

REDEFINING MASSAGE

SIGNATURE SERIES OFFERED AT FIRSTHEALTH OF ANDOVER PC

HOT STONE MASSAGE

Smooth stones are warmed to a muscle soothing temperature that delivers a deep state of relaxation. A time-honored healing tradition, hot stone massage therapy has been used in Hawaii, the Polynesian Islands and by Native American healers to soothe weary muscles and revitalize your spirit. Surrender to relaxation, as warm, smooth stones become extensions of the therapist's hands as they glide over warm oil, transforming your tension to profound relief. Immerse yourself in relaxation.

POLARITY MASSAGE

Polarity Therapy or massage is a system of touch on reflex and acupressure points that allows your body to heal through adjusting the balance of energy flow. Light to moderate pressure, gentle rocking and other massage techniques done while you are fully clothed offer profound relaxation, diminished pain and stress.

CRANIOSACRAL THERAPY

Extremely gentle touch using hand placements on the head, neck and spine is the hallmark of this subtle yet powerful technique known as Craniosacral Therapy. This light touch therapy offers head to toe relaxation, while being able to assist in a variety of conditions both physical and emotional.

MATERNITY MASSAGE

Massage during pregnancy can relieve fatigued muscles and elevate the spirits of the mother-to-be during all stages of her pregnancy. Safe and effective throughout pregnancy, our skilled and nationally certified massage practitioners will help to reduce the swelling and pain in your tired limbs. It's a great way to relieve every day tension and stress.

REIKI

An ancient healing approach that creates a deeply relaxing experience. Gentle-hand placements are used from your head to your feet, while stress and pain melt away.

INFANT MASSAGE INSTRUCTION

Experience the bonding that comes from giving your baby a massage. Passed down through generations, infant massage opens up a tactile line of communication with your child. Your baby will benefit from your soothing touch, helping to relieve colic, improving sleep patterns, and promoting healthy development.

FIRSTHEALTH OF ANDOVER PC

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