

AROMATHERAPY

Aromatherapy can be added free to any session. The following essential oils are available for blending: lavender highland, tea tree, eucalyptus globules, peppermint and ylang ylang. (The lotions used by Energy Rising contain olive oil, bees wax, coconut oil and vitamin e.)

Benefits of essential oils and the ingredients used in the Sugar Scrub and Wrap: Pomegranate moisturizes and tones dry skin. Mango is full of anti-oxidants to encourage cell renewal. Citrus is great for fatigue as it is stimulating and awakening. Lavender and green tea is calming and can help relieve anxiety. Sandalwood is considered very grounding. Eucalyptus is excellent for breathing and asthma. Ylang ylang is uplifting and floral. Tea tree has some remarkable medicinal (anti-fungal, antiseptic, etc.) and cosmetic uses. Peppermint is refreshing and invigorating.

Todd Fiorentino Licensed Massage Therapist

Mailing Address:

**36 Whitman Street
North Adams, MA 01247**

Professional Office:

**150 North Street, suite 26B
Pittsfield, MA 01201**

Email: todd@energyrising.net

Website: www.energyrising.net

Phone: 732.595.6064

Energy Rising Massage Therapy

It Changes You



SWEDISH, THAI, CHAIR, STRUCTURAL

Swedish Massage – 90 mins. \$110, 60 mins. \$77

Swedish massage involves kneading, compression, effleurage and other strokes designed to relax tight muscles. Each Swedish massage session can be customized to your liking. Any of the following techniques may be included: deep tissue, myofascial release, PNF stretching or trigger point therapy. Therapeutic work, postural assessment as well as pre and post event sports massage are also available.

Thai Yoga/Massage – 90 mins. \$99, 60 mins. \$66

Thai yoga/massage is a form of assisted stretching combined with breathing techniques and acupressure. The client is guided through a sequence of stretches designed to open up the body and unblock restrictions. Clients should wear loose-fitting clothes; this modality is done on a mat.

Chair massage – 30 mins., \$33 (min. of 2 sessions to book)

With emphasis on the neck and back, compressive strokes, tapotement and trigger point therapy are used to loosen up muscles. Client is fully clothed on massage chair.

Structural Bodywork – 90 mins. \$110, 60 mins. \$77

Sessions begin with a postural assessment that includes how you stand, sit, walk and move; range of motion is tested. Any specific complaint is traced back to possible structural causes, either along myofascial lines or that may follow trigger point referral patterns. Using deep tissue and myofascial release techniques as well as neuromuscular, the client is brought back into balance. Light weights are used to strengthen weak muscles found during resistive tests; stretches are done for contracted muscles that may be pulling joints out of line and causing pain. A treatment plan is designed to address the structural causes of pain, increase range of motion and help clients to move more efficiently.

STONE, SCRUBS, SPORTS

Hot Stone Massage – 90 mins. \$121, 60 mins. \$88

Hot stone massage originated in the southwest. Black basalt stones are heated and placed along the body's chakras. Energy flow is stimulated through compression, tapping and stroking. The mass of the stones "overburden" the body creating a sense of lightness afterward while the heat gives a hydrotherapy advantage.

Sugar Scrub & Wrap – 90 mins. \$110, 60 mins. \$77

This body treatment involves a full-body exfoliation to renew skin and bring back that natural glow; your choice of citrus body polish (with apricot seed powder), sandalwood, pomango or green tea lemongrass cleansing body scrub. The body is lightly scrubbed and massaged, then you are wrapped in special blankets to increase heat and let the product absorb deeply. The exfoliant balm is then removed using steamed towels and your body and skin is completely renewed, refreshed and nourished. (Please see the essential oils section at the beginning of this menu for information on selecting a scrub.)

Sports Massage, Pre and Post Event – 90 mins. \$110, 60 mins. \$77

Whether preparing to compete or dealing with delayed onset soreness (DOS) afterwards, bodywork can be a critical component of your training program. Stretches are used to keep athletes limber and help avoid injury. A faster paced session designed to stimulate and energize is utilized for pre-event. Post-event involves techniques to assist with muscle recovery and reduce edema or pain. By flushing out muscle contraction byproducts, DOS can be avoided and you can get back to the competition.

REFLEX, PREGNANCY

Feet, Hands and Ears! – 60 mins. \$77

Did you know that important reflexology points exist in the feet, hands and ears? This wonderful service uses reflexology and acupressure techniques to stimulate these points and bring your body into harmony. Each point on your foot corresponds to a different internal organ according to reflexology theory. Sink into this service and enjoy; it's especially great for clients who are on their feet all day or just need a welcome break from the stresses of life.

Pre and Post-natal Massage – 90 mins. \$110, 60 mins. \$77

Using Swedish techniques, clients are relieved of some of the discomforts of childbearing. In a sidelying or semi-reclined position, a variety of gentle approaches are used to address specific issues like headaches, back pain or sciatica. Because massage has an endocrine effect, some clients may choose to use bodywork post-partum as well. Please advise the therapist as to how far along you are, plus any specific complaints or doctor recommendations and personal preferences.

Policies:

Please arrive 15 minutes early for appointment to fill out health history form if you are a new client.

Cancellations with less than 24 hours notice will be billed at 50% of cost.

No-shows for appointments will be billed at full cost.

Session length will be reduced if client is late for appointment. Client is responsible for full cost of session.

*Receipts will be provided upon advance request (mention when booking session). Prices listed include travel (on-site work). You must be within 30 minutes of North Adams or Pittsfield. **Mastercard, Visa and Discover are accepted.***

Thank you!