

Advanced Modalities

Reflexology: A fully clothed session applying static pressure to feet and hands to encourage the flow of blood, lymph and energy in the corresponding “reflexive” areas of the body. Reflexology provides both deep relaxation and revitalization.

Sports/Athletic Taping: Designed to get to the core of the issue, fix pain, increase joint stability and reduce swelling. Taping addresses the needs of athletes and highly active people, specific to maintaining their immune, nervous and musculoskeletal systems in peak condition.

Trigger Point: Teaches the essential methods of addressing regional pain problems efficiently and effectively. Myofascial trigger points are characterized by local tenderness and referred phenomena (pain, tingling, numbness, burning and aching) which are often caused by trauma and stress. Trigger point work is highly beneficial for athletes and often included in Sports Massage and Deep Tissue Massage.

Tui Na: Addresses the imbalances in the muscular, joint and meridian systems. Tui Na is a classic style of bodywork based on traditional Chinese medical theory of the flow of Qi through the meridians. The techniques include rhythmic compression along energy channels of the body, as well as a variety of techniques to manipulate and lubricate the joints.

SBBTI Clinics offer
Individual Attention

Quality Care
Affordable Rates



Benefits of Massage

- Relieves stress and relaxes
- Calms the nervous system
- Releases endorphins
- Reduces chronic pain
- Loosens tight muscles
- Increases circulation
- Speeds injury recovery
- Improves breathing
- Lowers blood pressure
- Improves flexibility



Student
&
Graduate
MASSAGE



Affordable
One Hour Sessions
Call today to schedule an appointment

805.966.5802

516 North Quarantina Street
Santa Barbara, CA 93103

Swedish Massage Clinics

Weekly one hour sessions

Classic full body oil-based massage focused on relieving stress, relaxing muscle tension and rejuvenating through a succession of flowing, kneading, wringing, drumming and static pressure techniques, ranging from gentle to deep contact.

Graduate Massage Clinics

Weekly one hour sessions

We're fortunate to have some of our highly requested licensed graduates offering their professional services at a discounted rate to SBBT1 clients.

Advanced Modality Clinics

Occasional one hour sessions

These include various bodywork styles that focus on a therapeutic result in specific body systems. Modalities range from deep tissue to energy work. Some are also specific to certain populations: pregnant women, athletes, etc.



Advanced Modalities

Acupressure: Integrates a blend of Chinese acupressure point stimulation combined with Swedish oil massage. Designed to provide deep release on all levels of the body mind and spirit, providing stimulation for the body, blood circulation, and restorative energetic balance to the qi.

Barefoot/Sports: A deep tissue protocol for working the major muscle groups using the therapist's feet. Especially suitable for physically active people, athletes and those requiring sufficient force to release core muscular tension.



Biodynamic Craniosacral Therapy: Uses subtle movements on the head, sacrum and along the spinal column to bring balance to the cerebrospinal fluid and the body/mind. This deeply profound work supports the integration of the nervous system and endocrine system.

Cross Fiber Deep Tissue/Shiatsu: A precise treatment that integrates a variety of techniques to release pain and blockages in the fascia, as well as addressing visceral and immune pathologies.

Essential Oils: A tremendous support in times of stress, the oils enter directly into the blood stream when applied to the skin and directly into the limbic system of the brain when inhaled. We apply powerful essential oils with a "raindrop" technique and soothing Swedish massage.

Advanced Modalities

Hot Stone: Integrates smooth, hot stones into a delightful, relaxing massage.

Lymphatic: Gentle techniques for detoxifying the body and enhancing the immune system. Manual Lymphatic Drainage involves light pulsing pressure applied to the superficial lymph vessels within the extremities and torso that can be performed either clothed or unclothed. Manual Lymphatic Drainage is indicated for assorted immune system pathologies, low energy states and conditions of toxicity.

Muscle Testing: Tests for 4 indicator muscles and their related organs, glands and meridians. Correlates pain symptoms and deficiency syndromes through re-establishing energy to the muscular or organ systems, using a variety of balancing techniques.

Myofascial Release: Tight connective tissue (fascia) can pull the body into misalignment, contributing to pain. This work releases constriction by lengthening fascia and is extremely successful in relieving chronic pain patterns.

Polarity: Powerful techniques for balancing electromagnetic energy fields of the body using gentle holds.

Pregnancy Massage: Assists the body in staying flexible and pain free during the changes of pregnancy, thereby reducing stress on mother & infant. After birth, the tissues can be supported in restoring balance and resiliency.