

## FAQ's

### **Do I disrobe completely for a massage?**

It is customary for massage to disrobe completely. My clients disrobe to their comfort level. Some therapies require loose fit clothing; I recommend t-shirt and fitness shorts. I am very conservative with my draping techniques when applicable.

### **Do I need to arrive early when I have a service?**

I recommend arriving 30 minutes before scheduled service to fill out documents/forms and to calm the heart rate.

### **Do I need to bathe before a service?**

It is considered a courtesy to bathe at least an hour before service.

### **Will I be oily after a service?**

I do not over oil a body for therapy. I realize some clients will be in business attire. I recommend bringing relaxed clothing to change into after the service. For those who may be returning to business, I offer a damp, warm hand towel at the end of service.

### **Do you give a military or student discount?**

I offer a 20% discount to military service men and women in honor of their service. The same discount is offered to students with proof of identification/enrollment.

### **Does it matter what I eat or drink before service?**

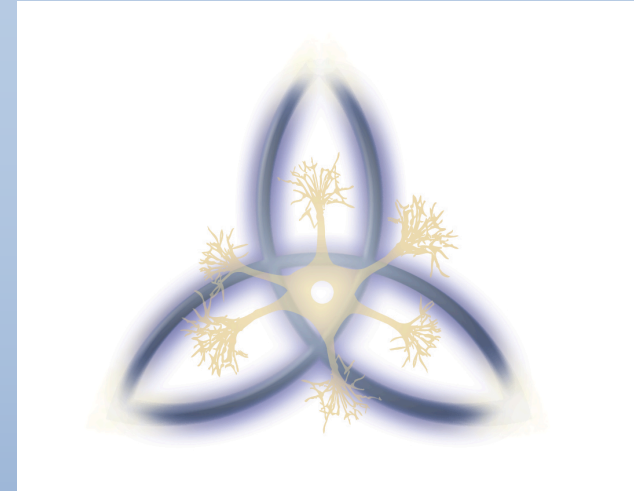
Coffee and energy drinks "amp" the system, tightening muscles, and creating a hypertensive state of breathing. Ingesting alcohol before a service can result in more rapid infusion of the alcohol to the body's system creating higher levels of intoxication.

I reserve the right to refuse service if I suspect that you are under the influence of drugs or alcohol.

Trilogy Holistics uses Astara skincare. Astara is a local based company, whose philosophy is based on the five senses. Astara has high integrity in their product to support healthy happy skin!

Inquire about our Decompression Consultation, Tok Sen therapy, Sabai Thai foot massage, Oncology massage, Numerology, ceremony services.

## Trilogy Holistic Therapies



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### **Shamanic Touch Energy Work-**

60 min \$65.00

Working with the Chakra centers of the body, the grid of how energy manifests, and emotional holding patterns, this therapy is designed to balance and process traumas stored in the body. Noninvasive/ Light touch.

### **Inner Journey Consult-**

90 min Therapy with 30 min consult (2hours)  
\$125.00

The purpose of this therapy is to bring the client into present moment with the use of intuitive cards and a customized massage therapy of various backgrounds and traditions in order to process issues and provide a starting point of healing.

Light to firm touch.

### **Lymphatic Drainage-**

60 min \$65.00

This therapy is designed to boost our Immune System and balance hormone levels. The intent is to go deeper than the skin; lighter than the muscle in order to pump the interstitial fluid that keeps the body lubricated.

Light touch (Recommended to do minimum of 4 times /year).

### **Cranial Unwinding-**

60 min \$65.00

Aimed to balance the Synovial fluid of the spine, this therapy benefits those with Migraines, Whiplash, neck, and shoulder issues. Polarity and guided meditation are incorporated. Focus is on the trapezius muscle and joints of the body. Loose fit clothing T shirt/gym shorts optional.

Noninvasive/Medium touch-Point of Resistance.

### **Thai Yoga /Assisted Stretch**

90 min \$95.00

Aimed to calm the mind, center the body, and elevate the spirit through a series of meditative stretches collaborating northern and Southern Thai philosophies. Please bring loose fit clothing (T- shirt/ gym shorts).

Point of Resistance.

### **Myo Fascia Release-**

60 min \$65.00/ 90 min \$95.00

Think of Fascia as saran wrap that holds the muscle in place. When this tissue binds together, it creates the “knots” or adhesions. Using Swedish massage techniques, Energy Work, Polarity, and light stretching, this therapy is geared toward relaxation and resetting muscles to the natural position. Perfect for those who “burn the candle at both ends”, have anxiety, high stress levels, and more.

### **Geo Thermal Stone Therapy-**

90 min \$95.00

Commonly known as Stone Therapy, the heat of Basalt stones trick the brain into thinking there’s a fever in the body. The brain, in turn, sends out lymphocytes to attack the said “fever” and in the process, removes toxins.

Not as invasive as a Myo therapy, as the heat of the stones assist in warming the muscles up causing quicker relaxation as heat is more detoxifying and sedating. Medium touch.

### **Myo Therapy-**

60 min \$65.00 / 90 min \$95.00

A collaboration of Energy work, Physical therapy, stretching, and deep tissue massage aimed to restore physical alignment. This will work muscles that are over/under developed reintegrating muscles into the natural order. Medium, Firm touch/ point of resistance. Perfect for pre sport conditioning or post sport soreness.

### **Traditional Chinese Reflexology-**

30 min \$35.00/60 min \$65.00

The art of working with the body from a satellite location (feet / hands) being able to body map, locate, and identify issues in the body. Great for those who have areas of injury that can’t be touched. Noninvasive/ firm touch/ point of resistance.