

# Massage Therapy: An Important Part of Your Health and Wellness Regimen



Massage therapy has been shown to effectively counter many of the effects of life's day-to-day stresses improving both your physical and mental health.

***Benefits include:***

- Reduces stress
- Soothes sore and tired muscles
- Alleviates anxiety
- Reduces and relieves pain
- Facilitates recovery
- Improves blood flow and circulation
- Promotes relaxation
- Increases range of motion
- Enhances sports and fitness abilities
- Reduces fatigue

Kapi'olani's licensed massage therapists are skilled, licensed professionals and specialize in different therapeutic applications. Usually a combination of styles will be used during a session to address a person's specific needs. See the other side of this page to learn more about the massage styles and other therapies offered at Kapi'olani.

**Take some time to care for your health.  
Call 808-527-2588 to schedule a  
massage appointment.**

**HAWAII  
PACIFIC  
HEALTH**

**KAPI'OLANI  
WOMEN'S CENTER**



CREATING A HEALTHIER HAWAII

**ARTESIAN PLAZA** | 1907 S. Beretania St. | Honolulu, Hawai'i 96826  
T: 808-527-2588 | [Kapiolani.org](http://Kapiolani.org)

# healthier

- **Acupressure:** massage technique that uses strong pressure points to stimulate, release tension and improve energy flow throughout the body and mind.
- **Acupuncture:** a Chinese therapy that has been used for centuries to relieve pain and treat certain health conditions. Very thin needles are placed in the skin at points along the body's meridians, with an option of mild electrical current to stimulate the energy flow
- **Craniosacral Therapy:** gentle method of detection and correction that encourages your own natural healing mechanisms to dissipate the negative effects of stress on your central nervous system. It is performed on a person fully clothed, using a light touch – generally no more than the weight of a nickel.
- **Cupping:** treatment technique performed utilizing various size silicone cups involving suction force that will lift tissues to help increase soft tissue mobility, decrease pain, and improve motion. Commonly used to address sports injuries, muscle and joint pain, and connective tissue (fascia) mobility. It may be used on its own or combined with massage therapy and essential oils.
- **Deep Tissue:** deeper, more intense massage that releases tension in specific muscles while improving circulation.
- **Healing Touch:** biofield (magnetic field around the body) energy-based therapy to support and facilitate physical, emotional, mental and spiritual health. It is performed on a person fully clothed and facilitates the relaxation response enhancing the healing process.
- **Lomi Lomi:** traditional Hawaiian massage that focuses on balancing the mind, body and spirit, using a combination of strokes and manipulation of muscle tissue with deep, controlled breathing.
- **Lymphatic Drainage:** hands-on technique designed to attain and sustain proper functioning of the human fluid system. It induces deep states of relaxation and involves the use of gentle manual maneuvers to aid in the recirculation of lymph fluids.
- **Pregnancy Massage:** using specially designed massage pillows, the massage therapist will help get you into a comfortable position for a massage that can help reduce stress, decrease arm and leg swelling and relieve muscle and joint pain.



- **Reflexology:** application of pressure to areas on the feet, hands and ears that correspond to organs and systems of the body. The pressure applied to these areas affects the organs and benefits the person's health. It helps reduce pain and enhance relaxation and sleep.
- **Reiki:** means "Universal Life Energy," the consciousness of the universe that flows through every living thing. Reiki is performed on a person fully clothed with the practitioner's hands just off the body or lightly touching the body. The intention is to create deep relaxation to help speed healing, reduce pain and decrease other symptoms you may be experiencing.
- **Swedish:** classic, gentle, relaxing massage using long strokes and kneading techniques to increase circulation while relieving tension and stress throughout the body.
- **Therapeutic:** incorporates a variety of advanced techniques that enhance the body's natural restorative functioning. Light to firm touch is used to release tension, relax muscles, and increase blood and lymph circulation.