

SWEDISH MASSAGE

This European technique uses long strokes to calm the body, eases the mind. It's a gentle, soothing and emphasizes relaxation.

Sport's Massage

Is a more vigorous massage, that focuses on over used muscles from repetitive stress. This massage is aimed to reduce muscle tension, enhance athletic performance, flushing toxins from the body. Stretches may be incorporated with this massage.

Deep Tissue

Very firm pressure, includes myofascial release, trigger point, pressure point to stimulate blood flow to restricted area's and relieve tight muscles that are unable to fully release on their own. Some soreness may result after massage.

Prenatal

A relaxing massage tailored to alleviate the physical discomfort and fatigue of the client. The techniques help improve circulation, diminish back, neck, hip pain. Also helps with leg and feet swelling. It can help you with your energy level.

Post natal

Helps with depression, strengthens the uterus, also it can help with vitality. Helps with softening stretch marks, gives a client a more youthful look.

Respiratory

The respiratory massage is designed for people that has trouble with their lungs, nasal cavity, nose, sinus issues. **Normalizes breathing through a balancing effect on the Autonomic Nervous System; Encourages deeper breathing and a more complete breath through the relaxing effect of massage; Can loosen the intercostal muscles (the muscles between the ribs) and free the rib cage to allow greater chest expansion, thereby deeper breathing and thereby more oxygen to all cells; May release congestion and aid in lowering blood pressure Generates heat to raise body temperature and respiratory rate. This technique is targeted with the use of various essential oils, such as; peppermint, eucalyptus, rosemary and lavender, chamomile. This type of massage enhances the cardiovascular and respiratory systems ability to function efficiently.**

Trigger Point/Acupressure Pressure

Acupressure Therapy is effective in the relief of stress-related ailments. Acupressure releases tension, increases circulation, reduces pain, stress. **It also boosts the immune system. Trigger Point** basically relieves tension in the knot muscle that creates pain both local and referred to distant areas in the body. **Trigger Point is a form of acupressure, it stimulates nerve endings in another part of the body.**

Reflexology

It is believed that the origin of reflexology began in Biblical times. It wasn't uncommon for someone to bath the feet of a friend or loved one after a long journey, then rub their feet with perfume oils or what is known today as essential oils. It is believed that the eastern culture perfected the points in the feet which leads to various parts of the body, such as the organs, limbs, etc.... Reflexology help with stress, tension, circulation and so on, it is not a cure, but a nice maintenance program.

Cranial-Sacral

Light touch massage to help balance the craniosacral system in the body, which includes the cranium, spine, sacrum that are connected by a continuous membrane of connective tissues that also encompasses the brain and central nervous system which relieves stress and pain.

Lymphatic Massage

Within us all there is a silent system working to keep us healthy- the lymph system. Without it our bodies would swell up like balloons, swamping our cells with stagnant fluid. The lymph system's impact is so far reaching that many don't even realize that minor aches and pains, low energy or susceptibility to colds and flu may be due to a sluggish lymph system and a compromised immune system. Lymphatic drainage useful for sports injuries, but it can also help the scarring process by enhancing circulation and immunity. As the lymph flow around the scar is increased, lymph vessels that have been damaged are stimulated to heal, and the increased lymph flow also draws away toxins, improving the health of the tissues. It helps with energy, fighting colds, virus etc...

SurePose Signature Customized Massage

Is tailored to enhance the specific needs of each client. It entails the combination of seven different techniques, such as; swedish, deep tissue, trigger point, acupuncture, sports, respiratory, lymphatic. Any of these techniques maybe modified or intensified during the session, once again the massage is tailored for the specific needs of each client. This massage is SurePose most popular and beneficial for the clients.

Basic Pedicure

Cuticles are pushed back, nails trimmed and shaped. Base coat, color of choice and top coat. Five minutes of foot reflexology.

Deluxe Pedicure

Feet are soaked in water with aromatherapy sea salts, 10 minutes reflexology. Clean nail bed and under nail bed, trim and shape nails. File down callous. Base coat, color of choice and top coat.

Therapeutic Spa Pedicure

The Spa Pedicure will take place in a relaxing atmosphere. Aromatherapy sea salts will be added to the water to help you relax and soften the bottoms of your feet. 30 minutes of reflexology will be performed to increase the relaxation mode and increase circulation and bring down the stress level in your body. Aromatherapy mask will be applied from the knee down to your toes, the mask helps with circulation, acts as a light exfoliation and at the same time moisturizing your skin. Then both legs from the knee down to the toes will be wrapped with banana leaves than warm steam towels will be wrapped from the knee to the towels, total relaxation mode. When the mask is washed off an aromatherapy body butter will be applied, your skin will be glowing and a more youthful appearance. Callous will be filled, top and underneath the nail bed will be cleaned, cuticles pushed back, clip and shape nails, base coat, color of choice and top coat. Water or herbal tea of the day will be served. This pedicure is the most popular at SurePose.

Basic Facial

Deep skin cleansing and exfoliation. Steam towels. Cranial head and face massage, moisturizer application with sunscreen.

Mini Facial

Perfect with those with limited time. The same procedure as the basic facial but the facial is limited to 20 minutes. Still relaxing, especially when the day has been stressful.

Rosacea Facial

This facial treatment is designed to soothe redness, irritation using specialized gentle cleansing cooling and hydration techniques. Cranial and face massage

Vitamin C Facial

This facial is designed to help with the signs of aging. Rich in Antioxidants. Reduces skin pigmentation, restores elasticity and firmness. Prevents skin damage caused by exposure to the sun, stress, the environment we live in.

Manuka Honey Facial

Good for all skin types. Enhances cellular regeneration for improved skin texture and smoothness, while naturally promoting collagen production. Manuka honey has a unique ability to increase skin hydration as it eliminates acne without drying effects, it has many duo purposes. It is a very popular facial.

Aloe Vera Facial

Fantastic facial, it refreshes, hydrates, moisturizes, soothes and heals the skin.

Cellulite/Detox Body Wrap

Our skin is our body's largest organ. We sometimes think of it as a waterproof covering, but it is actually extremely absorbent. It's an ideal delivery portal, as well as an exit for excreting impurities. Herbal Body Wrap takes advantage of both pathways. The rejuvenating Herbal Body Wrap's proprietary blend of 27 select minerals and herbs, featuring Aloe Vera. More than just an amazing healing agent, Aloe Vera also helps carry nutrients and other topical treatments into the skin.

Special towels soaked in Herbal Body Wrap's warm mineral solution are wrapped directly upon clean skin and over-wrapped with plastic, then covered further with warm towels and blankets. Then for the next hour you simply relax drink tea and water and enjoy the soothing and aromatic treatment. When you finally uncover, you may find that your skin has a more toned and firmed appearance. Drinking eight glasses of water daily for the next five days further facilitates the ongoing detoxification. The Herbal Body Wrap from beginning to end will take any where from 2 – 2 ½ hrs.

