

## Massage Therapies

### Therapeutic Massage

Therapeutic massage was originally developed in the late eighteenth century by a Therapeutic master as the first systematic application of therapeutic massage in the West. It was based on European folk massage, oriental techniques from the Middle East and the then emerging knowledge of modern anatomy and physiology. The strokes and manipulations of Therapeutic Massage are each conceived as having a specific therapeutic benefit. One of the primary goals of Therapeutic Massage is to speed the venous return of unoxygenated and toxic blood from the extremities. Therapeutic massage shortens recovery time from muscular strain by flushing the tissues of lactic acid, uric acid, and other metabolic wastes. It increases circulation without increasing heart load. It stretches the ligaments and tendons keeping them supple and young.

Therapeutic Massage also stimulates the skin and nervous system and soothes the nerves themselves at the same time. It reduces both emotional and physical, stress and is suggested in a regular program for stress management. It also has many specific clinical uses in medical or remedial therapy. Medical massage can be used to prevent muscular atrophy in cases of broken bones, to reduce inflammation in strains and sprains, to reduce inflammation of sciatica and lumbago, to increase circulation of varicose ulcers, to stimulate normal bowel movements and much more.

½ Hour.....	\$ 36
1 Hour.....	\$ 71
1 ½ Hours.....	\$101
2 Hours.....	\$131



### Reiki

Reiki healing is the usage of spiritual energy to heal a person's aura or situation. The word "Reiki" actually translates to "Universal Life Force Energy." The usual treatment of Reiki massage begins at the head and works its way through the seven different chakras. The hand placements coincide with the seven major chakras or energy centers of the physical body.

Reiki massage has been used to help patients manage pain and increase their quality of living. Reiki massage is different from normal massage because the practitioner does not knead or manipulate the tissues or muscles of the patient. Instead, the hands of the practitioner remain still, and the energy of healing is sent through the channels of the practitioner into the patient.

Reiki massage can even be used to send energy to broken bones or injuries that are covered by casts and bandages. Reiki is used to treat conditions such as TMJ (more commonly known as lock-jaw), muscle pain, tension, stress, injury healing, pain management and over 60 other medical ailments. In the Western world, there are four different areas or chakras of the body used for treatment. They are the head, body, legs/feet and back, respectively.

Reiki treatments are one hundred percent safe; they do not incur any side effects or injuries. There are sensations that are felt, but they are different for different people. Some people experience a sensation of warmth or tingling. Others experience a spirit of relaxation and balance.

Per Hour..... \$ 81

### Hot Stone Massage

Enjoy this ancient healing art of therapy; using heated stone and oils the therapist performs a full body massage to overworked muscles. The heat from the stones relieves the body of aches and pains while incorporating the application of Swedish modalities.

50 minute session..... \$91.00



### Refreshing Mini-Massage

Our 30 minute back, neck, arms & shoulders routine will rejuvenate those tired overworked muscles.

30 Minute session..... \$36.00

### Rhapsody Signature Swedish

This blissful treatment brings you into a trance using flowing techniques combined with pressure and pace that can vary from light to moderate. This massage can improve circulation and increased range of motion after the full body experience.

50-70 minutes..... \$71.00-\$101.00



Aromatherapy Massage

Awaken your senses through the inhalation and application of essential oils. This treatment offers a combination of Swedish and Deep Tissue massages that will soothe your body and restore the natural balance in your body.

50 minute session..... \$91.00



Deep Tissue Massage

This invigorating technique is based on breaking up and eliminating adhesions within the deeper layers of the muscle. Trigger point therapy is our focus with this treatment accompanied by the traditional Swedish massage to relieve muscle tension.

20-50 minute session..... \$46.00-86.00



Prices effective January 2009

All prices subject to change without notice.

Visit us online @ [www.salonrhapsody.com](http://www.salonrhapsody.com)

9645 W Lincoln-Way Lane  
Suite 110  
Frankfort, IL 60423



Where  
Style and Harmony  
become one.



Massages

---

9645 W Lincoln-Way Lane, Suite 110  
Frankfort, IL 60423  
815-469-5953  
[info@salonrhapsoy.com](mailto:info@salonrhapsoy.com)  
[www.SalonRhapsody.com](http://www.SalonRhapsody.com)