

Guided Hands Holistic Massage



Linda Skornia

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Nationally Certified
Licensed Massage
Therapist

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Guided Hands Holistic Massage
Linda Skornia
206 West Argonne
Suite 104
Kirkwood, Missouri 63122

Monday 2:30 - 8:00 pm

Tuesday 9:00 am - 1:00 pm

Thursday 2:30 - 8:00 pm

Saturday 9:00 am - 1:00 pm

206 West Argonne

Suite 104

Kirkwood, Missouri

Located one block west of Kirkwood

Train Station.

Therapeutic Massage

A combination of techniques specifically tailored to the clients needs at the time of massage, including opening the lymphatic system, myofascial release, reflexology, shiatsu and Swedish techniques.

\$ 65.00 per 1 hour session*

\$ 90.00 per 1 ½ hour session*

Lymph System Drainage

A specific technique that opens the lymph nodes and lymph system using light rhythmic strokes. In the 1930s, a Danish doctor, Hans Vodder, noticed the connection between swollen and blocked lymph glands and colds, infections and other ailments. Since the lymph system is designed to remove bacteria and toxins from the body, draining the lymph system would improve the flow of lymph. Enhances the benefits of detoxification.

1st Session ½ hour \$40.00*

\$70.00 per session*

Deep Tissue Massage

Deep Tissue Massage is designed to reach the deep portions of thick muscles, specifically the individual muscle fibers. Using deep muscle compression and friction along the grain of the muscle, its purpose is to unstuck the fibers of the muscles and release both toxins and deeply held patterns of tension. It helps with chronic muscular pain and injury rehabilitation, and reduces inflammation-related pain caused by arthritis and tendinitis.

\$ 75.00 per 1 hour session*

\$110.00 per 1 ½ session*

Myofascial Release

Structurally and energetically opens and rehydrates the fascial system. Using sustained pressure and stretching opening the fascial planes of the body allowing healing to all elements.

\$ 80.00 per 1 hour session*

Pregnancy Massage

Pregnancy places strong demands on a woman's body and is a time for the body to be nurtured and pampered. This massage not only relieves the tensions and aches caused by the extra weight and shift in the center of gravity to the body, but it reduces swelling, soothes the nervous system, acts as a tonic, reduces fatigue, and enhances energy.

\$70.00 per 1 hour session*

Reflexology

This is an acupressure type technique performed on the hands and feet and is based on the ancient Oriental theory that meridian lines or pathways carry energy throughout the body. Because each zone or part of the body has a corresponding reflex point on the feet, stimulating that reflex point causes stimulation in the natural energy of the related organ. Crystalline-type deposits and/or tenderness indicate a dysfunction, and pressure is applied to clear out congestion and restore normal functioning and health.

\$70.00 per 1 hour session*

Gift Certificates Available

Please note: \$25.00 travel fee for

Massage at your location

Benefits of Massage

Today, many people turn to therapeutic massage and bodywork for pain relief, rehabilitation, relaxation, or physical or mental rejuvenation. Together, therapeutic massage and bodywork provides many physiological and psychological benefits.

On a physiological level, massage and bodywork increases circulation to all areas of the body, primarily to the muscles that are directly manipulated. Better circulation translates to more oxygen and nutrients for body tissues. Therapeutic massage and bodywork relieves muscle spasms; prevents muscle tears; sprains and strains; increases flexibility and enhances athletic performance. In addition, massage and bodywork directly or indirectly affects every system of the body and promotes health, prevents illness and injury, and speeds recovery.

Massage therapy and bodywork eases tension and helps people cope with stress more effectively. It slows racing thoughts and worries, helps you to reconnect with your body, and brings attention to the mental and physical needs of your body so that you may better take care of yourself. It promotes a sense of wholeness and helps enhance your self-image, while keeping energy levels high. Massage therapy and bodywork can be effective in preventing illness and other physical ailments if received on a regular basis.

Other benefits of massage therapy and bodywork are to:

- strengthen the immune system;
- prevent disease;
- reduce blood pressure and stress;
- increase circulation;
- relieve pain and stiffness;
- increase mobility and speed the healing process for those recovering from surgery or injury;
- gain a sense of wholeness and balance;
- aid people with paralysis (such as stroke victims);
- ease women through their pregnancy, and
- provide relief to those suffering from chronic pain