



SHAPE SHACK
SPORT COMMUNITY



Massage with Andrea at the Shape Shack

Massage descriptions:

Trained in Neuro-kinetic therapy, massage therapy, Magnetisme and Rebutement, combined with her background in movement science, applied anatomy and biomechanics, Andrea integrates these modalities to offer a holistic approach to manual therapy.

Options available are for a traditional sports massage, or for a 'soin': a treatment combining different modalities based on the patient's needs and assessment. 45, 60 and 90 minute sessions are possible.

Neurokinetic Therapy (NKT):

NKT is a systematic approach using muscle testing and release techniques to assess and correct disruptive motor patterns that are created. This is done by targeting the motor

control centre of the brain, allowing us to get to the root of dysfunction or pain, even chronic pain. Compensations happen when certain muscles become inhibited, or "weak", forcing others to become facilitated or overworked, ie: via injury, surgical procedures or repetitive movements. Through NKT we are able to correct these faulty motor patterns held in the body by the brain (specifically, the motor control centre).

Massage therapy:

This is for those who want more of a recovery session. Ideal for athletes or chronic desk sitters. Massages are in depth and include trigger point work and techniques to efficiently address areas of tension.

Magnetisme:

Energy based healing modality that focuses on relieving physical and emotional ailments by targeting the energetic body. Sometimes magnetism proves more effective than traditional massage for cases of chronic pain, stress, PTSD and anxiety.

Rebutement:

Rebutement is the oldest form of manual therapy, most akin to Osteopathy or Chiropractic care. My studies included modern osteopathic practices with traditional techniques unique to Rebutement. Treatment includes muscular, articular and or visceral therapy: for example, treatment of tendinitis, ligament sprains, lumbago, torticollis..

Pricing:

45 minutes: 80 CHF

60 minutes: 135 CHF

90 minutes: 195 CHF

Gift cards and packs available