Our Wellness Practitioners:

Kim Adami LCMT, NCTMB
muscular therapy, myofacial technique, compassionate touch, horizontal Chair Massage

Ricia Fleming Ph.D., NCTMB
Relaxation and Focused Deep Tissue, Shiatsu/Reiki/Energy work
BodyStory, Cranio Sacral Therapy, Somato Emotional Release Therapy
Hot Stone Massage

Ulrike (Uli) Kapp APP, NBCR,
Foot and Hand reflexology, Polarity Therapy, Energy Work

Carrie Lynch,
Holistic Nurse
Cranio-Sacral Therapy,
Shiatsu, reiki, massage, somato emotional release, guided visualization

Kate Smyers, RN, BSN
Jin Shin Jyutsu

Wellness
At the Ridge

Body Therapy Services
By appointment

Rolling Ridge
Retreat and Conference Center

660 Great Pond Road
North Andover, MA 01845
978-682-8815 thestaff@rollingridge.org

www.rollingridge.org
Rolling Ridge is a licensed massage and body work facility and is on-site to provide massage and other body work. We contract with several Certified Massage Therapists and other Body Work providers to offer these services.

As a retreat center, our mission is to provide you with a place where you can attend to mind, body and spirit. Our classes and retreats provide opportunities to nourish the mind and the spirit, but sometimes it’s difficult to receive these gifts when our bodies are tense, wound up, and perhaps in pain. The Ridge Wellness Center with its trained, professional practitioners offers body therapy services so that you can experience the calm, grounding effect of skilled, compassionate touch so to be physically renewed.

Wellness Rates:

- **30 minute** session– $60
- **45 Minute** session- $80
- **60 minute** session– $100
- **90 minute** session– $140
- **Hot stone**: $200 for 90 min

**Group rates**: ask about our body work packages specifically designed to fit the budget and needs of your group.

All services are on an appointment only basis. A $50 non-refundable deposit is required at booking. To schedule a session, or for further information please contact Rolling Ridge Guest Services at 978-682-8815, or complete a wellness appt. request form at www.rollingridge.org/ridgewellnesscenter

**Available Therapies:**

- **Compassionate Touch**: is focused touch and sensitive massage with specialized communication skills to improve quality of life in care giving for our elders, non verbal individuals and those in hospice care. It is a holistic healing practice that uses very light touching to balance the craniosacral system in the body, which includes bones, nerves, fluids, and connective tissues of the cranial & spinal area.

- **Craniosacral Therapy**: is a holistic healing practice that uses very light touching to balance the craniosacral system in the body, which includes bones, nerves, fluids, and connective tissues of the cranial & spinal area.

- **Facials, Express Facials, and Facial Waxing**: Facial includes skin cleansing, analyzation, light steam mist, extractions (if needed), massage, custom blended mask, hand and arm massage.

- **Focused deep tissue massage therapy** offers you both relaxation and healing release of muscular restrictions and longstanding holding patterns. This customized treatment gets deep into your trouble spots, first easing tightness from your outer layer of muscles, then applying stronger mindful pressure to your inner muscular layers and related fascia, tendons, ligaments and connective tissue. Because the deep strokes are slow and meditative, this type of deep tissue therapy is not painful. A 90 minute session is recommended but not required.

- **Indirect Myofacial Release Technique**: applies 5 grams of pressure (weight of a nickel) to painful areas, allowing the fascia to unwind itself, promoting the body’s ability for self correction. Very gentle and effective.

- **Jin Shin Jyutsu**: is energy work, similar to acupuncture but uses gentle touch on specific places on the body where energy becomes blocked due to stress, emotions, illness or injury. The client lies on a massage table. There is no need to remove clothing. There is a feeling of calm and peace as the treatment proceeds.

- **Muscular Therapy**: is a 4 part system of treatment and education that includes deep massage, body care techniques, tension release exercises and postural suggestions to help break down chronic muscle tension, increase circulation, elongate muscle tissue, improve joint movement and relieve stress, giving the client a restored feeling of well being.

- **Polarity Therapy**: Polarity Therapy is a system of therapeautic touch-diagnostic and gentle treatment techniques, which work to open blockages in their flow, and the creation of positive attitude and lifestyle. The treatment does not require disrobing, involves soft touch, some rocking as well as point specific touch often experienced as tingling, warmth, expansion or wavelike movement and very relaxing.

- **Reflexology**: is a holistic energy-based modality, working through the energies of the nervous system. It utilizes manual techniques unique to the field of Reflexology to feet and hands. Reflexology promotes balance and normalization of the body naturally. It reduces stress and improves circulation.

- **Reiki**: is a spiritual healing art with its roots in Japanese origin. The word Reiki comes from the Japanese word (Rei) which means “Universal Life” and (Ki) which means “Energy”. Reiki is not affiliated with any particular religion or religious practice. It is not massage and is not based on belief or suggestion. It is a subtle and effective form of energy work using spiritually guided life force energy. A session is done fully clothed with either a hands off or gentle hands on approach. www.reiki.org

- **Shiatsu**: is Japanese for “finger pressure,” and consists of finger and palm pressure, stretches, and other massage techniques along the Meridians. Shiatsu is traditionally performed on a futon mat or massage table with clients fully clothed. Shiatsu practitioners promote it as a way to help people relax and cope with issues such as stress, muscle pain, nausea, anxiety, and depression.

- **Somato Emotional Release**: Somato emotional Release is a therapeutic process that helps rid the mind and body of residual effects of past trauma and associated negative responses. Following trauma, the body isolates the “energy cyst.” Somato Emotional Release has a goal to help the client physically identify and expel the energy cyst through re-experiencing and resolving incidents. www.upledger.com