

Massage/Bodywork with Ginny Mazzei

offered at the Centre for Health and Wellness
589 East 7th Street, Bloomsburg, PA 17815
570-784-1366
and Stillpoint Studio in Benton
570-951-2756/570-925-5690



*“Natural forces within us are
the true healers of disease.”*

~ Hippocrates

The structured touch of massage and bodywork is useful in helping a person maintain wellness and can also be effective in moving one back to health. These therapeutic treatments are both cleansing and rejuvenating, and help counter the challenging effects of chronic stress. Below are descriptions of the types of massage and bodywork that I have been trained to deliver. If you have any questions about the type of work most suitable for you, or if you would like to schedule an appointment, please email me at gmazzei@epix.net or call 570 951-2756.

Swedish Massage

Swedish massage is a very relaxing, therapeutic style of bodywork that uses lotion with a variety of strokes that glide across, roll and knead out tense tissue. Some of the benefits include increased circulation, relief from aches and pains, decreased stress levels, and enhanced mental clarity.

Deep Tissue

Deep tissue massage is a form of bodywork that aims to relieve tension in the deeper layers of tissue. It is highly effective for releasing chronic stress areas due to misalignment, repetitive motion and lingering discomfort due to past injury.

Trigger Point Therapy

Trigger point therapy targets localized areas of tenderness that refer pain or sensation to other areas of the body. Focused pressure is applied in an effort to dissolve these knotted areas and release the triggered pain patterns.

Neuromuscular Therapy

Neuromuscular therapy helps to relieve congested, tender spots in muscle tissue and to release compressed nerves that radiate pain to other areas of the body. Overall structural imbalances are considered in assessing where and how to work.

Myofascial Release

Myofascial release works with the body's connective tissue to restore normal alignment and function and to reduce pain. It is an effective therapeutic approach for the relief of back and neck pain, fibromyalgia, scoliosis, chronic pain patterns, recurring sports injuries and headaches, among other conditions.

Lymphatic Drainage

Lymphatic drainage aims to gently and rhythmically move lymph through the body, especially swollen areas of the body, relieving pressure and enhancing functioning of the immune system. As both a preventive and remedial technique, lymph drainage can be used for a wide range of purposes including faster recovery from injury, reduction in swelling and discomfort from pregnancy, and strengthened resistance to illness. It has been successfully used to reduce the pain of carpal tunnel syndrome.

Thai Yoga Massage

Thai massage combines passive yoga-like stretching with gentle pressure along your body's natural energy lines to increase flexibility, relieve muscle tension, and enhance your overall well-being. The session is performed on a special mat on the floor. Be sure to wear comfortable clothing that will allow for a full range of motion during the stretches. After a session, people report feeling simultaneously relaxed and energized.

Pre-natal Massage

Pre-natal massage is specifically designed for pregnant women, and as such recognizes the unique stresses due to the dramatic physical, mental and emotional changes that occur. Pre-natal massage helps alleviate pregnancy-related discomforts such as back and joint pain, uncomfortable digestive issues, swelling, and reduced capacity to breathe freely. It also provides emotional support and relaxation.

Reflexology

In reflexology, pressure is applied to specific nerve zones in the feet that correlate with all other parts of the body. These treatments have been highly effective for conditions such as allergies, headaches and depression.

Chair Massage

Chair massage takes the muscle loosening, tension reducing, circulation enhancing benefits of a table massage and makes them portable. Performed in a special chair that allows clients to wear their "street clothes" and recline in a semi-prone position, chair massage is idea for the business, health care, or educational setting. Corporations, universities, and hospitals, to name a few, have been able to offer their target populations the relaxing effects of a massage for all sorts of purposes: care-giver support, employee appreciation, even helping students relax before final exams.

Ayurvedic Massage Techniques

Vishesh

Vishesh is a vigorous, rhythmic massage that uses heated medicated oils. It is designed to break down adhesions and improve circulation at the deepest levels. Lymphatic flow is enhanced assisting the body to eliminate the loosened impurities. Awareness and blood flow move into areas that have been previously constricted. Invigorating and relaxing at the same time. (Vishesh can be followed by optional steam treatment.) **Vishesh is only offered in the Benton location.**

Shiro-Abhyanga-Nasya (Sinus Treatment)

This is a head, neck and facial treatment targeting sinus congestion. It stimulates lymph in the head and helps to drain the sinuses. It includes head, face and neck massage, a eucalyptus steam treatment, and optional herbal drops that the client can administer nasally.

Rate Schedule				
	Centre for Health and Wellness		Stillpoint	
All services (except Chair, Thai, Vishesh, and Shiro-Sinus Treatment)	30 minutes	\$30	30 minutes	\$25
	60 minutes	\$60	60 minutes	\$50
	90 minutes	\$80	90 minutes	\$70
Chair	60 minutes	\$60	60 minutes	\$60
Thai	60 minutes	\$70	60 minutes	\$60
Shiro-Sinus Treatment	60 minutes	\$65	60 minutes	\$65
Vishesh	--	--	60 minutes	\$85

(Prices subject to change without notice).