

Fees and Packages

Swedish Massage

30 minutes	\$30.00
60 minutes	\$45.00
75 minutes	\$55.00
90 minutes	\$68.00

Package Plan I

Pay for five of a specific session and get the sixth session of equal value free.

Non-transferable or redeemable for cash, gratuities not included. Expires 6 months from date of purchase

Package Plan II

Punch card value. Buy a specific session at regular price five times, get card punched and initialed each visit, and the sixth visit of equal value is 50% off. Non-transferable or redeemable for cash, gratuities not included. Expires 6 months from date of purchase.

Outcalls available for a slight fee. Talk to the therapist for details.

A great gift for employees during a wellness event, corporate chair massage is available. Talk to the therapist for details.

The human body has capabilities to self-heal. Therapeutic Massage is one tool that helps the body to achieve wellness and balance. Whether purely for relaxation or for healing properties, Moving Waters Therapeutic Massage, LLC, is the place to be.



Moving Waters Therapeutic Massage, LLC
"Where Touch Makes A Difference"
Jamie Warnberg, Massage Therapist
NCBTMB Certified, State License #3824-046
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Moving Waters Therapeutic Massage, LLC



*"Where Touch Makes
A Difference"*

*Promote relaxation Reduce
muscle soreness Improve
circulation Loosen stiff joints
Boost immune system Improve
concentration*



Mind-Body-Spirit

Hi, my name is Jamie, and I am the proprietor of Moving Waters Therapeutic Massage, LLC. I recently received my degree in Therapeutic Massage, graduating with honors. I am NCBTMB Certified and Licensed to Practice Massage Therapy in the State of Wisconsin. I have a strong background in Swedish Massage that incorporates various massage techniques to address a variety of conditions.

There are numerous benefits of massage. Massage relieves muscle tightness, stiffness, and spasms; enhances blood circulation, which increases the amount of oxygen and nutrients available to the muscles, thus reducing muscle fatigue and post exercise soreness; separates muscle fibers, reducing muscle spasms; and lengthens muscles which increases flexibility and range of motion. Other benefits include relaxation, improved sleep patterns, boost to the immune system, stress reduction, improved mental health, anxiety relief and improved concentration.

I provide a safe and clean environment and utilize proper draping and treatment techniques that ensures the safety, comfort and privacy of the client. Client records are secured to provide complete confidentiality.

Swedish Massage is the systematic and scientific manipulation of the soft tissues of the body for the purpose of establishing or maintaining good health. The five basic massage strokes used to administer Swedish Massage are:

Effleurage

The beginning stroke of a session used to administer oils or gels and to prepare the tissue for deeper massage work. Because effleurage is proficient at moving blood and lymph which aids in flushing toxins out the tissue, it is also used as an end stroke after working an area deeply. Some other benefits of effleurage are relaxation, creating length in a muscle, soothing tired, achy muscles and relieving insomnia.

Petrissage

Typically follows effleurage and involves lifting, squeezing and kneading of the muscle. This stroke works to “milk” the muscle of metabolic wastes and increase circulation to the area. Additional benefits of petrissage are reduction of swelling, improved cellular nutrition, and reduced muscle soreness and stiffness.

Friction

This stroke is sometimes used after Petrissage and is often used on ligaments and tendons. Tissue is compressed in several directions by rolling, wringing, sawing and cross fiber work. Benefits of friction massage include reducing trigger and tender point formation, promoting proper scar formation, and loosening stiffness in joints.

Tapotement

This is a repetitive striking or tapping motion using the finger tips, palm or cupped palm, or loosely closed fist. Tapotement can be administered as a muscle relaxant or as a muscle stimulant, depending on the method used. As a stimulant, it is often used in pre-event sports massage. Other benefits include decongestion of lungs by loosening phlegm, toning atrophied muscles, and increasing local blood flow.

Vibration

Vibration is the rapid shaking of a muscle and has three categories, fine, coarse, and rocking. As in tapotement, vibration can be administered as a muscle relaxant or muscle stimulant, depending on the method used. As a stimulant, it is often used in pre-event sports massage. Vibration also assists in the reduction of trigger and tender points, increases circulation, and relieves upper respiratory tract congestion, including sinus congestion.

If you haven't experience a massage therapy session, there is no time like the present to use this proven approach to well-being. Schedule an appointment with Moving Waters Therapeutic Massage, LLC, today and start receiving the many benefits that massage has to offer.

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