

Cell: 414-469-2404

csmith@thebluezone.net

Specializing in

Integrated Massage
Cranial-Sacral Therapy
Spinal Touch Therapy
Thai Yoga Massage
Cellular Release

It isn't how big the stressors are in our lives, it's how long we decide to hold them.

Summer Pricing Special *

½ hour... ~~\$40~~ \$28

1 hour... ~~\$70~~ \$50

1 ½ hour... ~~\$100~~ \$70

Wednesdays

By Appointment Only

*Pricing good through Labor Day 2009

Colene Smith

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INFINITE BODY

Intuitive Bodywork,
Massage and Healing

The most important person in my life is the person on my table.

INFINITE BODY

Why Massage?

Massage and bodywork gives you a chance to put your burdens down and rest a while so you can go back to your life with energy and a renewed sense of self-worth.

Massage and bodywork gives your body, mind and spirit quality relaxation. The relaxation of massage and bodywork promotes health by re-balancing the body systems and gives you the benefit of rest three (3) times the length of the massage.

Integrated Massage is like a massage buffet. It starts like a traditional Swedish style massage (and may even continue that way), yet it is tailored to the individual client. It is open to specific movements and muscle releases from other therapies.

Cranial-Sacral Therapy is a light touch therapy that releases the subtle movements of the cranial bones as it follows the rhythm of the spinal fluid as it flows from the head down the spine.

Spinal Touch Therapy is a light touch therapy that works with the postural muscles. It helps the body restore its natural posture through relaxation.

Thai Yoga Massage is a massage that is performed on a mat on the floor with the client in comfortable clothing. The therapist gently rocks and stretches the client and assists them in many yoga-like positions.

Cellular Release is a spiritual healing process that releases ALL fear and negativity from the cells of your body, current and past.

Influences for massage:

Behavioral Science and Health Degree from University of Utah; the philosophy of Jim Foster—founder of Myotherapy College of Utah; Stress/Strain Syndrome; Body Mechanics; Triad of Health; Swedish Massage; Basham Positional Release; Myofascial Release; Polarity Therapy; Chakra Balancing; Acupuncture; Cranial-sacral Therapy; Spinal Touch Therapy; Whole Body Balance; Applied Kinesiology; Touch for Health; Shiatsu; Reflexology; Thai Yoga Bodywork; Philosophy; Meditation; Grounding; Cellular Release; Color Therapy; Vibrational Healing; Sound Healing; Energy Medicine; Quantum Physics; Metaphysics; Advancement of DNA Study

Many of these therapies are available as full sessions. Ask about them if you are interested.