



SEQUOIA NEIRO, LMT

A skilled, sensitive and effective therapist, Sequoia has been practicing massage in the Hudson Valley since 1998, incorporating physiology-based massage with subtle healing techniques. A New York native, she studied bodywork at Heartwood Institute in Northern California, completing the unique and intense 1000 hour residential program, in which students are immersed in a holistic learning community emphasizing the body-mind-spirit connection.

Sequoia's massage style focuses on the normalization of soft tissues affected by stress, injury and illness, through the use of techniques that improve circulation, enhance muscular relaxation, relieve pain, reduce stress, enhance immune function and promote health and well being.

Her goal is to help promote her clients' own *self-healing through bodywork*, by encouraging increased sensory awareness, stress reduction, pain relief and rehabilitation.

MASSAGE THERAPY

Research shows that massage reduces heart rate, lowers blood pressure, increases blood circulation and lymph flow, relaxes muscles, improves range of motion, and increases endorphins. Therapeutic massage can also lead to a faster and more complete recovery from exercise, illness or injury.

Therapeutic massage may lessen or relieve many of the symptoms related to:

- Arthritis
- Asthma
- Carpal tunnel syndrome
- Chronic and acute pain
- Circulatory problems
- Gastrointestinal disorders (including spastic colon, colic, and constipation)
- Headache
- Immune function disorders
- Insomnia
- Myofascial pain
- Premature infants
- Reduced range of motion
- Sports injuries (including pulled or strained muscles and ligaments)
- Stress
- TMJ dysfunction

Massage may not be indicated for the following issues, please consult your doctor

Certain forms of cancer
Phlebitis (blood clots)
Some cardiac problems
Some skin conditions
Infectious diseases

6384 Mill Street

Rhinebeck, NY 12572

Cell: (845) 300-3569

MODALITIES

SWEDISH Flowing, connective strokes to increase circulation of blood and lymph, and reduce stress through relaxation.

DEEP TISSUE/MYOFASCIAL RELEASE Helps relieve chronic muscular contraction through specific, localized treatment, and gentle, yet profound stretching

THERAPEUTIC HOT STONE Uses heat to relax the nervous system and reduce muscle spasms. Especially indicated for arthritis, fibromyalgia, and chronic muscle pain, but wonderful for anyone.

TMJ THERAPY Intensive deep muscle treatment in the head, neck and shoulders to relieve jaw pain and other effects and causes of TMJ (Temporomandibular joint) Dysfunction.

SHIATSU Whole body balancing through a combination of stretching, compressions and pressure points. Client wears loose, comfortable clothing.

CRANIOSACRAL ENERGY WORK Subtle balancing of the rhythms of your body's cerebrospinal fluid using gentle hand placements. Particularly effective for reducing anxiety, headaches, and insomnia

PREGNANCY MASSAGE Deeply relaxing and rejuvenating massage in the childbearing year. Lay on your belly in my pregnancy cushions up until the day you deliver!

Nurture Baby: Nurture Yourself

As the mother of two young boys (delivered at the Neugarten Birthing Center at Northern Dutchess Hospital), Sequoia has a keen awareness of and interest in the affects of pregnancy, delivery and new motherhood on a person's body and lifestyle.

RATES

HALF HOUR: \$40

HOUR: \$70

HOUR AND A HALF: \$100
(ADD \$10 FOR HOT STONE)

PACKAGES

Back on Track- Hour per week for 1 month: \$250

Body Booster- Half hour per week for 1 month: \$150

The Renaissance- Every other week for 3 months (6 sessions): \$360

Mothering the Mom- 10 pre/post partum treatments: \$500

GIFT CERTIFICATES AVAILABLE

HOME and HOTEL VISITS AVAILABLE

Please be on time so that you may enjoy your full treatment, and if you must cancel or reschedule, please do so at least 24 hours in advance of your