

Therapies Offered

2 Hour Initial Consult

1 ½ Hour Session

1 Hour Session

Chair Massage

Therapies Can Include:

Herbal Rub Therapy

Lymphatic Drain

Facial Massage

Reflexology

Sacral Release

Abdominal Massage

Glute Work

Stretching

Therapies are not limited to the list above.

Details for creating a therapy plan can be discussed further during initial consult.

Chair massages can be scheduled for events.

Please call or visit website for more details.

(614) 915-5855

www.essenceofearth.massagetherapy.com

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and the many benefits of massage, from the
moment I started, I knew that this skill would be
important to our body as well as
these are the things at which your
structure is being held.

What is Core Balancing and Alignment

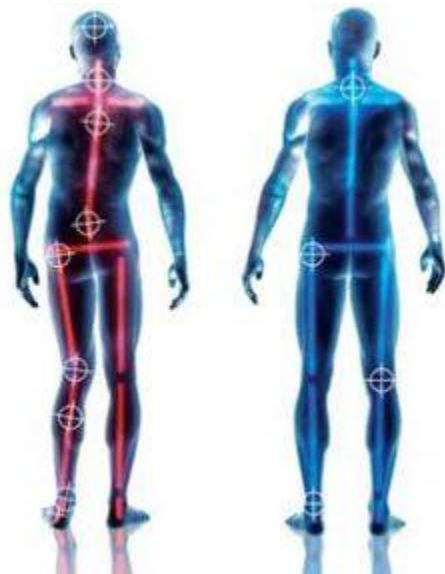


Essence of Earth LLC



What are the benefits of a Core Balancing and Alignment

Overall balance of your core can promote balance throughout the rest of your body



A balanced Spine and Pelvis are imperative to your body because these are the base at which your structure is being held.

What to expect

This alignment is done while the client is fully clothed.

The client should wear loose fitting clothes or stretchy clothes to allow for stretching of the legs.



Prepare to be in the office anywhere from 30 minutes to 45 minutes.

The client will be asked to stand and lie down a few times throughout the treatment in order to check alignment before and after corrections are made

Areas Worked

Core balancing and alignment works on aligning the hips and pelvis. This therapy requires the therapist to check for alignment of the pubic bone, hip bones, and ischial bones or sit bones. Once the alignment is completed one can expect to feel a greater sense of motion around the hips and legs. This can relieve some aches and pains in the lower back as well.

One session can help with the alignments, but as with all misalignments it typically takes many years to get to a state of imbalance. Therefore it can take many sessions to achieve lasting results. In some cases it may be recommended to continue to receive this treatment over the course of many years.