



## BODYLIGHTNESS in Graz

Caroline Bush commercial massage therapist

Service	Duration Min.	Price in EUR	Description
Swedish Massage	30	40	The typical "stress reservoirs" of the body can be found in the following areas: neck-shoulder-neck, jaw, gluteal muscles, calves, upper arms and pectoral muscles, in the form of tension, contracted or hardened muscles. These areas are treated in a strong and activating way with techniques typical of Swedish massage - stroking (effleurage), kneading (petrissage), transverse friction and tapping techniques (tapotement).  Gentle easing of the large joints, stretching of muscle tissues as well as selective deep tissue work are individually applied according to the needs and condition of the client. The treatment can also be applied more firmly and is ideal for athletes and those with athletic ambitions! Generally I work with the whole body to treat the muscle trains holistically.
	45	55	
	60	75	
	90	110	
	120	140	
Deep tissue – myofascial release techniques with trigger point treatment	30	40	Ideal for stubborn tensions and muscle indurations, these myofascial release techniques use a lot of pressure on the affected areas. Work is done on targeted problem areas, clients control the intensity of the massage via a pain scale from 1-10. Trigger points are specifically released via receptors in the muscle insertions.  In addition to classic massage techniques, elbows, knuckles and thumbs are used and the client supports the work with deep breathing.
	45	55	
	60	75	
Pregnancy massage	30	40	During pregnancy the body works at full speed to create a new being, the expectant mother is amazed at the many changes and transformations during this special time. Especially in the last two trimesters, this mindful pregnancy massage in the side position supports and frees you from the unaccustomed heaviness and restores a forgotten lightness. ATTENTION Please do not book this service in the first trimester!
	45	60	

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Foot reflexology	45 60	55 75	The feet are so-called "mirror organs" - the entire body is mirrored in the reflex zones on the feet. This means that even distant areas of the body, organs and systems can be treated directly via the feet and the body's self-healing powers can be stimulated. Thanks to the numerous nerve endings on soles of the feet, reflexology is a delight for many clients and can create a wonderful, blissful lightness in the body.
Craniosacral treatment	60 75 90	75 90 110	The craniosacral method is a very gentle and sensitive treatment technique that evolved from a branch of osteopathy (developed by Upledger and Sutherland). It involves detecting blockages of the "primary rhythm", the fluid properties of the cerebral spinal fluid (CSF) within the central nervous system. The blockages are then resolved through subtle and very slow, barely perceptible stretching techniques and manipulations that affect membranous and fascial structures surrounding the spinal cord and brain. A free flow supports the body's self-healing and regenerative powers. The treatment produces a soothing, very deep relaxation, a reset for the nervous system. It can happen that unexpected feelings make their way into consciousness, or that one falls asleep during the process!
Cupping treatment	45 60	55 75	This very ancient manual technique, encountered in all cultural circles, counteracts chronic states of tension very effectively, in a targeted manner and quickly. Here, after an orienting massage followed by a cupping massage, fascial adhesions are treated, especially in the back area, and the microcirculation of the muscles and surrounding tissue is stimulated. Afterwards, cups are placed on myogeloses and indurations and/or on reflex zones (Head's zones) in order to provide a strong stimulus and to thoroughly "activate" the tissue. After the cups have been removed, the muscles are massaged and stretched once again. Attention, cupping leaves traces for about a week in the form of petechiae and slight bruising! Therefore, an Arnica tincture is applied as a final treatment.  Indications for cupping massage:

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			<ul style="list-style-type: none"> <li>- For muscle tension as well as induration, especially chronic</li> <li>- For tension headaches</li> <li>- For sleep problems (cupping massage has a sedative effect and stimulates the parasympathetic nervous system)</li> <li>- For cellulite</li> <li>- For excessive mucus formation in the lungs (supports the expectoration of tough mucus).</li> </ul>
Meridian rebalancing (with warm bamboo)	45 60	60 75	<p>This whole-body treatment focuses on the energetic meridian system of Chinese medicine. Based on a pulse and tongue diagnosis, the respective meridians and acupuncture points are selected that correspond to the client's symptoms and complaints. In addition to manual methods, warm bamboo moxa is used - a wonderful technique for targeted work through indirect heat application and pressure. Attention - addictive! Tried once, hooked forever! Through gentle stroking of the meridians and light acupressure on targeted acupuncture points, the body's self-healing powers are stimulated, blockages are released and the body's energy flows are balanced, a pleasant relaxation and regeneration of the energy household occurs.</p>
Esalen massage	60 90 120	75 110 140	<p>A particularly gentle and mindful full body massage with deep joint work, long strokes, and a very strong calming effect on the nervous system. Developed on the coast of Big Sur at the Esalen Institute in California in the 1960s, this jewel of a treatment offers profound regeneration and re-anchoring in the body. Highly recommended for burn-out symptoms, for states of exhaustion due to illness or mental exhaustion and for restoring a feeling of well-being in the body.</p>
Lomi lomi	60 90	75 110	<p>A wellness massage for connoisseurs from the Hawai'an tradition. Long flowing strokes, abundant use of nourishing oil and the rhythm of Hawaiian music whisk the person being treated away into a blissful, cradling world of letting go. The mixture of techniques from Lomi</p>

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			<p>lomi nui and Lomi Oluea promise both a gentle wrapping in a warm cocoon of ocean sounds as well as deep joint work and mobilisation. Very popular as a rite of passage for new beginnings of any kind!</p> <p>It can be done firmly or gently depending on your needs. Lomi Lomi is a combination of connective tissue massage, energetic bodywork and gentle joint loosening.</p>
Aroma massage	<hr/> 30 <hr/> 45 <hr/> 60	<hr/> 40 <hr/> 60 <hr/> 75	<p>Use the power of plants for support! High-quality, handmade oils provide wonderful pampering for your senses and skin and stimulate the body's self-healing powers. Nourishing liquid sunlight of St. John's wort, the relaxing and soothing effect of hemp oil, the clarifying effect of Greek jasmine on mind and soul - immerse yourself!</p>