

CLIENT SERVICES

NEW DIMENSIONS IN WELLNESS



Swedish Massage Therapy: The traditional relaxation massage. It uses oils and direct skin contact to release nervous tension, work out soreness in the muscles and stimulate lymphatic flow for clearing accumulated toxins. It can also include essential oils for aromatherapy, addressing specific needs. We have experience in prenatal massage and have also worked with children. Facials are included on request.

Myofascial Release Therapy: A gentle but deep therapy which compresses, stretches, and unwinds the connective tissue (fascia) which forms a protective and interconnected web of support throughout the body. Done without oils directly on skin, it immediately releases tensions as well as chronic tightness and adhesions which cause pain and limited motion. It is highly recommended for treatment of sports injuries, accidents, surgery, and trauma of all kinds as well as accumulated stress and tension (also see: Resources and Seminars). It is also recommended as part of an ongoing wellness program.

Craniosacral Therapy: The focus of this gentle and relaxing therapy is to release restrictions in the central nervous system by holding, compressing and tractioning key areas of the head and body. It is helpful for many injuries of the head or spine as it releases soft tissue tightness in these areas and may increase the effectiveness of concurrent chiropractic treatment. It can also include intraoral work (with gloves) for dental and TMJ trauma. No oils are used, and the client may remain clothed, unless combining this treatment with Myofascial Release or Swedish Massage. Further information on CranioSacral therapy and conditions it addresses can be found on Resources page.

BodyTalk Therapy: Offered by Krissa, BodyTalk is a comprehensive, holistic energy therapy which helps the body/mind/spirit system improve communication and synchronization on many levels. Neuromuscular biofeedback (muscle testing) is used to identify priorities for treatment, and light touch on key points combined with light tapping enhances energy flow and brain/heart activation, thus enhancing the inner capacity for self-healing and personal growth. The treatment is respectful, non-invasive and safe because it is based on the innate wisdom of the client (go to www.bodytalksystem.com - see "practitioners" for Krissa's website). For more details on ways BodyTalk can help, see Resources page.

Reiki: Promotion of self-healing and deep relaxation comes with this gentle, hands-on technique which channels universal energy for "recharging batteries" in the body; the inner wisdom of your body uses this energy wherever it is most needed for healing and repair. This treatment can be done through clothing or in combination with other bodywork treatments such as massage or myofascial release therapy.

Reflexology: This ancient art of massaging key points on the feet or hands is helpful for stimulating related organ systems and overall energy flow in the body. It often includes oils and aromatherapy, and may be combined with other treatments.

Therapeutic Touch: When the energy system becomes overloaded, stuck or low energy, this gentle form of energy balancing helps to restore the energy flow, enhance vital energies and assist the body in healing more quickly. Emotional clearing is often facilitated as well.

Wholistic Counseling: Krissa provides mental health counseling, which addresses all levels of the body/mind/spirit system in an integrated way. She supports clients in developing skills which help them to be more in tune with their inner awareness, wisdom and personal faith, while also helping them access parts of themselves that have become disconnected. She addresses the emotional and spiritual aspects of somatic complaints as well as the physical aspects of holding beliefs and emotions in the body until it is safe to process them. She provides a secure environment where clients can explore deeply the issues which are not always accessible through traditional talk therapies. If appropriate, she incorporates gentle energetic and physical balancing to help integrate the new awareness, and often home exercises are provided for further integration.

Touch For Health: Krissa has extensive training and formerly taught this approach to improving energy balance in the body using muscle testing (specialized kinesiology) to determine where the body needs to strengthen meridian energy flow, and working with key points to stimulate and restore balanced energy. She has also studied other advanced kinesiology systems including work with environmental stressors, diet, emotional balancing, and the effect of negative belief patterns on our energy system.

"Remembering our Wholeness"

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