



The Personal Touch

R & R Productions, Inc. Newsletter

Fall/Winter 2001-2002

The Gift: Something For Every Body

Mission Statement:

To work together
for the good health
and well-being of our
clients and communities.

*Please leave a holiday message
in our guestbook at
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Revitalize Renew Rejoice Rejuvenate

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Happy Holidays. Now that the holidays are upon us, everyone is searching for the perfect gift. What could express love and appreciation more than the gift of a massage? Massage is the one-size-fits-all gift. It guarantees the recipient at least one hour of relaxation and is the center of the universe.

As a matter of fact, according to the American Massage Therapy Association (AMTA), relaxation and stress reduction are two of the most popular reasons for the recent increase in the number of people receiving massage therapy.

In the past 20 years or so different systems of massage, techniques, terms and titles for therapeutic approaches have developed. The wide variety is sometimes confusing. While some massage therapists may focus on one system, R & R Productions uses the eclectic approach. We combine a variety of massage techniques to provide our clients with a holistic massage experience.

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Did you know?

... that for every hour of sleep you miss, you are likely to feel 8 percent less happy. Get your required sleep – your happiness depends on it.

Here are some common massage techniques for *every body* to help promote a healthy spirit, soul & body:

Swedish Massage

Swedish Massage is probably the best known and most used type of massage therapy. Swedish massage uses a system of long strokes, kneading and friction techniques on the superficial layers of the muscles, combined with active and passive movements of the joints. Used primarily for a full-body session, Swedish Massage promotes general relaxation, improves circulation and range of motion, relieves muscle tension, and great for second and third trimester pregnancies.

Deep Muscle/Connective Tissue Massage

As the name implies, this massage system releases the chronic patterns of tension in the body through slow strokes and deep finger pressure on contracted areas, either following or going across the grain of the muscles, tendons and fascia. Deep Muscle/Connective Tissue Massage can be used for specific work or full-body. It is also recommended for muscle fatigue, spasm as well as limited range of motion.

Neuromuscular Therapy (NMT)

NMT is also very deep tissue work. It is a variety of deep compressions and strokes on specific muscles or pressure trigger points to restore the normal physiological functions between the nervous system and the muscular system. NMT is excellent after golf or tennis.



Sports Massage

Sports Massage is another deep tissue massage which stimulates the lymph and blood circulation. Sports Massage helps to reduce the risk of injury and helps to restore mobility and flexibility to injured muscle tissue while speeding up the recovery period. Athletes, dancers and others who must keep muscles strong and supple may benefit from a sports massage.

Trigger Point Therapy (a.k.a. Myotherapy or Neuromuscular Therapy)

Trigger Point Therapy is often used to deal with pain. Concentrated finger pressure is applied to “trigger points” – painful irritated areas in muscles – in order to break the cycle of spasm and pain.

Lymphatic Massage

The Lymphatic Massage is light, relaxing and very beneficial. It relieves edema, the build up of waste products and toxins that are produced through normal cell metabolism, in the arm, foot, torso, thigh and other areas. If you have a lagging cold or just not feeling your best, try the Lymphatic Massage; it will help get your immune system's lymphatic network in order to keep you healthy.



Trager Therapy

Trager Therapy is a peaceful relaxation massage. It enhances mobility through gentle, light and non-intrusive therapy, which makes use of rhythmic, rocking movements.

Reflexology (Zone Therapy)

This healing technique relieves stress, promotes relaxation, increases circulation and helps to balance the body through stimulation of pressure points on the hands and feet that are thought to correspond, or “reflex” to all areas of the body. This is specific work, but with full body effects.

Myofascial Release

Myofascial Release is a deep tissue massage that addresses the body's fascial system, the fibrous connective tissue that holds the body together and gives it shape. Myofascial techniques remove restrictions in the fascia that causes limited mobility, pain, postural distortion and other dysfunctions.

Chair/Seated Massage

Chair/Seated Massage is a brief massage (5-15 minutes) performed with the client fully dressed and sitting in a specially designed portable massage chair. Chair massages typically addresses the head, neck, shoulders, back, arms and hands. It is a quick and easy way to boost your energy and reduce stress.

Shiatsu and Acupressure

Shiatsu and Acupressure are Japanese-based finger-pressure massage systems, which treat special points along acupuncture “meridians”- the invisible channels of energy flow in the body. Blocked energy along these meridians can cause physical discomforts. So the aim is to release the blocks and re-balance the energy flow throughout the body or at specific points.

Polarity Therapy/Reiki/CranioSacral



These are also energy-based systems. Polarity Therapy attempts to harmonize the body's energy flow and structural balance through both gentle and deeper contacts. It's a subtle and somewhat esoteric approach, but very powerful. It can be a full body massage or specific work.

Reiki is a specialized therapy that uses healing energy to restore the body to a state of calm and harmony. The massage therapist hands are above specific areas of the body to channel the healing energy into the areas of physical discomfort and blocked energy.

CranioSacral Therapy treats the osseous and membranous restrictions found in your craniosacral system, which may be the cause of sensory motor or intellectual dysfunction. Anyone can benefit from CranioSacral Therapy. It's gentle, non-invasive therapy, which allows you to rest comfortably while fully clothed.

Stone Therapy

This is an ancient healing art in which smooth warmed basalt stones of all shapes and sizes are placed either on the body meridians or massaged into the body. Recommended for its excellent ability to quiet and soothe the mind, as well as calm and relax the nervous system.



Traditionally used as an adjunct to massage, Hydrotherapy includes modalities such as hot packs and ice applications, along with saunas, steam baths and whirlpools. Water is highly regarded for its therapeutic properties.

Thai Massage

Thai Massage is an ancient form of bodywork that has been practiced in the temples of Thailand for over 2500 years. It is based on the system of energy lines call Sen. Thai Massage is practiced while the receiver, wearing loose, comfortable clothing, lies on a mat on the floor. It is a combination of gentle rocking, acupressure, reflexology, energy work and a passive form of yoga.

R & R Productions

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Enjoy Good Health Today and Throughout the New Year