**ABOUT PAVEL**

My name is Pavel Stafa. I am Licensed , Board Certified Massage Therapist, specializing in injury and pain management. In 2001 I graduated with my master’s degree Sport Medicine in the Czech Republic and in 2011 I graduated from Alfa institute of Massage Therapy in Florida. I have personally felt these amazing results from massage, and I want to help others to achieve optimal physical and mental health.  
  
I believe that a large group of my clientele are people with pain and sore muscles in different parts of the body. I often help clients that are experiencing pain in the neck, shoulders and back. I apply variety of techniques to cater to each individual’s needs, including deep tissue, trigger point, hot compress, myofascial release , sports massages ,Swedish massage , lymphatic drainage, cupping, hot stones, stretching and mobilization

**Service :**

Please delete pictures under services and past thist what you see below !! Thank you Faruq!

**Why you should get a massage? ( Benefits)**

* Reducing stress and increasing relaxation.
* Reducing pain and muscle soreness and tension.
* Improving circulation, energy and alertness.
* Lowering heart rate and blood pressure.
* Improving immune function.
* Decrease inflammation and reduce pain in the joints
* Release tension headache
* Stimulate digestion and decrease constipation
* Support healthy sleeping

**Modalities ( different techniques)**

1. **Deep tissue massage**

— Employing this massage modality, the massage therapist applies slow, firm pressure to the deepest layers of the muscles and connective tissues in order to release muscle tension. Compared with Swedish massage, this is a more forceful technique. Benefits of deep tissue massage include stress relief, pain reduction, improved heart health, muscle injury rehabilitation, and more.

2. **Swedish massage** — Sometimes called a classic massage, Swedish massage is probably the most common type of massage. The goal of Swedish massage is to release muscle tension in order to promote relaxation and stress relief. It’s a gentler modality than deep tissue massage, focusing on soft, kneading strokes and light, rhythmic tapping on the upper layers of muscles. These stroke techniques are combined with moving the client’s joints to relieve muscle tension. The ultimate effect is both relaxation and reinvigoration.

3.  **Sports massage** — Similar to deep tissue massage, this massage modality applies firmer pressure and targets the muscles and deep connective tissue in the body. Unlike deep tissue massage, the massage therapist may incorporate stretching in order to help athletes recover from injury, increase their flexibility, and prevent future injury.

4. **Acupressure massage** — An ancient Chinese technique that inspired modalities such as Shiatsu, acupressure massage is considered similar to acupuncture without the needles. Acupressure massage practitioners use their palms, fingers, elbows, and feet to apply pressure to pressure points along the body’s energy meridians. This massage is often used to treat depression, anxiety, arthritis, back pain, and more.

5. **Trigger pints massage**

-target trigger points. That points are sore, painful spots—also called knots—found in muscles. These knots are sensitive and when pressure is applied, it produces pain in a different part of your body. A trigger point massage helps work out those knots and reduce the pain associated with them.

6. **Hot stone massage** — Hot stone massage is just as it sounds: A form of massage therapy that uses placing heated stones (typically basalt river rocks) on the body so that the stones’ heat and weight will help to warm and relax the body’s muscles. This allows the massage therapist to provide a deeper-pressure massage without causing discomfort. The benefits of this form of massage include relaxation and pain management.

7. **Aromatherapy massage** — Aromatherapy massage is Swedish massage therapy that incorporates massage oil or lotion containing essential oils. During this type of massage, the recipient inhales the molecules of these highly concentrated plant oils said to bring enhanced relaxation and psychological well-being.

8. **Cupping-**   Cupping is a type of alternative therapy that involves placing cups on the skin to create suction. This suction is thought to improve the flow of energy in the body and facilitate healing. Cupping increases blood circulation to the area where the cups are placed. This may relieve muscle tension, which can improve overall blood flow and promote cell repair. It may also help form new connective tissues and create new blood vessels in the tissue.

9. **Reflexology** — Also known as zone therapy, reflexology involves applying pressure to certain points of the hands and feet that are believed to be linked to various organs and systems of the body. Good for nerve stimulation, blood flow, and pain management, this modality helps to relieve stress and promote relaxation.

10. **Prenatal massage** — Also called pregnancy massage, this form of therapeutic bodywork caters to the needs of mothers-to-be. In response to the body’s changes during pregnancy, this form of massage aims to improve the function of muscles and joints, improve circulation, and combat fatigue.

11. **Chair massage** - also known as seated massage - is a type of massage that takes place on an traditional massage chair, designed to take the weight off the spine and give easy access to the head, neck, back, shoulders and arms. The massage is most commonly done over the clothes and does not require oils or creams

**FAQ**

* Do you charge differently between home visits and office visits? -No, it is same. Extra  charge only if travel distance exceed  20 min or more of travel time!
* For Home visit . Do you bring your massage table? – Yes I Have my table and all equipment that I need for a massage session. Except sheets. Please provide twin size fitted sheet , top sheet and pillow case.
* How big room or space do you need ? – minimum space that I need is 10 feet by 7 feet.
* What part of the house is good to set up a massage?  – I always recommend dark and quiet place in the house!
* What’s dress code for massage?- It really depends on your comfort level. Your body will be covered by sheet  during the session and exposed will be just area that I will work on! Most of clients undressed body and keep just underwear. If you prefer keep you bra (sport bra not Recomanded)
* How to Communicate during session? – please feel free to give me feedback anytime regarding of anything!  Don’t be silent! Better communication – better Massge!
* How should I pay? – I prefer Zelle but It can be different app, check, cash or card.
* Can you work on kids? – Yes I can massage them but they have to be supervised by adults all time during the session.
* Do you provide discounts for longer services? – Yes all is listed in specials and discounts section!
* Can I get massage right after I injured my self? – Generally not recommend for first 72 hours in most of cases ! But you can call and discuss!
* Should I add tip towards to my session? – Tips are not expected but  not prohibit !
* Is any reason why I can’t get massage? – if you have any concerns regarding of your health. Please discuss to your doctor and ask if massage is ok for you.
* Do you have last min.cancellation policy? – Yes. Cancellation made 24 hours or less prior your appointment will be penalized automatically by one time charge of 50$  from your account!