

Questions about how to get started managing your health and wellness?

Please call us today or set up a free consultation.

Greenwood Village Location

303-577-9977



Integrative

Health Inc

Experts Providing Healthcare

About Massage Therapy

Massage at Integrative Health

The massage experience at Integrative Health is personalized and different from what you may find at "Box Stores" (i.e. Massage Envy).

Of course you can come simply for relaxation and to unwind, but our experienced massage therapists work with serious injuries, trauma, structural issues and athletes.

Our therapeutic massages restore form and function, while relieving pain and preventing injury.

Our prices reflect the experience of our therapists, the quality of massage and the care you will receive at Integrative Health.

About Massage

Massage is defined as a systematic manual or mechanical manipulations of the soft tissues of the body. Various types of movement are applied for therapeutic purposes such as promoting circulation of blood, lymph, lengthening of muscles, relief of pain, restoration of metabolic balance, and other benefits both physical and mental.

There are numerous types of therapeutic massage, cranialsacral, myofascial release, neuromuscular, trigger-point, prenatal, deep tissue, hot stone and structural integration are some of the services you can receive at Integrative Health.

Myofascial release has an indirect and direct technique that addresses the different muscle and soft tissue (fascia) layers of the body. This style of manipulation lengthens, softens, and reorganizes tissue. This work is done a little deeper and slower.

Structural integration attempts to bring the physical structure of the body into alignment around its central axis. The practitioner achieves this by manipulating the fascia of the structural muscles.

Ashiatsu Barefoot Therapy is a deep tissue effleurage, long gliding strokes, and compression techniques are used in centrifugal or centripetal directions to relieve chronic soft tissue stress/damage and provide deep relaxation. Bars suspended from the ceiling provide the therapist with support and balance.

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Cold Stone therapy is a technique designed specifically to help those suffering from migraine headaches, allergies and sinus pain. This treatment includes the strategic placement of cold marble stones, aroma therapy, pressure point massage, percussion massage and stretching to help prevent, eliminate or diminish acute headache pain.

Craniosacral therapy is a very gentle approach only using about 5 grams of pressure. The craniosacral model acts upon the nervous system and helps bring balance to what is called cranial rhythm.