

Ashley Gregory has been a Licensed Massage Therapist for over three years. She lives in the thriving mountains of Saluda on a small organic farm. She and her partner Kyle work the land and strive for a sustainable lifestyle. "When I first visited Saluda I knew I wanted to live here. I'm astounded at all the local water falls and breathtaking scenery right in my backyard! The vegetation in Polk County will connect any person's soul back to nature."



*Let me be a part of your
Health & Wellness.*

Born and raised in a small town outside of Raleigh NC, she has always been southern rooted. Her family branches from Tennessee to the mountains of Georgia. During her studies in high school she thought about health care and other occupations that help the community. She decided to pursue Massage Therapy, which has allowed her to work one on one with those in need.

Ashley studied at Miller Motte College in Cary, NC. Falling in love with human anatomy and kinesiology she accumulated many honors. Upon graduating she started working promptly as a Massage Therapist. Carolina Country Club Wellness Center was her first Massage position where she developed a broad range of skills while working with golfers, tennis players, and other sport related activities. Moving to Saluda in 2013 she worked with an Acupuncturist which developed her understanding of Chinese Medicine & Ayurvedic modalities. Ashley explains that each day is a new beginning to discover new ideas and teachings of which we are not familiar with. Her motivation during each massage session is to discover what a person needs at that moment and truly listen to their body. Ashley states, "The best way for individuals to benefit from massage is to find a therapist that listens to their body. I've heard, "Wow I can't believe you found that knot! Or... Wow, I didn't even realize how tight that muscle was!" That is part of my mission, to address concerns above and beyond a simple generic massage." A talented massage artist brings a synergistic balance between the therapist and client.

Ashley is currently working in Asheville and Saluda. She is able to schedule an appointment in a private studio or house calls around the Saluda area. Her rates and types of massages are below. To schedule an appointment with Ashley call or email, Phone :(919)-673-5303 Email: AshleyGregory86@gmail.com.

- ❖ 1 Hour Session: \$50.00
- ❖ 90 Minute Session: \$75.00
- ❖ 2 Hour Session: \$ 105.00

House Calls are an additional \$20.00 to accommodate driving and set up. A detailed list of different techniques and additional prices are below.

- ❖ **Therapeutic Sports & Trigger Point:** Detailed sports massage is performed with hot towels and hot stones. Passive stretching and breath work is included during this time. Deep tissue and a method called Myofascial Release are performed. Please allow 90 minutes to 2 hours for this type of massage. **Hour Rate for Deep Sports massage: \$65.00.**
- ❖ **Swedish Flow:** For anxiety & stress relief, Swedish Flow is perfect. Choose any Aromatherapy to add to the relaxation experience. Hot towels are used to increase blood flow and decrease stress. This technique can be anywhere from 1 hour to 2 hours depending on your needs.
- ❖ **Decompression of Spinal Muscles:** We have muscles along our spine that can hold more tension than we need. This technique I perform is basically a focus on decompressing the muscles all along the spine. During the end of this massage a hot towel is used for traction and stretching with the neck, allowing fluid in-between the spinal grooves to increase.
- ❖ **Reflexology:** An alternative medicine involving application of pressure to the feet and hands with specific thumb, finger, and hand techniques without the use of oil or lotion. Reflexologists believe that these areas and reflex points correspond to different body organs and systems, and that pressing them has a beneficial effect on the organs and person's general health. **You may add this to any massage for an additional rate of \$10.00.**
- ❖ **Lymphatic Draining:** Lymphatic drainage is used to decrease edema (Tissue fluid) and has the side effect of improving the immune system. The therapist glides along path of the lymphatic vessels to return tissue fluid to the heart.
- ❖ **Acupressure** - Acupressure uses pressure in points of energy flow. Pressure at these points is supposed to balance energy in the body (Chi). The points are very close to acupuncture points and in reality probably are the same points.