



# A-Z of Massage Therapies

These treatments have been modified to meet the needs of the West and have been powerful in their effects on the mind and nervous system—calming, balancing, and bringing both a heightened sense of awareness and deep inner peace. The techniques can be done either as stand-alone treatments or in conjunction with the ayurvedic body massage.

## BOWEN TECHNIQUE

Developed by Thomas Ambrose Bowen of Australia in the 1960s and 1970s, this hands-on, light-touch body therapy consists of gentle rolling movements over muscles and tendons to stimulate the body's own healing mechanisms. Originally intended to help people suffering from muscular-skeletal problems, Bowen Technique has also been successful with many other conditions, including asthma and respiratory ailments in children and pre-teens.

## CONNECTIVE TISSUE MASSAGE

Also known as bindgewebsmassage, Connective Tissue Massage (CTM) techniques are designed to specifically affect the connective tissue of the body. The technique consists of the massage therapist subtly hooking her fingers into the skin and superficial connective tissue while performing a dragging or pulling stroke that somewhat stretches the skin. CTM leaves a visible mark that looks somewhat like an abrasion or burn, but which goes away without leaving a scar.

## DEEP TISSUE MASSAGE

Techniques that utilize deep-tissue/deep-muscle massage are administered to affect the sub-layer of musculature and fascia. These techniques require advanced training and a thorough understanding of anatomy and physiology. The muscles must be relaxed in order to effectively perform deep-tissue massage, otherwise tight surface muscles prevent the practitioner from reaching deeper musculature. It helps with chronic muscular pain and injury rehabilitation and reduces inflammation-related pain caused by arthritis and tendinitis. It is generally integrated with other massage techniques.



## INFANT MASSAGE INSTRUCTION

Qualified instructors teach parents how to properly massage their infants. Infant massage is also utilized in hospital neonatal care units. This specialized form of touch is successful, not only in the critical weight gain of premature infants, but also in creating

a strong bond between parent and infant and exposing a young child to the benefits and pleasures of touch.

## LaSTONE THERAPY

Stones of all shapes and sizes and varying temperatures, ranging from zero to 140 degrees, are used during LaStone massage therapy to elicit physical healing, mental relaxation, and a spiritual connection to earth energy. Warm stones encourage the exchange of blood and lymph and provide soothing heat for deep-tissue work.



Cold stones aid with inflammation, moving blood out of the area, and balancing male/female energies. Stones are placed in varying positions on the body for energy balancing or may be used by the therapist for specific trigger-point work. The alternating heat and cold of thermotherapy brings the entire body into the healing process, with a rapid exchange of blood and oxygen and alternating rise and fall of respiration rate as the body seeks homeostasis.

Sandrine's Pilates is dedicated to providing the highest level of training on Pilates and GYROTONIC®. A unique environment where you will learn to strengthen and tone your muscles to levels that you never thought were possible.

**Sandrine's Pilates**  
 12 London Rd (1st Floor)  
 Tunbridge Wells Kent TN11 1DE  
 Tel: 01892 618493  
 info@sandrinespilates.co.uk  
 www.sandrinespilates.co.uk

*Feeling stressed? In need of some TLC?*  
 Treat yourself to a soothing massage...

- Helps eliminate toxins and waste products from the body
- Stimulates the Immune System
- Relaxes muscles and promotes a sense of calm and wellbeing

Wendy Jennings - The Holistic Health Centre, Tunbridge Wells Tel: 01892 535388