

## How Can Massage and Hydrotherapy benefit me?



### Physiological

- increases metabolism
- hastens healing
- relaxes and refreshes muscles
- improves the function of the lymphatic system
- prevents and relieves muscle cramps and spasms
  - improves circulation of blood and lymph
  - enhances the removal of metabolic wastes
  - improves the overall condition of the skin
- effective treatment for stress and pain management of many conditions
  - improves range of motion in the joints

### Psychological

- promotes a sense of relaxation and renewed energy
  - improves body awareness
- improves sense of self worth and encourages a more positive attitude
  - relief from fatigue
  - reduces tension and anxiety levels.

**Massage can calm or stimulate the nervous system with varying applications.**

**Swedish Massage-** A European style of massage that focuses on the movement of lymphatic and circulatory fluids. The pressure is light to moderate and stroke movements are toward the heart. Great for stress relief and relaxation.

**Prenatal Massage-** This style of massage is for the second and third trimester of pregnancy. A woman's body goes through a lot of changes in the muscular and skeletal system to accommodate the baby. Pregnancy can also be a emotional and stressful time. The convertible table allows the client to lay safely and comfortably face down. Muscle tension, pain, swelling and stress can be eased.

**Deep Tissue & Trigger Point Massage-** Massage for those seeking relief from chronic pain and injuries resulting from overuse or trauma. These technique promotes the release of pain spasms cycles and improves range of motion in joints. Extensive heavy pressure is used.

**Hot Stone Massage-** A deeply relaxing form of bodywork that uses Ba salt stones heated to 120 degrees and varying pressures from light to deep work. Tension is relieved leaving clients feeling grounded and renewed.

**Sports Massage-** Athletes and fitness participants receive a combination of Swedish, Deep tissue and stretching techniques to remove metabolic wastes. Sports massage aids healing in the pre, post and training of events.

**Reflexology-** A natural way to keep the body balanced. A Chinese theory that involves the stimulation of particular points on the feet and hands to restore health and vitality in the organs and glands of the body. Many health problems are exacerbated by stress and tension. Reflexology can help the body relax and ease chronic, painful conditions.

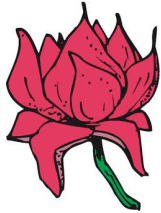
**Raindrop Technique-** Basil, oregano, thyme, cypress, wintergreen, marjoram, and peppermint essential oils from Young Living are sprinkled on the body. Widely used to boost immunity, and ease pain, studies show Raindrop Technique can aid in the reversal of scoliosis of the spine. This technique focuses on the soles of the feet and the spinal column.

### Session Lengths & Prices for Massage

60 minutes \$70

90 minutes \$90

Young Living therapeutic essential oils can be added to any session for an additional \$20.



Custom Sea Salts Exfoliation Treatment \$85

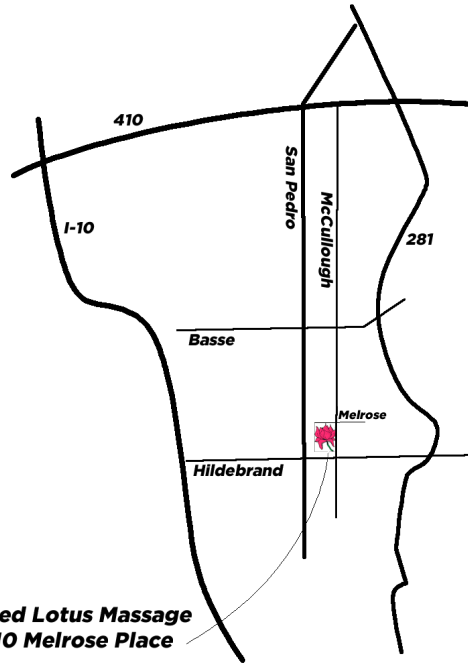
- Full body dry brush
- Exfoliation body treatment
- Foot mask
- 15 minute therapeutic steam
- Full body moisture rub
- Session length is 80 to 90 minutes

Custom Clay Body Mask Treatment \$90

- Full body dry brush
- Clay body mask
- Foot mask
- 20 minute therapeutic steam
- Full body moisture rub
- Session length is 90 to 100 minutes

Single Treatments

- 15 minute steam \$15
- Foot mask \$5
- Full body dry brush \$5



**Red Lotus Massage  
110 Melrose Place**

Professional Member of the American  
Massage Therapy Association (AMTA)

**Red Lotus Massage Therapy**



Kathryn Flyr LMT, NCTMB  
110 Melrose Place  
San Antonio, TX 78212  
Ring (210) 857-4122

Website: [RedLotusMassageTherapy.com](http://RedLotusMassageTherapy.com)

Email: [KatieFlyr@earthlink.net](mailto:KatieFlyr@earthlink.net)

By appointment only  
Monday - Friday