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# Massage and Craniosacral Therapy

## at Tai Sophia Institute's NATURAL CARE CENTER

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**Massage therapy** is the systematic manual manipulation of soft tissue – skin, muscles, tendons, ligaments, and fascia (the membrane surrounding muscles and muscle groups). The most common forms of massage are Swedish and deep tissue, and there are dozens of modalities that address more specific needs of the patient.

Some of the benefits of receiving massage are:

- Reduced muscular tension, which can relieve pain all over the body
- Reduced stress chemicals in the blood, which can help you relax and feel better
- Increased awareness of where you are habitually tight, so that you can take steps to let go of that tension
- Increased circulation to your cells, which in turn increases oxygen flow, thereby improving alertness, body functioning, energy, and vitality
- Enhanced immunity by stimulating lymph flow

With regular massage, you may be able to reap benefits such as a heightened awareness of your body, decrease in pain in overused areas of your body, reduction of headaches, and better sleep. Practitioners at Tai Sophia Institute's Natural Care Center do a combination of several modalities including Swedish, deep tissue, and myofascial release. Each massage is tailored to the specific desires of the client.

**Craniosacral therapy** is a gentle manual therapy used to find and facilitate the release of restrictions affecting the Craniosacral system, allowing for more efficient sensory, motor, or mental function. Craniosacral therapy counters the negative effects of disease, dysfunction, or distress on your central nervous system, giving it great potential to affect every system in the body and facilitate healing in the whole person.

Craniosacral therapy is not limited to working directly with the head and spine. It can address restrictions anywhere in the body. Craniosacral therapy has been used to treat headaches, neck and back pain, TMJ, chronic fatigue, motor coordination troubles, eye problems, and central nervous system disorders. Craniosacral therapy gracefully promotes cognitive, emotional, and spiritual understanding in the context of structural bodywork.

**For more information**  
or to schedule an appointment,  
call the NATURAL  
CARE CENTER at  
410-888-9048  
ext. 6614

Learn more about  
any of our services  
by scheduling a  
FREE 15-minute  
consultation.



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### **About the NATURAL CARE CENTER**

At Tai Sophia Institute's Natural Care Center our practitioners partner with you to bring forth the extraordinary wisdom and vitality of the human body to help you heal and empower you to live fully, grow stronger, and be all that you can be. We've been bringing out the best in our clients for over 35 years.