



THERAPEUTIC MASSAGE & WELLNESS

QUALITY CARE WITH A PERSONAL TOUCH



At Therapeutic Massage & Wellness we strive to offer quality and customized treatments with a personal touch. When you come to TMW with a chronic problem, overall wellness or health concern, we make it our number one priority to address your individual needs. At the very least, we determine how to help you with pain management and ensure that any problems you experience will be addressed by educating you on how to minimize discomfort. We take pride in staying up to date with the most current clinical research to provide professional, top quality treatments empowering you to look and feel your best.



CONTACT US:

Office Phone: (203)826-3355

Email: Office@tmwmassage.net

Website: www.tmwmassagect.com



CLASSIC MASSAGE SERVICES

AUTO ACCIDENT MASSAGE

This massage treats severe headaches, neck and back pain, and referred pain as well as TMJD and fascial pain. Stimulate the nervous system and relieve chronic pain related to the auto accident.

DEEP TISSUE

Deeper Pressure, focused on specific areas and targeted to help break up adhesions

MEDICAL MASSAGE

A medical massage can mean using trigger point release, deeper pressure, or any style for chronic or acute pain. This service is for target work, for a specific purpose.

PRENATAL MASSAGE

This therapeutic bodywork is centered around the needs of a mother-to-be's body and the dramatic changes it goes through. Our prenatal service helps by improving circulation, body tone, and relieving physical fatigue and mental stress.

SWEDISH/RELAXATION

Soft flow of massage strokes through effleurage, petrissage, and friction.

SPORTS MASSAGE

Geared towards athletes and those with high levels of activity, this treatment will improve endurance and help you create a relationship with your body. This modality promotes flexibility, decreases risk of injury and reduces post-workout recovery time.

SIGNATURE ADVANCED MASSAGE SERVICES

ACTIVE RELEASE TECHNIQUE (ART)

Muscular system, movement based massage that treats muscles, tendons, ligaments, fascia and nerve abnormalities.

CUPPING MASSAGE

By creating suction and negative pressure, cupping therapy is used to soften tight muscles, loosen adhesions, and lift connective tissue, bring hydration and blood flow to body tissues, and drain excess fluids and toxins by opening lymphatic pathways.

MYOFACIAL MASSAGE

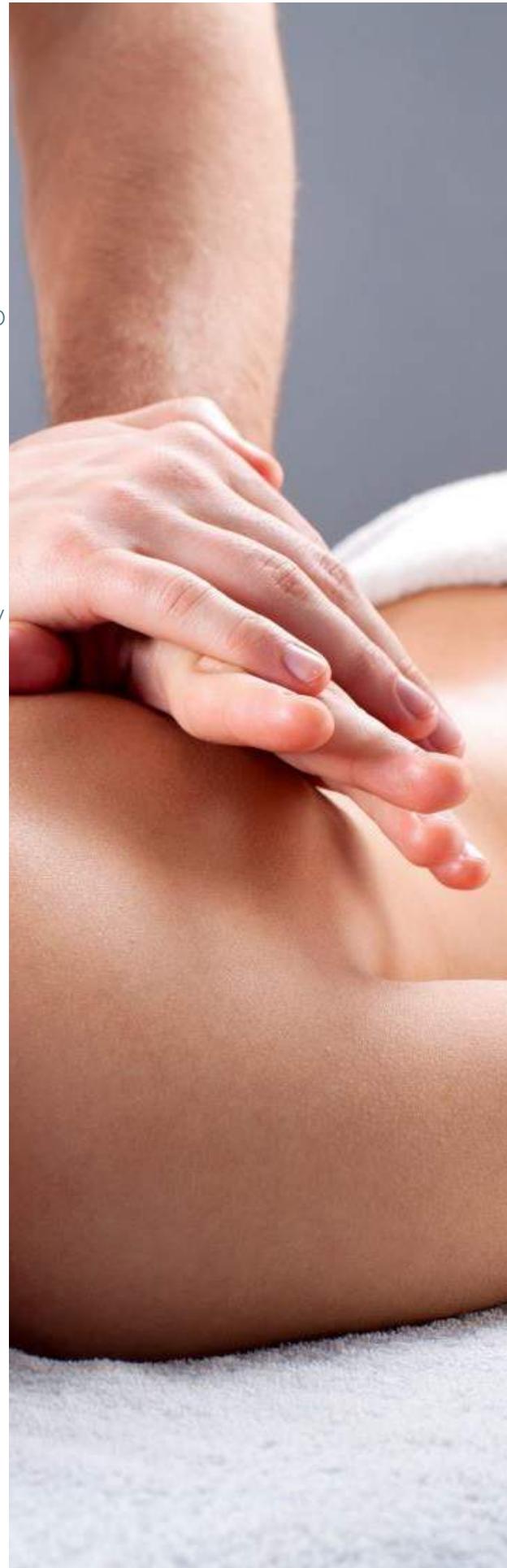
Using light to moderate traction and twisting strokes, therapists apply appropriate tension to soft tissue. This treatment is recommended for a plethora of pain conditions including migraine headaches, menopause-related pain, carpal tunnel syndrome, arthritis, and muscle spasms.

MYOSKELETAL MASSAGE

This massage is used to mobilize joints through soft tissue manipulation. Helpful with sciatica, scoliosis, rotator cuff injury, neck pain, and carpal tunnel syndrome.

PRO COMBO

Including the Gratson technique, cupping and active release technique. We recommend and encourage athletes, body builders, and people experiencing chronic injuries to take advantage of your trained and certified therapist.



SPECIALTY MASSAGE

SERENITY MASSAGE

Our Serenity Massage will begin with a heated aromatherapy scalp massage. The therapist will alleviate tension and pressure from your head neck and back. Using our magnet cupping therapy your therapist will target your vagus nerve bringing your body into complete rest. This massage is meant to reduce anxiety, improve your mood, balance your emotions, and alleviate your stress

MUSCLE MELTDOWN MASSAGE

Experience a fusion of heat therapy and cupping to melt away tension and help to reset the body. This full body treatment rotates between soothing hot lava shells, to decrease joint stiffness, & reduce pain & inflammation.

Followed by cupping therapy which will lift and rejuvenate the tissues bringing fresh blood and nutrient to the surface. This treatment will leave your body in a state of pure bliss, free of all stress and tension.



THAI YOGA MASSAGE

This ancient healing system has been practiced for over 2500 years and has been influenced by the traditional medicine systems of India, China, and Southeast Asia. Thai massage is extremely unique to any other massage modality, it is like a dance between the client and practitioner. Your session will be fully clothed, with no lotion or oil, on a mat on the floor. Your massage therapist will use pressure along energy lines (sen lines) in the body in order to identify tension.

IMMUNE BOOST MASSAGE

This treatment incorporates many different methods of massage including, lymphatic drainage to open up the face, neck, chest, lungs, and digestive track clearing it of any stagnant lymph. Cupping therapy is used to create space between the tissues and release any areas of restriction. Lastly, the use of aromatherapy is included to give you the health benefits of Doterra's therapeutic grade essential oils. This massage will make you feel free and clear of any discomfort, as well, preparing your body to fight any potential illnesses.

30 MINUTE TIME EXTENDED ENHANCEMENTS

Cellulite Reduction Cupping

The suction and release cupping causes the cellulite to break up. Blood circulation is stimulated and the fat and toxins that are released are moved to the lymph drainage network. Cellulite reduction cupping eases the cords connecting the skin and muscle. In this way the fluid build up is reduced and the skin develops more cellulite free, healthy appearance.

Full Breathe Sinus Soother

Using Doterra's therapeutic grade "Breathe" essential oil blend, we use the power of aromatherapy in our facial steamer coupled with result effective acupressure sinus soother points to bring you a strong yet soothing treatment. Discover relief from sinus pressure, congestion and headaches while bringing circulation and nourishment to your face.

Lymphatic Facial Cupping

This massage is great for anyone experiencing inflammation in their face. Using light lymphatic stroke this therapy will stimulate the blood flow, and draw fluid from the face. This treatment will not only relax you, but by bringing blood flow directly to the face your skin will appear smooth, and tight, creating a natural face lifting effect.

Immune Boost Massage

Using a combination of lymphatic drainage and cupping therapies, you can reboot your immune system. It's easy for your lymph system to get clogged, causing you to get sick and feel groggy. With this focused, 30 minute treatment the therapist will clear your chest, neck, and face of any stagnant lymph. And using our special immune boost lotion blends your passageways will be opened. You'll be able to breathe easier and will give your immune system a healthy boost.

Peppermint Facial Cupping

Reactivate your lymphatic system with this belly bloat reduction treatment. This treatment uses cupping and effleurage stroke techniques to clear your intestinal tract, reduce pain below the rib cage, and reduce any belly bloat you may have

Belly Bloat Detox

This treatment uses the youthful benefits of peppermint, combined with cupping techniques to beautify the skin. While slower cupping movements increase lymphatic drainage and reduce puffiness, fast movements increase circulation and stimulate collagen, improving the elasticity of the skin. You'll walk out of your session with a more youthful glow.



Foot Foundation Cupping

This therapy targets lymphatic flow, releasing the muscles of our feet. The feet are our foundation and will help with grounding the body. Clients with plantar fasciitis, heel pain, joint pain, ankle sprains and strains, inflammation, bunions, diabetes and more, will benefit from this treatment.

DigestZen Treatment

This incredible session incorporates Doterra's therapeutic grade blend of anise, peppermint, ginger and tarragon essential oils in a gentle abdomen massage. The specific technique used relieves and soothes digestion discomfort and induces detox. Hot stones are placed on the abdomen during the session for warmth and comfort.

RELAXATION & SPA ENHANCEMENTS

LAVA SHELLS

A specialized formula is placed in the shell to heat it from the inside before used to melt away tense muscles and aches and pains. Lava shells use the power of heat to induce deep relaxation and well being while soothing stiffness and releasing adhesions.

GLACIAL SHELLS

For example, phrases like "Continued on page 3" redirect the reader to a page where the article is continued. While a good conclusion is an important ingredient for newspaper articles, the immediacy of a deadline environment means that copy editing often takes the form of deleting everything.

PARAFFIN HAND OR FOOT TREATMENT

Cleanse your body of toxins with heated natural minerals while you get your massage. The product we use has three times the amount of paraffin from a standard service and has Swiss apple stem cells to combat aging and produce vibrant skin.

KERATIN HAND OR FOOT TREATMENT

Enjoy this warm, deeply moisturizing hand or foot treatment with your massage! Your hands or feet will be enveloped in Keratin and Vitamin E, creating amazing antioxidant, antiseptic, anti-fungal and anti-inflammatory results.

CELLULITE CUPPING OR SPOT CUPPING

The therapist uses a technique called medicupping, a cupping machine that allows them to choose the amount of pressure being used. This treatment creates space within tissues, and brings blood flow and circulation to the area.

PEPPERMINT FACIAL CUPPING

Ease puffiness, and drain stagnant fluids from the face. The increased local circulation to the skin will make it more vibrant and your skin will have a tighter appearance with just one session!





RELAXATION & SPA ENHANCEMENTS

CUCUMBER GREEN TEA EYE EXTRACT

Our cucumber green tea extract eye patches alleviate puffiness and soothe tired eyes. You will end the session feeling refreshed and rejuvenated!

PEPPERMINT/LAVENDER SCALP MASSAGE

This treatment soothes headaches, migraines, and muscle tension while bringing measurable relief to anxiety, depression, sleep disorders, and circulatory ailments.

DIGESTZEN TREATMENT

This incredible session incorporates Doterra's therapeutic grade blend of anise, peppermint, ginger and tarragon essential oils in a gentle abdomen massage. The specific technique used relieves and soothes digestion discomfort and induces detox.

BREATHE SINUS SOOTHER

Eliminate sinus pressure and irritation with this soothing head and neck massage. This service begins with hot towels on the head and face, misted with Doterra's therapeutic grade Breathe essential oil blend. Breathe in deeply and let the steamy aroma help to loosen any congestion or tension that you have. Your therapist will perform a face, neck and head massage, targeting specific acupressure points for optimal sinus relief.

MAGNET FOOT REFLEXOLOGY

Reflexology foot treatment works by alleviating your problematic areas as we use our haci magnets, therapeutic grade essential oils, & customized foot cream, to help decrease inflammation, activate reflexology points, bring oxygen to tired feet and increase circulation.

STEAM THERAPY

Therapeutic grade essential oils are infused into steaming purified water and placed in a beautiful bowl beneath the face during the portion of your session when you are face down. You will finish your session feeling clear, renewed and restored.

AROMATHERAPY

We use Doterra's therapeutic grade essential oils to enhance any service.

Essential oils are plant extracts and each has a different and measurable effect on our circulatory, lymphatic, fascial and nervous systems. The oils will be applied aromatically to envelope you in the all natural aroma of your choosing as well as applied topically in your cream. Your therapist will help to match the most accurate oil with the results you seek.

Lavender - Relaxation, Headaches, & Balance

Deep Blue - Muscle Pain & Tension

On Guard - Immune System

Aromatouch - Inflammation, Relaxation & Muscle Tension

DigestZen - Healthy Digestive System

Melaleuca - Lymphatic System

Frankincense - Relaxation & Mood Balance

Peppermint - Uplift & Energize

TOPICALS

Muscle Repair

Relieve body pain and soothe tight and achy muscles

Natural Escapes

Natural Escapes is a peppermint and menthol cream that cools and refreshes, increases blood circulation and decreases inflammation

Natural Escapes Foot Therapy

Blended therapeutic grade oils, provide potent anti-inflammatory, anti-bacterial, anti-fungal, anti-viral, anti-microbial, analgesic and antiseptic benefits.

Biofreeze

The therapeutic cooling and tingling sensation overrides pain signals, working similarly to ice but much more effective when paired with body work.

Sombra

Sombra warm therapy cream is great for relieving minor aches and pains of muscles and joints associated with arthritis and simple backaches.



SPORTS & ATHLETIC ENHANCEMENTS

FUNCTIONAL RANGE ASSESSMENT

Functional Range Assessment: FR founded by Andreo Spina is a system of manual musculoskeletal assessments, treatments and rehabilitation. This technique will use passive range of motion to assess and treat and determine if you have a mechanical, neurological or joint problem.

ART

Active release technique is an innovative treatment that is helping world-class athletes, active individuals, and people from all walks of life. It is a patented, state-of-the-art soft tissue system/movement-based massage technique that treats problems with muscles, tendons, ligaments and nerves. ART is designed to alleviate the buildup of scar tissue and adhesions after soft tissue injuries.

HAWKGRIPS

IASTM (Instrumental assisted soft tissue mobilization) is a non-invasive treatment that has been proven effective for many chronic soft tissue conditions such as Plantar Faciitis, IT Band Syndrome, Shin Splints, Knee Pain, and Hip Pain. IASTM stimulates the return of healthy muscle and tissue. When combined with A.R.T, these soft tissue tools allow the affected area to release quicker and with less pain.

CUPPING

Cupping is an ancient Chinese technique that has found its place in the modern world of healing. By creating suction and negative pressure, cupping therapy used to soften tight muscles, loosen adhesions and lift connective tissue, bring hydration and blood flow to body tissues, and drain excess fluids and toxins by opening lymphatic pathways. (will cause suction marks)

KINESIO TAPE

Kinesio Tape is a unique therapeutic method, which provides support and stability to your joints and muscles without affecting range or motion or circulation. The Kinesio Taping Method focuses on your body's own natural healing process. When correctly applied over the muscles, Kinesio Tape can reduce pain and inflammation and help relax overused and tired muscles.

LEUKO TAPE

Leuko Tape is a rayon-backed, latex-free rehabilitation tape with a high tensile strength. Its zinc oxide adhesive ensures that once wrapped Leuko tape will remain in place for hours, even when a patient is active and in motion. We use leuko tape for injury prevention, rehabilitation, supportive adhesive, recovery from sports related injuries as well as to manage muscle or joint pain, relieve pressure and provide stability.



OUR FACILITY

It is our vision and passion to customize and specialize every session you have with us. Don't hesitate to let us know what you look for in your body work and your preferences whether large or small. Come to us with any questions and concerns, we are 100% here for you and to help you feel amazing.

We have a wonderful selection of refreshing teas, which can be prepared for you to enjoy before or after your treatment

At TMW, we offer free amenities to make your time more comfortable. Hot aromatherapy towels, heated neck wraps, robes, slippers, & hot foot booties will be offered to you



SPA ETTIQUETTE

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our Luxury Suite.

Please note that the spa is a quiet place, please use quiet voices, as we try to ensure that all our guests benefit from the tranquil surroundings.

We recommend that you leave all valuables home or in the car before coming to the spa.

OUR POLICIES

Please notify the spa receptionist of any existing medical conditions. Guests with high blood pressure, heart conditions, allergies, who are pregnant, or have any other medical complications, are advised to consult a doctor before under going any treatments.

Any cancellations with less than 24 hours of notice are subject to a cancellation fee amounting to a 100% of the service. Clients who NO SHOW without giving any prior notification will be charged for 100 % of the service.

We recognize the time of our clients is valuable and have implemented this policy for this reason. In order to stay on time punctuality is a must, as we are unable to extend your time slot due to appointments that may follow yours.

We encourage that you come early to your appointment to take advantage of our free amenities.

Therapeutic Massage & Wellness

Policy Notification

We appreciate that you've chosen us for your massage and bodywork needs. To provide the best service possible to our clients we have implemented the following policies.

Cancellation Policy

We respectfully ask that you provide us with a 24 hour notice of any schedule changes or cancellation requests. Please understand that when you cancel or miss your appointment without providing a 24 hour notice we are often unable to fill that appointment time. This is an inconvenience to your therapist and also means our other clients miss the chance to receive services they need. For this reason, you will be charged 100% of the service fee for your session. We also reserve the right to require a credit/debit card number to be given to book appointments so that appropriate fees may be charged if a late cancellation does occur.

Late Arrival Policy

We request that you arrive 10-15 minutes prior to your appointment time to allow time to fill out any required paperwork as well as answer any intake questions your therapist may have. We understand that issues can arise that may cause you to be late for your appointment. However, we ask that you call to inform us if this ever occurs so we can do our best to accommodate you. Appointment times are reserved for each client, so oftentimes we cannot exceed that reserved time without making the next client late. For this reason, arriving after your appointment time may result in loss of time from your massage so that your session ends at the scheduled time. Full-service fees will be charged even when sessions are shortened due to late arrival. In return, we will do our best to be on time, and if we are unable to do so we will add time to your session to make up for our late arrival or adjust the service charge accordingly.

Inappropriate Behavior Policy

Massage therapy is for relaxation and therapeutic purposes only. There is absolutely no sexual component to massage whatsoever. Any insinuation, joke, gesture, conversation, or request otherwise will result in immediate termination of your session and a refusal of any and all services in the future. You will be charged the full-service fee regardless of the length of your session. Depending on the behavior exhibited we may also file a report with the local authorities if necessary. Treat your therapist with respect and dignity and you will be treated the same in return.

By signing below, you agree to abide by these policies.

Client Signature

Date