



Big Canoe® Massage Services

Certified & Licensed Massage Therapists

△ **Amanda Griggs** (License: MT002273)

*Swedish, Deep Tissue, Neuromuscular Therapy, Reflexology
Board Certified (NCBTMB), Comfort Touch Acupressure, Cranial/Scalp, Facial Massage,
Hot Stone, Massage Cupping, MLD, Myofascial, Sports, Prenatal, Trigger Point*

△ **Tracey Long** (License: MT007285)

*Swedish, Deep Tissue, Neuromuscular Therapy, Reflexology
Myofascial, Prenatal, Sports, Swe-Thai, Trigger Point*

△ **Janet Smith** (License: MT001908)

*Swedish, Deep Tissue, Neuromuscular Therapy, Reflexology
Myofascial, Hot Stone, Prenatal, Reiki I/II, Swe-Thai, Trigger Point*

Massage Rates

30 minute session:	\$45
45 minute session:	\$60
60 minute session:	\$70
75 minute session:	\$90
90 minute session:	\$110
120 minute session:	\$140

To schedule an appointment, contact the Big Canoe Wellness Center (706) 268-3441

Note: If you are scheduling a Facial Massage, Hot Stone Massage or Prenatal Massage, please specify when scheduling your session; advanced notice is required. In addition, if you have any allergies or sensitivity to aromatherapy, please inform us prior to your session. Minors must be accompanied by a parent or guardian; parent's written consent is required.

Cancellation Policy

Appointments may be changed or cancelled without penalty up to the day before the appointment. If appointment is cancelled the day before the scheduled appointment, a 25% cancellation fee may apply. Failing to "show" or cancelling the day of the appointment may result in a charge of 100% of the session.

*Most sessions integrate several techniques, creating the perfect session - just for you.
(See page 2 for descriptions)*

Acupressure Massage - Acupressure is rooted in traditional Chinese medicine and stimulates specific points on the body to restore flow of energy.

Aromatherapy - The use of essential oils to promote wellbeing through diffusion or topical application.

Cranial / Scalp Massage - A gentle, noninvasive form of bodywork designed to release compression which alleviates stress and pain. Relaxes the mind and encourages circulation.

Deep Tissue Massage - Deep tissue massage works deeply into the muscles and connective tissue to release chronic aches and pains. Deep tissue massage uses slow direct pressure and/or friction directed across the grain of the muscles. It is applied with greater pressure and to deeper layers of muscle.

Facial Massage - A blend of customized facial massage techniques including: facial lymphatic strokes, acupressure point work and rejuvenation strokes beneficial for sinus problems, tension headaches and facial paralysis. Includes organic honey, warm compress and jojoba oil. Please do not wear makeup.

Hot Stone Massage* - Hot stone massage utilizes smooth, heated stones to loosen muscles, improve circulation and alleviate pain. Not appropriate for those with hypertension. *Additional Fees May Apply

Manual Lymphatic Drainage (MLD) - Manual lymphatic drainage is a gentle method of promoting movement of lymph into and through the lymphatic vessels using long, light, repetitive strokes. Not appropriate for edema caused by cardiac conditions.

Massage Cupping – A versatile method that may be modified to compliment a range of techniques. Creates suction and negative pressure to soften tight muscles, loosen adhesions and lift connective tissue. Brings hydration and blood flow to body tissues, and helps drain excess fluids and toxins.

Myofascial Release - Myo means muscle and fascia is the elastic connective tissue wrapped around muscles and other parts of the body. During myofascial release restrictions are located and gentle sliding pressure is applied in the direction of the restriction to stretch the tissues.

Neuromuscular Therapy - A systematic approach to myofascial treatment that attempts to interrupt the neuromuscular feedback that maintains pain or dysfunction. It is primarily used to release trigger points (intense knots of muscle tension that refer pain), increase blood flow and reduce pain.

Prenatal - Massage during second or third trimester of pregnancy is a great way to soothe achy muscles.

Reflexology - Reflexology is a form of bodywork based on the theory of zone therapy, in which specific reflex points, usually on the feet, are pressed to stimulate corresponding areas in other parts of the body.

Reiki - A spiritual healing art with roots in Japanese origin. Beneficial for stress reduction and relaxation.

Sports Massage - Sports massage is applied to athletes to help them train and perform free of pain and injuries. This may include compression, pressure-point therapy, cross-fiber friction and cryotherapy (ice).

Swedish Massage - Swedish massage is a scientific system of manipulations on the muscles and connective tissues of the body for the purpose of relaxation, rehabilitation or health maintenance. It is used to promote general relaxation, improve circulation and range of motion, and relieve muscle tension.
Swedish massage is the most commonly used form of massage.

Swe-Thai Massage - Swe-Thai combines Swedish massage techniques with Thai (yoga like) stretches.

Trigger Point Massage - Trigger point massage utilizes ischemic compression of individual areas of hypersensitivity in muscles, ligaments, tendons and fascia. These trigger points are defined by their referral of pain to distant locations in muscles, connective tissues and organs.

