

## **\*Massage Rates**

2 Hour Massage	\$120.00
90 Minute Massage	\$95.00
1 Hour Massage	\$75.00
45 Minute Massage	\$60.00
30 Minute Massage	\$45.00
15 Minute Massage	\$25.00
Ear Candling/Coning	\$65.00

**\*Please note Deep Tissue, Reflexology, Stone and other specialized modalities are subject to a \$20.00 prorated surcharge over & above massage rates listed above!**

Chair Massage \$1.25 per minute

### **Theodore M. Schiff Therapist**

Having enjoyed many years in what Massage can bring and do to ones life personally, Ted transcends his desire to warm the hearts & souls of others through his hands and experience as a Clinically Licensed Massage Therapist.

Ted is a Massage Therapy Instructor at Central Mass School of Massage and Therapy located in Spencer & Branford Hall Career Institute located in Springfield. He is also on the Healing Arts Staff at Kripalu Center for Yoga and Health in Stockbridge and works as a Massage Therapist in the Oncology Department at Franklin Medical Center in Greenfield.

[tedschiff@valleymassage.com](mailto:tedschiff@valleymassage.com)

**Massage sessions are scheduled by appointment only!**

**To schedule call:  
Ted@ (413)687-7878**

### **Insurance Credentialed**

**ACN Group  
American Specialty Health  
Landmark Health  
American WholeHealth**

**GIFT CERTIFICATES AVAILABLE**



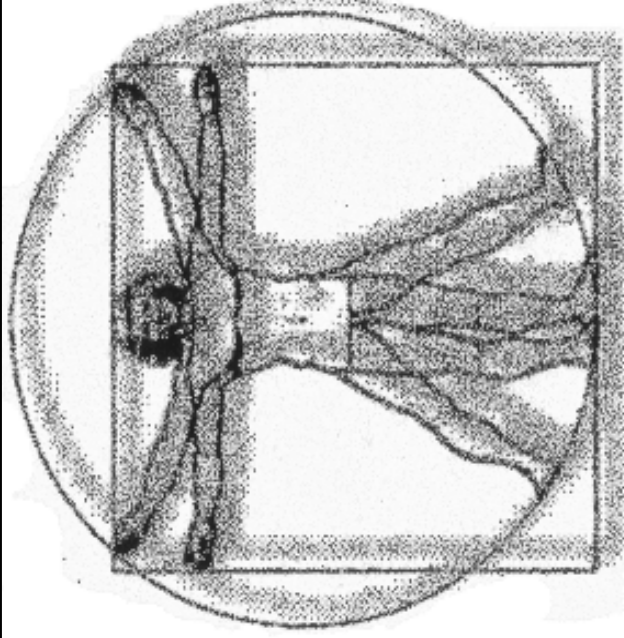
**Valley Massage Therapy Associates**  
Therapeutic Massage and Bodywork  
Theodore M. Schiff, LMT, CR, CST



**Swedish  
Deep Tissue  
Sports Massage  
Thai Yoga Massage  
Myofascial Release  
CranioSacral Therapy  
Ayurvedic Treatments  
Trigger Point Therapy  
Ear Candling/Coning  
Positional Therapy  
Hot & Cold Stone  
Reflexology**

**39 Main Street  
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(413)687-7878**

[www.valleymassage.com](http://www.valleymassage.com)



## Why Massage

The soft tissue of our bodies includes muscles, tendons and ligaments. When one or more of these becomes out of balance our overall state of wellness can be affected.

Chronic headaches, low back pain, reduced flexibility and so much more can often be treated with this form of therapy.

Working down deeply layer by layer through the soft tissue you will feel your body begin the process of recovery. Sessions can either be limited to specific areas or target the known problem areas while also working on the related tissue from head to toe.

Though minimal or no clothing is worn you will be covered with a draping sheet to respect your modesty. Generally unscented oil is used to control the friction of working deep.

## Benefits of Massage

- Relaxing
- Increases Metabolism
- Increases Blood Circulation
- Decreases Toxins in the Body
  - Skin Exfoliation
- Strengthens and Tones Muscles
  - Decreases Fatigue
  - Helps Specific Injuries
- Speeds up the Healing Process



PROFESSIONAL MEMBER  
AMERICAN MESSAGE THERAPY ASSOCIATION

## CranioSacral

CranioSacral Therapy is a potent tool using the functions of the CranioSacral System. It is an effective form of bodywork and of Neuromuscular Therapy, which uses gentle movements to unlock tension and relieve pain. There are no rapid adjustments, painful contortions, or deep muscle probing.

The cranial bones are connected to the sacrum by a continuous membrane system of connective tissue that houses the brain and spinal cord.

The spinal fluid is pumped through the membranes, creating a rhythm, which can be monitored and balanced.

The rhythm, or CranioSacral pulse, is similar to the heartbeat, but it results from the rhythmic pumping of the spinal fluid in the head and spinal column. The whole body expands and contracts with this rhythm, but the CranioSacral pulse can be felt most easily on the head. The core of your being, motor function, learning patterns, emotions, and ways of perceiving the world are affected by the balance of your CranioSacral system.

As your CranioSacral system comes into balance, you will usually feel a release of accumulated stress and a general sense of well-being. Some specific complaints and physical problems will also clear up with CranioSacral work.

## Deep Tissue

Deep Tissue Massage is a massage technique that focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger, elbow and forearm pressure on the contracted areas, either following or going across the fiber's of the muscles, tendons and fascia.

Deep tissue massage is used to release chronic muscle tension through slower strokes and more direct deep pressure or friction applied across the grain of the muscles not with the grain. Deep tissue massage helps to break up and eliminate scar tissue.

Deep tissue massage usually focuses on more specific areas and may cause some soreness during or right after the massage. However, if the massage is done correctly you should feel better than ever within a day or two.

## Therapeutic & Swedish

Did you know a one hour Swedish Massage is equal to eight hours of rest? Swedish Massage uses long, flowing strokes to bring about relaxation of the body and mind. Swedish Massage has both physical and psychological benefits.

## What is Ear Candling

During an Ear Candling session you lie on your side with your body in a straight alignment.

A special conical candle is inserted into a protective plate . . . The candle is lit and slowly begins to burn. The small tapered end of the candle is gently placed into your ear canal. The ear candle --by its shape, design and length-- draws ear wax and fungus deposits from deep inside your ear canal.

As the ear candling session progresses, extracted ear wax and fungus will be burned off, but a majority will be collected in the bottom part of the candle. After the candle has burned down and been extinguished, the therapist will cut open the remnant and show you the former contents of your ear canal. *Most people cannot believe what has been collected there!*

Expect to be amazed

