

STAMFORD CENTER FOR NATURAL HEALTH

ROBIN G. TROTTER
LICENSED MASSAGE THERAPIST
CERTIFIED REFLEXOLOGIST

LIST OF SERVICES (All of the following treatments are beneficial on their own or in conjunction with treatments from our naturopathic physician and/or acupuncturist.)

Swedish Massage – The most common form of therapeutic massage designed to encourage relaxation, relieve stress, and soothe specific areas of tightness. Uses a variety of soothing strokes to help balance body, mind and spirit.

60 minutes - \$85

90 minutes - \$135

Deep Tissue Massage – Using a variety of firm, deeper pressure, the Therapist directs the stroked to specific areas of tension to help reduce pain, toxins and inflammation thereby increasing circulation, flexibility and mobility

60 minutes - \$100

Acupressure/Shiatsu - An ancient Eastern therapy that encourages relaxation through use of finger pressure on specific points on the body to stimulate the body's natural healing ability. Helpful in reducing pain, stress, and tension; increasing circulation and energy; and balancing the flow of "Qi" or energy

60 minutes - \$90

Chair Massage - Relax while fully clothed in a specially-designed chair. Focus is to ease tension and bring relaxation to the neck, shoulders, and back.

10 minutes - \$15 15 minutes - \$21 20 minutes - \$25 30 minutes - \$40

Reflexology – Gentle stimulation of reflex points on the feet that helps balance the corresponding organs and systems of the body to bring about the highest level of relaxation, stress and pain reduction, improved circulation and sleep, and an overall natural balance of body, mind and spirit.

60 minutes - \$85

30 minutes - \$50

Energy Work - Various methods used to balance the energy flow in the body. Techniques include Reiki, Polarity, and Acupressure. This helps to create balance and a natural sense of wellbeing.

60 minutes - \$75