



## My Mission . . .

During each massage I tailor my techniques to the specific needs of the individual by using my dancing fingers while promoting harmony and relaxation.

## Tips For Making Your Massage Experience Better . . .

Eat lightly before any type of massage. An overly full stomach will be painful to lie on.

To fully benefit from your massage abstain from alcohol and caffeine the day of your massage treatment. Alcohol and caffeine can contribute to high levels of toxins in the blood, which massage seeks to reduce.

Drink more water than usual the day of your massage so that your body can detoxify more easily.

## Massage Requirement

Your personal hygiene is important both as a sanitary procedure and as a courtesy. I make personal hygiene a high priority please do the same.

## Schedule

by appointment only call  
**914.886.8005**

To cancel or reschedule an appointment please call  
24 hr. ahead of time.

Same day cancellations will be charged 50% of the scheduled service price.

## Dancing Fingers Massage Therapy

*Revive. Refresh. Relax*



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# The Benefits of Massage . . .

*"Many people think of it as a luxury, but massage is much more than simple relaxation."*

## Swedish Massage

A Swedish massage is the most common massage. It is the perfect way for anyone who is overly worked and stressed out to relax their body and mind.

During this massage I will use several techniques on the topmost layers of muscles, ligaments, nerves, and soft tissues all over your body.

Swedish massage is beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

## Geriatric Massage

Geriatric massage is a form of massage designed to meet the specific needs of the elderly population. It involves the use of hands to manipulate the soft tissues of the body to improve blood circulation, relieve pain, and increase range of motion.

Preventing damage to the fragile skin and muscles usually found in this age group, stripping and deep tissue strokes are avoided. Geriatric massage can help them maintain and improve their overall health.

## Massage Packages

**Diamond 10 for \$80 each**

**Gold 5 for \$80 each**

## Sports Massage

Most commonly, sports massage focuses on increasing blood and lymphatic fluid flow, reducing and eliminating pain as well as tender trigger points, and increasing range of motion of the affected area.

Sports massages can be broken into 4 distinct types - the pre-event sports massage, the post-event sports massage, the restorative sports massage and the rehabilitative sports massage.



## Prices of Massage Treatments

30 minutes*	\$ 50
60 minutes*	\$ 85
90 minutes	\$ 125
120 minutes	\$ 155

\*Add \$10 for *Deep Tissue Massage*

*Gift Certificates available for all occasions!  
Ask about Special Event Parties!*

## Pre-Natal Massage

The safest position for prenatal massage is lying on one's side while hugging a pillow. Prenatal massage is not recommended during the first trimester because it might increase the risk of miscarriage. Instead I prefer to begin massage in the second trimester.

Massage relieves many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps, headaches and edema (or swelling).

If at any time during the prenatal massage you experience discomfort, tell me immediately.

## Trigger Point Therapy

Trigger points or trigger sites is a tight area within muscle tissue that causes pain in other parts of the body.

A trigger point in the shoulder, for example, may reduce referral pain in the neck.

Trigger point massage therapy is specifically designed to alleviate the source of the pain through cycles of isolated pressure and release. In this type of massage for trigger point therapy, the client actively participates through deep breathing.

## Deep Tissue Massage

*(30 or 60 minutes only)*

Deep Tissue massage is designed to relieve severe tension in the muscle and the connective tissue. This type of massage focuses on the muscles located below the surface of the top muscles.

Deep tissue massage is recommended for individuals who experience consistent pain, are involved in heavy physical activity.