

## Benefits of Massage

According to the Mayo Clinic, massage is an effective treatment for reducing stress, pain and muscle tension. Studies have found it may also be helpful for:

- Anxiety
- Digestive disorders
- Fibromyalgia
- Insomnia related to stress
- Myofascial pain syndrome
- Nerve pain
- Sports injuries
- Headaches
- Soft tissue strains or injuries

The Roots and Branches logo is representative of the Daoist Philosophy that: The natural world is formed by the interaction of the forces of heaven and earth and human health is dependent on that free and harmonious interaction. Bodywork is one of the oldest and most effective methods of ensuring that freedom and harmony.

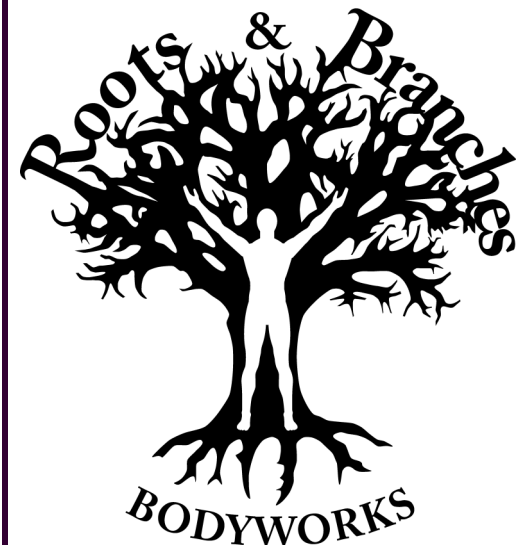


### ROOTS & BRANCHES BODYWORKS

Located in the  
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## MASSAGE SHIATSU REFLEXOLOGY



Jim Hoit, LMT  
(518) 524-5829

# Roots & Branches Bodyworks Offerings

## Shiatsu

A Japanese style of body work performed clothed on a floor mat. It follows the same principles as acupuncture to help ward off illness and



maintain good health. Stretching, joint mobilization and pressure applied with palms, fingers, elbows, and knees help to release areas of pain and tension or strengthen weakness and fatigue. Appropriate attire is loose clothing with long sleeves and legs. Many clients experience a sense of deep relaxation yet with a new feeling of energy.

## Reflexology

Operates on the theory that there are areas on the feet and hands that correspond to each organ, gland, and structure in the body. By working these areas, tension in the body can be reduced and balance restored.

## Chi Nei Tsang (Abdominal Massage)

Encourages a more efficient working of the respiratory, digestive, lymphatic and energetic systems of the body. Many eastern cultures developed various styles of abdominal work in harmony with their belief that the 'Hara' is our energetic center. Chi Gong practices will be taught to enhance the effect of this treatment.

## Swedish Massage

This is the well known "relaxation" massage. Performed with oil, it consists of gliding strokes, compression, and kneading which improve circulation and muscular function. For more specific concerns pressure can be modified and acupressure techniques incorporated as well as appropriate essential oil applications.

## PediKarma

A relaxing, yet energizing treatment that includes a Himalayan salt foot bath, neck massage, Ayurvedic reflexology, a unique massage with the three-metal Kansa bowl, and finishes with gentle cleaning and exfoliation with an herbal powder. This treatment will lighten your step and brighten your mood.



## Garshana, Abhyanga, and Swedana

People are practicing detox diets. This is good, but often the body can not expel the toxins released. This combination is the answer. A three part treatment consisting of a vigorous massage with silk gloves to activate the lymphatic system, a warm sesame oil massage to increase muscle and joint flexibility, rejuvenate skin and keep impurities from accumulating in the body, and finishing with Swedana, an Ayurvedic steam treatment to raise the metabolism and drive out the toxins through a thorough sweat. The only treatment of its type that I know of locally.

## Prices:

1 hour Swedish Massage, Shiatsu, Chi Nei Tsang and Reflexology - \$65, Pedi Karma - \$70  
Garshana, Abhyanga, & Swedana (90 mins) - \$90

## Jim Hoit, L.M.T

The work I offer at Roots & Branches Bodyworks combines Western and Eastern techniques to address your specific concerns. I recognize and treat not just the dense physical body but also the energetic pathways or meridians to create a holistic approach to assist in both relaxation and rehabilitation. I would be honored to partner with you in your healing process.



## Licensed Massage Therapist:

In 2000, I received a license in therapeutic massage after studying at The Finger Lakes School of Massage in Ithaca, NY.

## Additional body work training certifications:

Reflexologist, 2000 (110 hr.) Omega Institute  
Aromatherapist, 2001 (200 hrs.) Finger Lakes  
Advanced Study of Shiatsu, 2009, Ohashi Institute  
Chi Nei Tsang 1 & 2 (abdominal massage) under the tutelage of senior instructors Ron Dianna and Rene Navarro with the Healing Dao

## Chi Gong training:

Since 2009 I have trained and practice Tai Chi and Chi Gong. I am certified as a Tai Chi Easy instructor.

## Teaching experience:

- Teach the Shiatsu portion of North Country Community College's massage program, Saranac Lake
- Weekly classes in Chi Gong at St. Josephs Rehabilitation Center, Saranac Lake
- Classes and workshops at Inner Quest Yoga & Wellness Center, Saranac Lake