is common that your shoulder hurts because your hip is too tight,

for example. This is why Massage Therapists recommend an hour massage. Often, people are accustomed to tension in their bodies. Clients are frequently surprised at areas of tenderness where they thought they had none. This is good for the client, since they have a new awareness of their bodies after the massage. Be sure to ask your therapist any questions you might have after the massage so you don't go away wondering about something.

How often should I get a massage?

Some people get one once a week, some once a month! A monthly or bi-monthly massage is a benefit for most people. If you have specific areas that need to be worked out through massage, it may be hard for your therapist to tell you how many sessions that could be. This is because everyone's body is different and reacts differently, making it difficult to predict how long it will be to resolve a particular area.

Why do you use oil to massage?

There are many products that can be used for massage. Lotions, oil, oil blends and water based blends are all available. Your therapist probably assumes that you don't have a preference if you don't say anything. To therapists, there are many different levels here, and a therapist's choice of medium for massage may also include spiritual reasons as well as tactile ones. Most therapists use organic products that pamper your skin at the same time.

BLOSSOM MASSAGE

Relax & Renew

WHY DO YOU NEED A MASSAGE?

What is massage? There are as many answers to that question as there are people. The most important aspects of massage are touch and the nervous system. Massage is safe, non-sexual touch. We all know how good it feels to get a hug, or have someone hold our hand. Massage provides a time where people can simply enjoy receiving nurturing touch in a neutral space and way. At the same time, the therapist 'listens' to the client's body throughout the massage to see what that particular client needs that day.



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WHY DO YOU NEED A MASSAGE?

Our nervous system is stimulated all day every day. That's why people get 'stressed out'. Their nervous system has had too much stimulation and they need a way to relax and put some distance between themselves and their normal day to day routine. Easier said than done!!! This stimulation often engages the part of the nervous system called 'fight or flight', or the sympathetic nervous system. The other side of that is the parasympathetic nervous system. In parasympathetic mode, our heartbeats slow, our breath deepens and digestion is given a rest since it is easily aggravated by stress. Just as we enjoy a day to 'catch up', our bodies appreciate having time to take care of what it needs to catch up on, and relaxing helps facilitate the body to take care of itself. And, don't forget that the skin is the largest organ of the body and likes great care!!!

Swedish Massage

Swedish massage is a relaxing combination of strokes to stimulate circulation and ease muscle tone. Draping is used so only the area being worked on is not draped.

Therapeutic or Deep Tissue

This is more detailed attention for areas that tend to do lots of work: shoulders, low back and neck are commonly in need of a little extra care to restore muscle length and range of motion. This is combined



with Swedish.

Message Medley

A combination of techniques based on what your body needs today. It starts with Swedish flowing massage for relaxation, and includes deep tissue, Shiatsu, myofascial and cranio-sacral.

Couples Massage

Good for any twosome! Two people, two tables, one room and two Massage Therapists. Share the massage experience. A combination of techniques depending upon what you would like to have done that day.

Hot Stone Massage

Hot Stone is a magical experience. First Swedish massage is given to each area of the body. Then one or more stones are used on the same area. The heat from the stones really penetrates deeply into the body. Very

balancing and calming, this massage is a treat for body and spirit.

Shiatsu

Done through the clothing, a Japanese 'finger-pressure' massage and mild stretching that relaxes muscles and helps to balance the bodymind-spirit. Based on Traditional Chinese Medicine and using the same meridians as acupuncture, people are always surprised at how good this makes them feel. Shiatsu is most often done on a mat on the floor, with cushioning available so your body is comfortable. Please wear or bring loose fitting clothing and socks for the session.

Craniosacral

This is a very gentle body work that can have profound results. Done through clothing, the pressure used is usually about the weight of a nickel. This work affects the central nervous system (without surgery!) which in turn affects the whole body. Perfect for TMJ, back pain and headaches.

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