

Geoffrey Macduff
Licensed Massage Therapist

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Helping Hands
Massage Therapy

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As a fully licensed and nationally certified massage therapist in practice since 1994, I have worked extensively with hundreds of clients. I have effectively used several massage techniques to help my clients with relaxation and stress management, and to alleviate the pain and discomfort of a variety of conditions, including partially 'frozen' joints resulting from muscles with severe adhesions. I maintain a network of health care professionals to facilitate faster and more effective healing.

HOURS

By appointment only
Please call: 978.365.9848

Monday	8:00 am-7:00 pm
Tuesday	8:00 am-7:00 pm
Wednesday	Upon request
Thursday	Upon request
Friday	8:00 am-5:00 pm

After hour appointments are available for an additional fee.

A 24-hour notice of cancellation is required.

Missed appointments will be billed at full fee.

FEE SCHEDULE

Payment requested at time of service:

30 Minutes	\$35
60 Minutes	\$55
90 Minutes	\$75

For more information, please call:
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BENEFITS OF MASSAGE

- ◆ Revitalize tired and sore muscles
- ◆ Improve and restore range of motion
- ◆ Helps the body handle stress
- ◆ Promotes relaxation and reduces anxiety levels
- ◆ Improves circulation of blood and lymph fluid
- ◆ Reduces swelling from excess fluid retention
- ◆ Enhances tissue elasticity and joint flexibility
- ◆ Decreases recovery time from strenuous physical activity
- ◆ Promotes well-nourished and healthy skin
- ◆ Increases vitality, energy, and mental alertness
- ◆ Encourages a more restful sleep



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South Lancaster, MA 01561
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TYPES OF MASSAGE

◆ SWEDISH/RELAXATION

Massage that most of us are familiar with. This massage uses oils or lotions to help the therapist's hands glide over the muscle tissue. Long effleurage and shorter cross fiber strokes gently knead and relax the muscles. This work is recommended for people new to massage, those people that might have some health issues (stress headaches, neck tension, etc.) and as a great way to just unwind from our fast-paced life styles.

◆ DEEP TISSUE/MYOFACIAL RELEASE

In many ways similar to Swedish massage, but the strokes are longer and slower. Usually this is regional work that is used to restore a more normal range of motion and state of health in the muscles and joints. Less lubrication is used in this application allowing the use of more and deeper pressure. Designed to loosen muscle fibers and fascia, this type of massage is best suited for people who have had some massage experience and whose musculature can accept the work.

◆ SPORTS MASSAGE

This massage is focused around the muscle groups involved in particular sports. Each session is designed to aid recovery and enhance performance by manipulating the muscle tissue thereby normal physiology and restoring range of motion.

◆ FACIAL REJUVENATION

This treatment is a gently relaxing session to clean and tonify the skin and muscles of the face and neck. This massage uses gentle cleansers, exfoliants, and moisturizers coupled with aromatherapy to help reverse the ravages of time, stress, and the elements.

◆ FOOT MASSAGE

This session is devoted "solely" (sorry) to your feet. After a hot soak the feet are treated to an exfoliant treatment and a deep massage to help relax and invigorate at the same time. This is a terrific introduction to massage.

COMMON QUESTIONS

◆ What should I wear?

That will depend on the type of massage you will receive. In a relaxation massage, oils or lotions will be used. Most people wear their underpants or nothing, as the elastic can interfere with the movement of lymph fluid. It is important to know that a draping sheet will cover you at all times. Your comfort level is most important, so please feel free to discuss this issue at any time.

◆ Will my massage hurt?

A relaxation massage should not be painful. Depending on your muscle tone, there is a slight possibility of some kind of discomfort following your session, similar to a workout. A warm shower with some stretching is usually all it takes to be off and feeling great!

◆ How often should I get a massage?

The effects of massage are cumulative and to a point multiplying. For stress reduction and relaxation, once or twice a month is very helpful. For deeper work on knots and adhesions, I recommend weekly or biweekly sessions, until a sense of normalcy has returned to the area of treatment.

◆ Do you accept insurance?

At this time, I do not accept insurance. However, I will assist you with the paperwork for reimbursement from your insurance provider.