



Sinus Relief

Sinus Relief massage promotes sinus drainage and helps relieve headaches.

Treatment will involve a variety of massage techniques that address massaging facial tissues, head, neck, shoulders, upper chest and ears too. Techniques may include applying pressure points, gentle massage, Lymphatic Drainage, Craniosacral Therapy, Reflexology and Myofascial Release.

All techniques help promote drainage and circulation and alleviate congestion.

The client will remain clothed from the waist down but having the skin accessible (yet remain fully draped) is important to affect the shoulders and upper chest.

To help move those toxins out of the body, you need to drink plenty of water (6 - 8 glasses in the 24 hr. period) following the session.

A session can be 30 minutes by itself or as an added 15 minutes to their 30 - 90 minute massage.