

Meet Laurie



Laurie is a licensed California State Certified Massage Therapist. She has made a lifetime commitment to continue education in the field of holistic health.

Her unique blend of services and intuition personalizes each session with the goal of bringing balance and restoration to the body's system. Her gentle style is safe for all ages.

It is her mission to create an atmosphere that encourages clients to assist in their own healing process while supporting them as they become more conscious of healthier patterns.



As a research scientist who travels almost weekly across the Pacific and abroad, I carry along much stress in my back, neck, shoulders and arms. Laurie was an unexpected hidden gem who knew my body better than I did by locating areas that I didn't know were silently in pain. Laurie is an intuitive healer who provides therapeutic and rehabilitative massage that relieves pain and restores range of motion. She has a gift and talent of providing a neuromuscular approach in healing one's aches and pains beyond the basic massage, leading to overall quality physical and mental health.

Laurie is truly a miracle worker!" J.T.

"Laurie's NeuroKenetic work has helped get to the root of my shoulder, hip and knee problems. She is able to show me how some muscle groups are too weak, too flexible or too tight. She gives me exercises that balance the flexion and extension around joint systems that decrease pain and increase mobility. As an aging dancer this work has been invaluable to me. Thanks Laurie!" B.H.

"Contemplating surgery for a rotator cuff problem I scheduled a body work session with Laurie. Under her guidance, she helped me change my breathing patterns which immediately relieved the anxiety and then used gentle muscle manipulation and reeducation to relieve my shoulder pain. Using her suggested small posture corrective movements I was able to restore full function to my shoulder and avoid surgery. Thank you Laurie! I am forever grateful." C.B.



**HARBOR
BAY
CLUB**

The Spa at Harbor Bay
200 Packet Landing Road
Alameda, CA 94502
Phone: 510-521-5509

Body Rebalancing & Alignment

with Laurie Higginbotham
Massage and Body Work Therapist



at
The Spa at Harbor Bay

200 Packet Landing Rd.
Alameda, CA 94502

For appointments
Go to:
www.harborbayclub.com

Or call:
(510) 521-5509

Description of Hands On Services and Benefits

Active Isolated Stretching-Active Isolated Stretching (AIS) is one of the methods of stretching most used by today's athletes, massage therapist, personal/athletic trainers, and professionals. Active Isolated Stretching allows the body to repair itself and also prepare for daily activity. The Active Isolated Stretching technique involves the method of holding each stretch for only two seconds. This method of stretching is also known to work with to body's natural physiological makeup to improve circulation and increase the elasticity of muscle joints and fascia. Workout clothing is worn.

Carpal Tunnel Syndrome Therapy-Carpal tunnel syndrome (CTS) is a common condition of the wrist and hand that can affect the use of the whole arm. It is caused by pressure on the nerve at the base of the palm (median nerve). Because of the demands that people place on their hands and wrists, CTS is a common condition affecting 1 out of 20 Americans. Surgery for this condition is commonly performed on the wrist and hand. Fortunately for most people who develop CTS, Carpal Tunnel therapy treatment can often relieve pain and numbness and restore normal use of the hand, wrist, and arm without the need for surgery. Workout clothing is worn.

CranioSacral Therapy-CranioSacral Therapy is a gentle hands on therapy. It releases tensions deep inside the body. Just as we can measure out pulse and breathing, we can also evaluate the rhythm of the fluid that surrounds our brain and spinal cord. This CranioSacral system is at the core of our being and as such has a huge influence over our health and well-being. From Tiny babies to the elderly this gentle, non-invasive therapy encourages the body's natural healing process. We can all relate to the stresses and strains of life, illness, etc. CranioSacral therapy works to release these tensions, physically and emotionally, giving our bodies and minds the space to relax and heal. Workout clothing is worn.

***Bodywork is complimentary care with a Medical or Naturopathic Doctor, Acupuncturist, Physical Therapist, Personal Trainer, Pilates and Yoga instructor*

Eucapnic Buteyko Therapy-The Buteyko method is built upon the premise that you survive on food, water, and air. Naturally, the quality of each is of the utmost importance, but when it comes to air, few consider the quantity of air they breathe as having such an enormously profound health impact. This therapy addresses the ill effects of mouth breathing vs nose breathing and teaches you how to bring your breathing volume back toward normal. When your breathing is normal, you have better oxygenation of tissues and organs, including your brain. Workout clothing is worn.

Lymphatic Drainage-Most people are familiar with the body's vessel system that carries the block to and from the tissues, but few understand there is another equally vital system of vessels that removes cell wastes, proteins, excess fluid, viruses and bacteria. The lymph system picks up fluids and waste products from the space between the cells and then filters and cleans them. Lymphatic massage may help the lymph system do its job better. By understanding the anatomy and function of this delicate system, your massage therapist can assist your body in clearing sluggish tissues of waste and swelling. Workout clothing is worn.

Massage Therapy-Massage therapy is the scientific manipulation of the soft tissues of the body for the purpose of normalizing those tissues and consists of manual techniques that include applying fixed or movable pressure, holding, and/or causing movement of or to the body. Generally, massage is know to affect the circulation of blood and the flow of blood and lymph, reduce muscular tension or flaccidity, affect the nervous system through stimulation or sedation, and enhance tissue healing. These effects provide a number of benefits. Clothes optional.

NeuroKinetic Therapy-NeuroKinetic Therapy corrective movement system is based on the premise that when an injury has occurred, certain muscles shut down or become inhibited, forcing other muscles to become overworked. By applying light pressure that the client then resists, the practitioner can evaluate the strength or weakness of each muscle, revealing the sources of injury and retraining the client's body to remove the compensation patterns. Workout clothing is worn.

- Accelerate recovery from acute injuries
- Alleviate the symptoms of repetitive stress and reduce spasms, splinting, and tension
- Enhance athletic performance
- Facilitate the flow of lymphatic fluid
- Improve flexibility and health of muscles, tendons, and ligaments
- Invigorate the circulatory, respiratory, and neuro-muscular systems
- Minimize postural restrictions due to natural body maturation
- Recondition muscles, tendons and ligaments where there are injuries
- Reduce risk of muscle, tendon, ligament, and joint injuries, such as strain and tear
- Relieve pain
- Resolve persistent effects of chronic injury
- Restore function & range of motion

Prices

Body Rebalancing & Alignment Sessions

	<u>HBC Members</u>	<u>Non-Members</u>
1 hour	\$ 80	\$ 90
1 1/2 hours	\$105	\$120
1/2 hr Tune-up	\$ 47	\$ 52

Massage & Body Rebalancing Tune-up

1 1/2 hours	\$ 100	\$116
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Body Rebalancing & Alignment for Ages 5 - 15 (Clothes on and some parent participation)

Initial Assessment 1 hr

1 hr	\$50	\$60
1 1/2 hr	\$65	\$80
1/2 hr Follow-up	\$35	\$40

Active Isolated Stretching

1 hour	\$ 80	\$ 90
1 1/2 hours	\$105	\$120