

The Amazing ZEN Massage



Our Method

ZEN Massage is more than a brand. ZEN is a new approach to traditional therapy, refined with sound medical expertise, and our knowledge of anatomy, kinesiology, and range of motion. ZEN is a modern modality, fusing traditional refinement with the advances of modern medicine. But best of all, ZEN FEELS SOOOO GOOD! The technique is deep and relaxing, providing a maximum benefit for the client while minimizing impact and strain on the therapist by applying refined angular kinetics, with the proper application of leverage and body-weight. We target the "sweet spot" in the muscles with direct pressure and stretching to lengthen and relax them.



Your Benefit

After a session at ZEN, your body might feel a bit loose, almost like it's a size too big for you. You might notice that your bed feels particularly comfortable that night, and you might also notice you didn't dread the sound of your alarm the next morning. With a good night's sleep you might notice yourself concentrating better at work, smiling more and paying attention to details you normally wouldn't. You have taken a significant step to a healthier, calmer self, and we have succeeded in making you



The Tandem ZEN

The potential of two therapists working together led us to develop a Tandem Zen modality. Unlike traditional 4-hand massage, where therapists work on separate parts of the client, Tandem Zen builds on a synergy of two therapists working together. Stretching or "opening" the target muscle while applying our technique is very effective at breaking up tension and knots and feels absolutely amazing!



What you don't know about stress,

can hurt you. Stress is a very serious risk to your health and quality of life. Managing stress effectively often requires a radical change in lifestyle and attitude which many hard-working people cannot afford. Yet by the time we realize the impact of stress on our health, we may not be able to reverse it. Heart disease, high blood pressure, indigestion, and weakened immunity are among the conditions resulting from chronic stress. But the impact stress has on your family and friends can be even more severe. Your body subconsciously responds to stress by tensing up. This chronic muscular tension leads to shortening of the muscle, pulling your body out of alignment resulting in pain, fatigue, loss of sleep and even higher levels of stress. Relieving this tension is a critical step towards stress recovery and it is the focus of our therapy.

ZEN Massage IS the Difference

ZEN MIND



A ZEN mind knows purpose. It holds no conflict, anger or fear. It is full of wisdom, love, and compassion. It seeks to heal the world.

Zen Massage is really the best! I never imagined anything could make me feel so relaxed. These folks really know their stuff.

If you haven't tried Zen, you really owe it to yourself to give them a chance. Everytime I leave, I feel fantastic! I just couldn't imagine getting this kind of service anywhere else.