

EASTERN Massage Techniques

Eastern massage techniques use a whole body approach with preventive care as it's goal. Instead of focusing on muscles, it uses Meridians, Sen lines or Chakras. Much of the work uses stretching, compression, and ROM (range of motion). It promotes flexibility and over all wellness and mind/body balance. *Eastern Massage techniques includes:*

◆ Thai Traditional Mat Massage

Performed on a floor mat rather than a massage table, the client wears loose comfortable clothing and no massage oil are used. Thai uses compression on the Sen lines of the body, deep stretching and joint manipulation.

◆ Thai Table Massage

Uses many of the same techniques as Thai Traditional Mat (above), but is performed on a massage table. This can be combined with Western techniques and can be performed clothed or draped. It may be used to give deeper stretches or deep compression in a less painful way.

Other Specialty Massages

- Aromatherapy
- Children
- Disabled
(CP, para, quad, MS & other)
- Hot Stones
- Pain or Injury specific
- Pre-Natal
- Sports therapy
- Thai Herbal Ball
- Tok Sen
- Water

Other Services

- Body balancing
- Honey Tap Facials
- Salt or Sugar Scrubs
- Stretching
- Wraps

Many of our services can be added as an enhancement to any 60/90 minute massage. You may also combine two or more types of massages to receive the benefit of both.

◆ Shiatsu

Japanese Mat massage is performed on a floor mat rather than a massage table. The client wears loose comfortable clothing and no massage oil is used. It addresses the meridians of the body. Using the palm or thumb, pressure and/or compression are used to balance the points along the meridian. Gentle rocking and stretching are also used to end the session and balance the body.

◆ Thai Hand/Foot Massage & Reflexology

Thai medicine states that the emotional Sen lines of the body exit out of the hands and feet. The entire physical body is represented on the hands and feet. Each part of the body can be addressed and worked on remotely. The therapist using their hands and a tool, massage the entire hand/foot to release and balance the emotional body. Plus it feels great!



How to Purchase a Massage Voucher:

Visit the LJCC Customer Service Desk or call 704-366-5007

Non-Members Facility Usage:

The purchase price of the massage includes the use of the steam room, sauna and whirlpool. Additional facility usage is available at an extra cost.

If you are interested in a membership, please call 704-944-6741 or stop by for a complete tour.

Cancellation Policy:

We respectfully request at least 24 hours notice cancellation for a full credit. Less than 24 hours cancellation will result in a charge of 50%. No shows will be charged 100% of the booked services.

Make Your Appointment Today!

704-287-6394 • 704-366-5007

massage@charlottejcc.org

Massage at the J

WESTERN Massage Techniques

Western Massage is the most commonly practiced massage in the USA.

It focuses mainly on pain-specific issues along with relaxation, muscle tension, soreness, and pain relief. It is generally performed on a table in a dimmed room with soothing music. The client is draped with sheets and oils may be applied to the body. *Western Massage techniques include:*

◆ Therapeutic Massage

Best of all worlds! This allows the therapist to work with your body and use any technique that is most beneficial to your body's needs. It may include some or all of the types described here (or even ones not listed here). This massage experience is designed with *your* body in mind; unique to you each and every time.

◆ Swedish Massage

The most relaxing massage, as it promotes relaxation and improves circulation. Good for stress and conditions needing a gentle approach. The therapist will apply massage oil and use long gentle strokes such as effleurage, rocking, and kneading.

◆ Deep Tissue Massage

Treats chronic pain caused by tight muscles, knots, or injured tissue. The focus is on realigning all layers of muscles and connective tissue. The movements are similar to that of Swedish massage but can be more intense because it affects deeper tissue.

◆ Trigger Point Therapy

Based on the work of Dr. Janet Travel. Trigger points are points that when activated cause pain in another area. The therapist will focus on releasing the point by engaging the tissue and deactivating the trigger. It differs from the other types of Western massage in that the receiver can be asked to participate by performing certain movements. It does not require massage oil as each point is worked individually.

◆ CranioSacral and SomatoEmotional Release

Developed by Dr John Upledger, CranioSacra addressed the cranial system of the body. Using pressure equal to weight of a nickel, migraines, TMJ issues and many hyper conditions can be relieved. SomatoEmotional Release relieves pain by releasing emotional restrictions connected to body tissue and memory.

Meet our Massage Therapist

Julia Thomas, LMBT #2236

Licensed Massage Therapist and Body Worker, AromaTherapist, CranioSacral, Somatoemotional Release, Lymphatic Drainage/ Balancing and Thai herapist with over 25 years of experience.

Julia has worked with disabled veterans, world class athletes, youth teams, marathons, sporting events, and many other people in chronic pain situations. Julia has taught basic, advanced and Eastern techniques at Southeastern School of Massage. She has published articles on massage therapy and how to use it to obtain a better quality of life, and continues to promote health and wellness. We are proud to have her services available at Levine JCC.

PRICING:	M	B	NM
60 minutes	\$65	\$55	\$85
90 minutes	\$90	\$75	\$110
Package/ 4	\$240	\$200	\$320