



The Modality Guide

Services & how to choose what's right for you

A complementary, whole-body approach to supporting your well-being through bodywork, nervous system relaxation, and mind-body connection.

Explore the modalities

BodyTalk

BEST FOR

Clients seeking a holistic mind-body approach; stress and emotional overwhelm; feeling disconnected from themselves; wanting support with self-awareness and overall well-being. Helps get to the "root."

WHAT TO EXPECT

A gentle, individualized session using the BodyTalk System's framework to explore connections between physical, emotional, mental, environmental, and ancestral factors.

Manual Lymphatic Drainage (MLD)

BEST FOR

Swelling or fluid retention; feelings of puffiness or heaviness; digestive struggles; skin issues; autoimmune disease or immune struggles; clients wanting gentle lymphatic support; certain post-operative or post-injury situations.

WHAT TO EXPECT

Light, rhythmic, specialized techniques intended to support lymphatic fluid movement.

Cranial Sacral Therapy

BEST FOR

Clients who prefer gentle, subtle bodywork; stress and tension; wanting a quiet, restorative session; sensitivity to deeper pressure or conventional massage. Great for pain, TMJ, post-brain injury, chronic tension, brain fog, mood disorders.

WHAT TO EXPECT

Gentle, light-touch work intended to promote relaxation, body awareness, and nervous system reset.

Explore the modalities

Each session is tailored to the individual and their needs.

Fascia Blasting

BEST FOR

Ideal for clients experiencing tissue tightness, restricted mobility, or scar tissue adhesions, and those seeking to improve tissue mobility, circulation, and areas of numbness. May also benefit clients looking for relief from muscle and joint discomfort, smoother-looking skin, and a reduced appearance of cellulite. Best suited for clients who prefer a more intensive, hands-on approach to soft-tissue work.

WHAT TO EXPECT

Targeted work using specialized tools and techniques on fascial tissue. Pressure is adapted to the client's needs and tolerance.

Therapeutic Massage

BEST FOR

Muscle tension and soreness; chronic stress; physical tension associated with daily demands; tension in the neck, shoulders, back, or hips; relaxation and recovery.

WHAT TO EXPECT

Customized massage focused on areas of tension, soft-tissue comfort, relaxation, and physical recovery.

Pre- & Postnatal Massage

BEST FOR

Pregnancy-related muscle tension and discomfort; back, hip, and shoulder tension; physical demands of pregnancy; postpartum muscle tension and recovery support.

WHAT TO EXPECT

Pregnancy- or postpartum-specific positioning and massage techniques adapted to the client's stage of recovery and individual needs.

Not sure where to begin? You don't need to know which modality is right before reaching out. We can talk through what you're experiencing and explore an option together.

A simple guide to choosing

A few common experiences and modalities to consider

IF YOU'RE SAYING...	CONSIDER...
<i>"I feel stressed, overwhelmed, or disconnected from myself."</i>	BodyTalk or Therapeutic Massage
<i>"I feel puffy, swollen, or heavy."</i>	Manual Lymphatic Drainage
<i>"I carry so much tension in my neck, shoulders, or back."</i>	Therapeutic Massage or Cranial Sacral Therapy
<i>"I'm pregnant and my body is uncomfortable."</i>	Prenatal Massage or Manual Lymphatic Drainage
<i>"I'm postpartum and need support with physical tension."</i>	Postnatal Massage or Manual Lymphatic Drainage or Cranial Sacral Therapy
<i>"I want to explore my relationship with my body through a holistic approach."</i>	BodyTalk
<i>"I want gentle bodywork and have trouble tolerating deep pressure."</i>	Cranial Sacral Therapy
<i>"I have chronic pain and tension that doesn't seem to resolve with massage, etc. Wanting cellulite reduction, have scars and scar tissue."</i>	Fascia Blasting

Your body, your needs, your pace.

If you're unsure which service to choose, reach out. I'm happy to help you find a place to start!

BRING HEALTHY BACK • RECONNECT • RESET • REBUILD