Aromatherapy

Oils can be added to any treatment at no additional charge. Aromatherapy massage is a great treatment to help you accomplish an overall sense of wellbeing. All the oils have calming properties, which help to combat insomnia, and because so many of them contain anti-inflammatory ingredients, the massage helps to relieve muscle tension and anxiety throughout the body, making for a good night's sleep.

Below are some blends used that go with any style massage, personalized just for you!

Relaxation Blend: Lavender, Rose, Sweet Orange, & Ylang Ylang

De-Stress Blend: Grapefruit, Bergamot, Chamomile, & Clary Sage

Energize Blend: Eucalyptus, Peppermint, & Rosemary

Muscle & Circulation Blend: Cinnamon, Lemon, Chamomile, & Rosemary

Reiki

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Reiki treats the whole person including body, emotions, mind and spirit, creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Energy work can be combined with your massage or may be a complete session.

Biography

Jamie Flechsig, CMT, HHP, is a California State certified massage therapist (CMT) and has over 1000 hours of Holistic Health Practitioner (HHP) education. Jamie is a professional member in good standing of Associated Bodywork and Massage Professionals.

Jamie began her studies in the holistic healing arts after an auto accident in 1993. She fully recovered from neck and rotator cuff injuries after a series of massage therapy and chiropractic treatments. She began attending classes at Body Mind College to study massage therapy and holistic health in 1994. Since graduating she has worked with chiropractic offices, day spas and currently has her own practice. She has experience working with many people, from busy executives to athletes in training. Jamie uses a wide variety of modalities including Swedish, deep tissue, trigger point therapy, prenatal, reflexology, Reiki, aromatherapy, acupressure face lift massage and more. Her advanced training, experience and passion for helping people achieve maximum health has enabled Jamie to create a session tailored to each client's needs.

JAMIE FLECHSIG, HHP
Certified Massage Therapist

5575 Lake Park Way, Suite 114
La Mesa, CA 91942

619.807.4300

Therapeutic Massage

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Therapeutic, Sports and Deep Tissue Massage

Excellent relief for chronic pain (TMJ, neck, back, carpal tunnel, rotator cuff, and sports injuries), these techniques strive to lengthen contracted and spasmed muscles, break down scar tissue, and increase flexibility and range of motion.

Acupressure Facial

Specific pressure points in the head and face are massaged with essential oils to relax the body and promote energy. Acupressure is effective for toning muscles, improving skin conditions, reducing acne, sinus problems, jaw tension and headaches.

Circulatory/Relaxation Massage

Excellent for detoxification, increased circulation, lymph drainage and stress relief.

Pre-Natal Massage

Relieves aches and pains for expectant mothers. Proper techniques and special bolstering are used for extra comfort.

Hot Stone Massage

Hot Stone Massage is a style of massage therapy in which heated water-treated stones are placed at specific sites on the client's body to promote relaxation and to help open up meridians (energy pathways). Muscles are pretreated with the heated stones to allow your therapist to easily perform deep tissue manipulations. Massage oils and aromatherapy are also incorporated to enhance your massage treatment.

Massage Prices

30 minutes $40.00

60 minutes....................................$65.00

90 minutes...................................$90.00

Hot Stone Massage 90 Minutes $110.00

~ Discount packages available ~
Receive a 15% discount when you purchase four or more sessions!

On-Site Chair Massage
On-site massage is perfect for seminars, meetings, trade shows, company parties and health fairs.

Discounts for large groups.

Gift Certificates Available for all Occasions!