

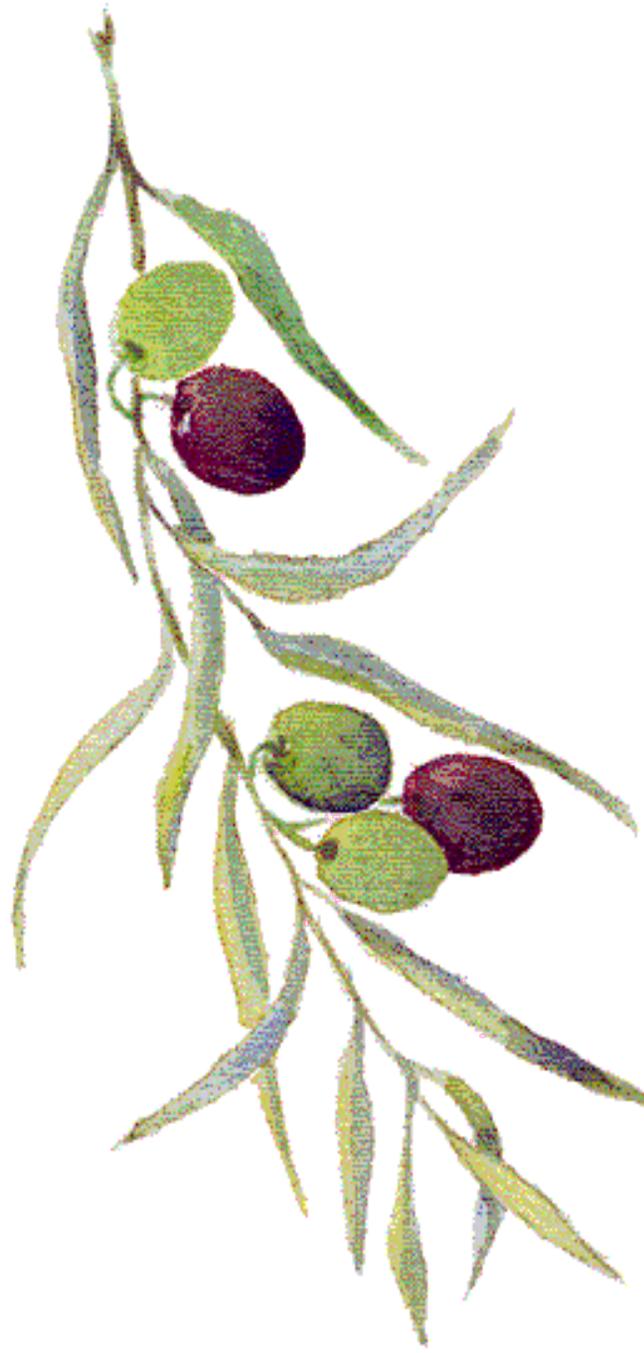


Nicole Keane, LMT

I began my journey into healing 8 years ago at the Desert Institute of Healing Arts in Tucson, Arizona. It was there where I discovered my intuitive ability to heal. After working in the field of environmental consulting for several years, I returned to massage school to complete my certification and follow the path to a career in healing. In March of 2010 I finished my curriculum at the Oriental Healing Arts Institute in Anchorage, Alaska.

My discovery of classical Chinese medicine and the Taoist 'Way' of healing has influenced my massage practice immensely. I incorporate Asian modalities into my massage and bodywork to help balance and restore the whole body system.

Live every day Grateful



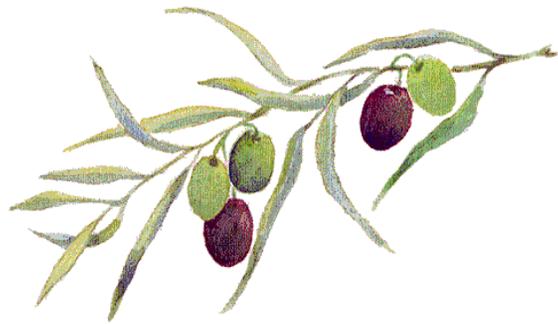
Gratitude Healing Arts

Toscana 2010



Welcome to rejuvenation! With gratitude we move through life adventuring and exploring, pushing our limits, and nurturing ourselves back into balance. Rest yourself on the finest natural fibers and relax while the aches, pains, and tightness of your daily endeavors melt away.

Balance your mind with stillness and realign your body with gratitude to fully enjoy another day!



Spa Services

General Relaxation Massage

This is a general relaxation treatment that is tailored to your individual needs. This treatment begins with a relaxing cranial massage and includes emphasis on specific energy meridians to balance and restore your system.

60 min. ~ 60 ☐

90 min. ~ 80 ☐

Deep Tissue Full Body Massage

This deep treatment will begin with a brief cranial massage and continue on with a full body massage tailored to address your personal needs. Deep pressure, myofascial technique, and trigger point therapy will be used to work out stagnation and painful muscle tension. Healing oils will be used to relieve pain and promote relaxation.

60 min.* ~ 70 ☐

* additional time can be added at your request at a rate of 10 min. ~ 10 ☐

Specialty Treatments

Deep Tissue Shoulder Release

Perfect for those with chronic shoulder pain, especially between the scapula. This treatment is a specific, focused treatment that addresses chronic shoulder issues and attempts to work out knots and adhesion by first opening the energy meridians in the area and then getting into deeper work throughout the shoulder girdle. Some Thai massage technique is used to stretch and open the shoulder girdle before the treatment begins.

A series of treatments can be developed for the most chronic conditions, and a blend of myofascial pectoral work may be recommended. Healing oils will be used to open the area and alleviate pain and discomfort. This treatment is one of the most popular!

30 min. ~ 40 ☐

Good Morning Warming

Start your day with a quick treatment to warm up your legs and glutes for the long ride! Po Sum On oil will be used to warm and prepare your active muscle groups with special attention to acupressure points and energy meridians to prepare you for full utilization throughout the day.

15 min. ~ 15 ☐

Cool Down Acupressure Foot and Leg Treatment

This treatment will leave your legs feeling cool and vibrant after a long day of cycling. Rosemary oil will be used to wash the feet and lower legs in preparation for the treatment. White Flower oil will be used on 64 points along the lower leg and foot to relieve cramping and tightness and draw down energy from the upper body. Very relaxing and therapeutic, this treatment is an excellent end to a long day.

15 min. ~ 15 ☐

Ask about additional treatments that can be tailored to meet your needs!

Cranial Relaxation and Headache Relief

White Flower oil on the temples will begin this extremely relaxing cranial massage. Acupressure points and myofascial release technique will put you in a state of bliss as you focus on your breath and the relief of your headache tension. This is a great quick relaxation treatment to start your evening or right before bed. No headache necessary, you will love this treatment!

10 min. ~ 10 ☐

End of Summer Energy Balancing Treatment

As Summer transitions into Autumn, this balancing treatment will focus on the transition of energy from the meridians associated with the season of Summer, those of the Water Element (Kidney and Bladder), to the meridians associated with Autumn, those of the Metal Element (Lung and Large Intestine). White Flower oil will be used on acupressure points to call Ch'i, or energy, to specific areas of the body that will assist in this transition. Deep specific Yin pressure will be used to break up any stagnation along the energetic pathways. This treatment is a blend of general relaxation, Thai, and classical Chinese technique that will leave you feeling balanced and energetic to move forward into Fall.

30 min. ~ 30 ☐

60 min. ~ 60 ☐

Moxibustion Treatments

Moxibustion is a classical Chinese medicinal treatment that involves the burning of Moxa, or Mugwort, on acupressure points to move Ch'i and clear damp stagnation. Moxa treatments can be incorporated into any full body massage. Typical Moxa treatments available are abdomen belly bowls and Moxa bowls on the Sh'u points of the back. Ask about what moxa treatments could be recommended for you!

Moxa ~ 10 ☐ addition to any treatment

Carrier Oils

Olive Oil ~ We are in Toscana after all... Olive oil is one of nature's richest antioxidant oils (high in Omega 9) and provides an excellent medium for a relaxing, nurturing massage. This oil is very conditioning and will leave your skin silky smooth. It pairs well with an essential oil to balance out the strong aroma.

Plum Kernel Oil ~ This oil is one of my favorites. The earthy, slightly sweet aroma is very relaxing. Plum kernel oil absorbs very well, and wont leave your skin with an 'oily' feeling. As such, this oil is great for deep, specific work to alleviate significant muscular tension as well as myofacial treatments. The grounding scent of this oil also makes it a great choice for a general relaxation massage.

Healing Oils

White Flower Oil ~ A blend of wintergreen, eucalyptus, peppermint, menthol, camphor, and lavender, this cooling analgesic will release pain and muscle soreness. This is a great oil to use in the treatment of backache, arthritis, sprains, bruises, and strains. The therapeutic properties of this oil also extend to the respiratory system and inhalation will assist in clearing sinus and chest congestion.

Po Sum On Oil ~ This all purpose oil blend is used widely to warm up muscles, improve circulation, and relieve pain. Great for chronic shoulder, joint, and low back pain, this oil is also used before exercise to prepare muscles for exertion.

Aromatherapy Essential Oils

Sweet Orange ~ With a pleasant scent of sweetness, this oil has many amazing properties... antibiotic, antidepressant, anti-inflammatory, antiseptic, antispasmodic, bactericidal, fungicidal, stimulant of the digestive and lymphatic system, with extremely calming properties... a great choice for a foot reflexology treatment or general relaxation massage.

Lavender ~ Calming and refreshing, lavender oil is one of my staples because it is just so good. Relax and breath in a fresh, endless breath of lavender to let your tension float away. This oil is excellent for promoting restful sleep, and is a wonderful pain reliever for muscle fatigue and minor skin irritations.

Regional Essential Oil ~ Please inquire about any special essential oils from the region that may be available at the time of your treatment.

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