

Lisa Maylath, LMT

Lisa graduated from the European Massage Therapy School with 610 hours of training in various massage techniques including Swedish massage, deep tissue massage, reflexology, and sports massage. This education included extensive coursework in anatomy, physiology and pathology.

Lisa specializes in therapeutic techniques that improve mobility, flexibility, and symmetry. At Rapid Rehab, a Pilates-based physical therapy office in Las Vegas, most of her clients included people suffering from sciatica, car accidents and work injuries as well as professional athletes and performers.

Presently Lisa is working out of an office at Double Diamond Athletic Club in Reno, NV. She incorporates energy balancing and healing techniques into every massage producing a state of deep relaxation and stress relief.

Post-graduate Certifications include Reiki I and II, Infant Massage Parent Training and Reflexology.

Lisa Maylath, LMT

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Office located at:

Double Diamond Athletic Club

9400 Double Diamond Parkway

Reno, Nevada 89521

BUSINESS HOURS

Wednesday and Friday

9 AM – 1 PM

***Special arrangements may be made for other hours and chair massage events upon request.

Therapeutic Massage & Reiki

Lisa Maylath, LMT

Nationally Certified Massage Therapist

And Certified Reiki Practitioner



Offering a holistic approach to health with:

Swedish Massage

Deep Tissue Massage

Reiki

Reflexology

***Seated or "Chair" Massage can be scheduled off-site for special events.*

***New Clients receive a \$10 discount on all services of 60+ minutes.*

What is a massage?

Massage is the application of soft tissue manipulation techniques to the body, intended to reduce stress and fatigue while improving circulation. Therapeutic massage is a more intense massage intended to release tight muscles and muscular pain caused by repetitive movement or injury.

What are the benefits of massage?

- Increases circulation which oxygenates the brain and organs while aiding the healing process
- Relaxes and softens injured and overused muscles
- Relieves headache pain and fibromyalgia symptoms
- Improves range of motion and decreases discomfort for patients with lower back pain and sciatica
- Stimulates the lymph system, the body's natural defense against toxic invaders
- Releases endorphins (mood elevator), the body's natural painkillers
- Improves digestion and sleep patterns

When should massage be avoided?

- Certain forms of cancer
- Phlebitis
- Some cardiac conditions
- Some skin conditions
- Infectious diseases

If you suffer from any of the above, a doctor's permission is necessary prior to the massage.

SERVICES OFFERED:

One price for the service(s) that meet your needs:

\$20/15 minutes

\$35/30 minutes

\$65/60 minutes

\$90/90 minutes

Swedish Massage (relaxation massage)

Firm, but gentle techniques are used to promote relaxation and reduce stress, while also at the same time energizing the body by stimulating circulation.

Deep Tissue Massage

The muscles are first relaxed utilizing Swedish massage techniques, allowing the practitioner to go deeper. Then techniques are administered to affect the sub-layer of musculature and fascia. It helps with chronic muscular pain and injury rehabilitation and reduces inflammation-related pain caused by arthritis and tendinitis.

Chair Massage

Much relaxation can be achieved in a short time while the client is fully clothed. Schedule a one-time event or a monthly benefit for you and your employees.

*Reflexology**

Reflexology is the physical act of applying pressure to the feet and hand with specific thumb, finger and hand techniques. It is based on a system of zones that reflect an image of the body on the feet and hands with a premise that such work reduces stress and stress-induced conditions in correlating organs and parts of the body. You will remove your shoes and socks and sit comfortably in a reclining chair. Otherwise you remain fully clothed.

*Reiki Healing-Usui System**

In a Reiki healing session, the practitioner, trained to access and serve as a channel for the life force (chi), places her hands on or just above the client's body in order to activate healing energy within receptive points on the body. As a harmonic flow of energy is strengthened, within the client and practitioner, healing occurs through the return of physical, mental, and spiritual balance. The client remains fully clothed for this treatment.

*Reflexology and Reiki are also convenient in cases where an area of the body is traumatized or diseased to the extent that direct manipulation is not appropriate. Either service can be added to a massage.