Life Spring
Rejuvenation Center
953 East 225th Street Bronx, NY 10466
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Swedish Massage Therapy
Workshop
Come Learn From The Best

Art of Loving Touch
Massage Therapy
Couples Workshop
Life Spring Rejuvenation Center
953 East 225th Street
Bronx, New York 10466
917-497-8955
$250 per couple
Includes Instructional DVD
Swedish Massage Manual
*Refreshments*
Saturdays Starting July 11, 2015
3-7pm
RSVP Deanna Hope-Felix

Get the Tools you need to
maintain a stress free lifestyle
Loving Touch Therapy

We all know the value of relaxation and relieving stress from our active and demanding life. Now you can learn the basic massage therapy techniques and enjoy daily treatments for the whole family. Loving Touch Therapy is an ancient hands on healing technique that helps the body to recover from the stress, muscle aches, and soreness we feel from work, school, and other daily activities. You will learn the 5 basic strokes that will bring energy and increased circulation to the entire body.

This technique can be given to young and elderly and is a great way to bond as a family. This technique is a fusion of Swedish, Shiat-su (Japanese), Reflexology, and of course Love. Be prepared for fun and relaxation as you learn the Art of the Loving Touch Therapy. Use of Therapeutic Grade Essential Oils will also be discussed and demonstrated.

Swedish Massage

Swedish massage therapy is one of the best techniques that come to mind when most people think about massage. The primary goal of the Swedish massage technique is to relax the entire body. This is accomplished by applying pressure from the palms of the hands, fingers, thumbs and forearms to the muscles with long gliding strokes in the direction of blood returning to the heart. But Swedish massage therapy goes beyond relaxation. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

Documented research has found that people who received a 45-minute Swedish massage experienced significant decreases in levels of the stress hormone cortisol, as well as arginine vasopressin - a hormone that can lead to increases in cortisol. Clients also had increases in the number of lymphocytes, white blood cells that are part of the immune system, a boost in the immune cells that may help fight colds and the flu.

Swedish Massage Techniques

Swedish therapy can be both relaxing and energizing. And it may even help after an injury. The four common strokes of Swedish massage are:

- **Effleurage**: a smooth, gliding stroke used to relax soft tissue
- **Petrissage**: the squeezing, rolling, or kneading that follows effleurage
- **Friction**: deep, circular movements that cause layers of tissue to rub against each other, helping to increase blood flow and break down scar tissue
- **Tapotement**: a short, alternating tap done with cupped hands, fingers, or the edge of the hand

Call to reserve a workshop for you and a Friend or Loved One. Groups of 6 to 8 are welcome Saturday’s 3-7pm