

Bitterroot Massage

Massage Therapy Reiki Neuromuscular Release



Massage Therapy FAQs

Who?

You or your loved one

What?

Relaxing wellness massage – maintains relaxed muscles and promotes relaxation
Therapeutic massage – assists injury rehabilitation

Why?

Massage allows your muscles to relax and get back to a lower level of tension

When?

If you need to relax and maintain loose muscles, to loosen tight muscles, or to aid muscle rehabilitation following injury

Where?

Bitterroot Massage is located in a home office in Hamilton, MT. Off-site massages / home visits are also available upon request.

How?

During a massage session clients will:

- Remain fully clothed or, in private, remove clothing and/or undergarments to client's level of comfort. Client will then lie under sheets on a comfortable memory foam therapy table or will sit in the specialized seated massage chair.
- Be fully covered by sheet drapes (and blankets as needed) except for the body part being worked on
- Feel the practitioner's hands (or massage tools) rub the client's muscles in forward, backward, crosswise or circular motions with or without scented or unscented massage creams or oils
- Hear relaxing background music (silence will be honored if desired)

Massage Reviews

"That massage was relaxing." K.M.

"Your massage allowed me to sleep much better and relieved my rheumatoid arthritis." D.F.