Sunset Heal Lemon Grass Spa Offerings

Relaxing Swedish Massage

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Swedish massage is the most commonly offered and best known type of massage. It was developed by a Swedish physiologist, Henri Peter Ling at the University of Stockholm in 1812.

It uses a firm but gentle pressure to improve the circulation, ease muscle aches and tension, improve flexibility and create relaxation.

Swedish massage employs five different movements:

* long, gliding strokes

* kneading of individual muscles

* friction

* hacking or tapping

* vibration

The therapist generally uses massage oil to facilitate making long, smooth strokes over the body. Swedish massage is done with the person covered by a sheet, a technique called "draping". One part of the body uncovered, massaged, and then covered up before moving on to another part of the body.

Listen to What Others Say About Sunset Heal:

"Beatrice has a wall full of degrees and certifications in fields such as Reiki, Theta DNA and Aromatherapy and she specializes in Massage Therapy for physical ailments. She has had ***success in helping stroke victims*** *recover from facial paralysis which I found impressive. I always saw that as a permanent condition but the nerve and muscle damage can be repaired or retrained.*

I'll confess to not knowing much about exactly what Beatrice does but I can tell you she knows what she is doing. She is an intelligent and articulate woman who speaks with confidence and I'm ***impressed with her ideas on healing and alternative medicine****. I was most intrigued by what I learned about DNA Theta Healing but you can get Reiki and Massage treatments as well.* ***Theta Healing may hold some promise for my autistic son*** *and we're exploring ways she can help us with his condition."* *www.jamaicamax.com*

Healings Experiences at Sunset Heal *-- At Sunset Heal we have testimonials from many clients who have experienced amazing results from the Sunset Heal Spa treatments. Those clients include individuals suffering from: cancer, epilepsy, neurological disorders, fibromyalgia and a host of other theoretically incurable diseases.*

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