

Christine Flinta, LMT CBT



Traditional Massage & Bowen Soft Touch Therapy

Hello! I offer two types of therapy,
Traditional Massage and Bowen Soft Touch Therapy

Massage: I am trained in Swedish massage but over the years I have obtained an eclectic style, using many different modalities. I have a natural touch and can sense where your body needs to have work done. I have been in practice for 20 years and have seen it all. Our bodies are amazing and so adaptable to the strenuous work we put them under. As humans we crave touch, that's why I feel that massage is so important for our overall wellbeing and to relieve the stress that we build up in our bodies. By receiving massage in a nurturing, healthy atmosphere, that through deep breathing, in a calm room, away from our daily lives we can rejuvenate, renew, and be refreshed!

Bowen Certified Practitioner: Bowen was developed in the 1950s by the late Thomas Bowen of Geelong, Australia.

Bowen is a gentle and effective manual therapy that balances tension patterns in the body, resulting in a state of deep relaxation. Gentle moves are made over precise points on muscles, tendons or other soft structures. The changes stimulate the body's autonomic nervous system to re-balance. Once this occurs, the body can initiate a healing response on structural and energetic levels. It affects not only the musculoskeletal framework, but also the fascia, nerves, and internal organs. The body's integrated response to Bowen improves circulation and lymphatic drainage; it also enhances the assimilation of nutrients and the elimination of toxins from the body.

60 min massage therapy or Bowen session for \$75

90 Min massage therapy sessions for \$110

Please call to set up an appointment

707-498-9762