

CrossFit Freedom therapists offer a therapeutic massage with a holistic focus, custom designed to meet the needs of each individual client.

Each of us have different stressors in our lives. Too much stress can seriously affect our physical and mental well-being. And perhaps nothing ages us faster, internally and externally, than high stress. We can't completely eliminate stress from our life, but we can control how much it affects us. Massage can, without a doubt, help to manage our stress. This translates into:

- Decreased anxiety.
- Enhanced sleep quality.
- Greater energy.
- Improved concentration.
- Increased circulation.

Regular massage should be an essential part of your training and recovery routine. It will help you train more effectively, improve your performance, and assist in preventing injury. The psychological benefits of massage absolutely improve our physical functioning.



Swedish Sedona:

A classic massage modality designed to relieve muscle tension and improve circulation, easing your body and mind into complete relaxation.

Sports Therapy:

A vigorous massage technique that focuses on applying pressure to soft muscle tissue resulting in increased muscle flexibility, increased range of motion in the joints and decreased muscle stiffness.

Deep Tissue:

This therapeutic treatment releases chronic patterns of tension in the muscles, tendons and fascia. The goal is to restore the body's optimum alignment, increase range of motion and release stored toxins.



Reflexology:

Foot reflexology is a method of stimulating the reflex points of the feet, relaxing and rejuvenating each and every part of the body, including the glands and organs. This technique is based on the meridian lines in Chinese acupuncture.

Pregnancy Massage:

Designed to nurture and support both mother and baby, this gentle massage focuses on the areas affected and stressed by pregnancy, and brings feelings of relaxation and peace.

Salt Glow Massage:

Using a blend of aromatherapy oils and sea salts, the skin is exfoliated and oxygenated, improving skin tone, increased cell renewal and stimulating circulation.

Lymphatic Massage:

A massage designed to maintain the integrity of the immune system. A rhythmic touch with gentle pressure on the lymph nodes helps to increase the flow of fluid through the lymphatic system. It speeds up the detoxification process and stimulates circulation.

LaStone Therapy:

Healing with Stones is an ancient form of therapy used by various cultures over the ages. Using heated basalt stones combined with Swedish Sedona techniques, tension melts away balancing the mind, body and spirit.



CrossFit Freedom Massage and Wellness prides itself in using only cold pressed organic oils that contain no chemicals and are a fully rich phytol, meaning it has not been broken down by heat and has all its contained natural vitamins and minerals intact.

According to Ayurveda (a 5,000-year-old Science of Life established in India), each of us inherits a unique proportion of three mind/body principles called Doshas. The three Doshas – Vata, Pitta, and Kapha – create our specific mental and physical characteristics. Ayurveda teaches that each person is a unique being and in so, must be treated as an individual in order to find balance. Our therapist will help you determine your specific dosha to create an experience most beneficial for you.



Abhyanga Massage:

Abhyanga is a traditional Ayurvedic full body massage used to maintain health and increase longevity. Using oils and aromatherapy specifically chosen for balancing your dosha. This gentle massage encourages toxin removal on a cellular level, resulting in an enhanced feeling of self-love and well-being

Ayurvedic Shirodhara:

Shirodhara comes from the Sanskrit words, "shir" which means "head" and "dhara" which means "flow". The application of warm oil streamed in a continuous flow over the "third-eye" chakra, works by gradually breaking down the stagnant, blocked energy in the body. It leads you to a state of trance. Your entire body gets an energetic experience. The treatment is followed by a head, neck and face massage



Shirodhara therapy can help treat many problems, like depression, high blood pressure, insomnia, vertigo, memory loss, as well as, eye and sinus issues. It is said to help aid digestion, boost concentration and confidence, stimulate the pituitary gland, help balance the endocrine system and relax the nervous system. Overall, this is a beautiful way to purify and rejuvenate your body and soul...