



Life strategy and relationship counseling for couples, families and individuals



Philosophy

Therapists

Massage

Energy Healing

Career Counseling

Business Consulting

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Cindy Longnecker, L.M.P.

To schedule an appointment, please call (360) 870-7285.

CindyL@TheMarstonCenter.com

"Enjoy the quality of life, the ultimate wellness experience!!"

I offer a wide variety of **massage** and **body work** including: Injury treatment, deep tissue, sports massage, trigger point therapy, pregnancy massage, myofascial release work, proprioceptive neuromuscular facilitation, Hawaiian bodywork, shiatsu (Japanese) acupressure massage technique, tuina (Chinese) massage technique, Swedish massage, infant massage (and instruction for parents in infant massage), and many others.

Treatment Aids In...

My unique combination of bodywork techniques work together to give the client tangible benefits including:

- * increased circulation
- * decreased pain and muscular dysfunction
- * increased range of motion in everyday activities
- * reduction in frequency and duration of headaches
- * increased removal of cellular waste products

Hot Rock Therapy

An ancient North American Indian massage with hot river rocks to soothe and penetrate sore and aching muscles.

Sand Bag Therapy

Aromatic sand pouches provide heat and weight to relieve tired muscles in this sensory treatment. Giving you a sense of being much lighter when the pouches are removed.

Aromatherapy

Essential oils are used to help ease both physical and mental tension. This type of massage is based on the Swedish model. This treatment is ideal to soothe both the body and the mind.

Body Wraps

High Potency and Super Hydrating metabolic stimulation and nutrient-rich. With a touch of fragrance to lift the spirits, detoxify, hydrate and soothe the skin.

Salt Scrub

Exfoliating emollient scrub. A natural aromatic exfoliation that is rich in minerals, vitamins, and energizing oils. Leaving the skin smooth and rejuvenated.

Paraffin Dip

Warm paraffin applied to hands, feet and joints, helping to release muscle tension, decrease joint stiffness, increase circulation, and hydrate the skin.

Foot Soak

A soothing pampering experience to comfort tired aching feet. Using emollient scrub to cleanse away dead skin, and finish with a moisturizing massage. Ooh-la-la!

Ear Candling

Ear candling, also called ear coning, is an ancient medial practice intended to remove ear wax and toxins from a person's ear. It involves gently placing a hollow candle in the ear canal and lighting the tip. The rising hot air creates a vacuum that pulls out toxins from the inner ear and the sinuses.

Come and enjoy the simple yet valuable pleasure in life to pamper yourself in a way that nothing else can. What a great way to get back to basics. Enjoy the quality of life, **the ultimate wellness experience!!**

Ask about referral discounts, seasonal specials and spa packages. Senior massage discounts - Gift certificates available. Insurance claims accepted by doctor's referral for L&I and auto injury.

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