



**JEANNETTE ROSS**  
**Licensed Massage Therapist**

S.C. License No. 1178



Jeannette graduated from Arizona State University with a Bachelor of Arts and later from the Florida Academy of Massage. She has worked in the massage industry for the last 20 years. Craniosacral therapy is Jeannette's major focus, but she is experienced in a variety of therapies from spa-related services to therapeutic bodywork in chiropractors' offices. Related experiences in the health industry include teaching water aerobics and continuing education courses in these fields. Other interests include travel, training dogs and horses, and fostering.



**MEDICAL  
MASSAGE  
MENU**



440 Society Hill Drive  
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[www.VillageFitnessAiken.com](http://www.VillageFitnessAiken.com)



*Medical massage therapy stimulates endorphins that trigger stress relief and relaxation, allowing the body to better heal itself.*

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**For appointment call:  
(803) 226-9180**

## CRANIOSACRAL THERAPY

Craniosacral therapy is a gentle form of bodywork that addresses the bones of the head, spinal column and sacrum. The goal is to release compression in those areas to alleviate stress and pain.

Craniosacral therapy can help with:

- Migraine headaches
- Chronic neck and back pain
- Motor-coordination impairments
- Central nervous system disorders
- Orthopedic problems
- Traumatic brain and spinal cord injuries
- Scoliosis
- Chronic fatigue
- Stress and tension
- Fibromyalgia and other connective tissue disorders
- Temporomandibular Joint Syndrome (TMJ)
- Neurovascular and immune disorders
- Post-Traumatic Stress Disorder (PTSD)
- Post-Surgical Dysfunction



*Clients remain fully clothed during a craniosacral therapy session. It is deeply relaxing.*

**60 minutes – \$65**

**90 minutes – \$95**

## TRIGGER POINT THERAPY

A trigger point is a tight area within muscle tissue that causes pain in other parts of the body. A trigger point in the back, for example, may produce pain in the neck. Acting as a satellite trigger point, the neck may then cause pain in the head.

Trigger point massage therapy is specifically designed to alleviate pain through cycles of isolated pressure and release. During bodywork — often performed during a Swedish massage — the recipient actively participates through deep breathing and helps the massage therapist identify the exact location and intensity of discomfort. Regular treatments can help the body naturally manage pain and stress from chronic injuries.

**30 minutes – \$35**

**60 minutes – \$65**

**90 minutes – \$95**



## MUSCLE RELEASE TECHNIQUE

Muscle Release Technique™ focuses on injuries, especially those caused by repetitive strain. It safely treats a range of problems including sports injuries and chronic pain. During a typical session, the therapist gently stretches the muscles, massaging problem areas to release tension and break down scar tissue. Besides stretching the muscle and rebuilding muscle memory, the therapist uses compression, extension and movement to flex muscles. Benefits of MRT are pain relief, stronger muscles and better flexibility.

**30 minutes – \$35 • 60 minutes – \$65**

## MANUAL LYMPHATIC DRAINAGE

Manual Lymph Drainage is a very gentle type of massage therapy used to drain excess fluid from the body and improve the overall functioning of the lymphatic (immune) system. MLD is most commonly used to treat lymphedema, the blockage of lymph nodes in the arms and legs.

The manipulation involved in MLD uses very light pressure to stimulate lymph vessels just beneath the skin. Some therapists visualize this process as pushing the lymph fluid in the desired direction, while others see it as directing the flow by pulling the skin slightly ahead of the lymph flow. Either way, MLD is

an important technique for moving lymph fluid from the congested area back toward the center of the body. The direction and order of MLD manipulation is as important as the gentle stroke. First, the areas of the body where nodes are concentrated (neck, axilla, or groin) are stimulated, preparing them to receive more fluid. Then the therapist begins moving fluid toward the nodes with slow, rhythmic strokes. The massage continues with the therapist's hands moving farther away from the cleared nodes, but always directing the fluid back toward them. To work effectively, MLD massages must be performed on bare skin without oils and lotions.

Consider manual lymphatic drainage if you are hampered by:

- Sinusitis or allergies
- Post surgical swelling and recovery
- Acne
- Neck pain
- Migraines/headaches
- Fibromyalgia

**30 minutes – \$30**

**60 minutes – \$65**

