

About Teresa

The mind and the body are one unit and have inherent influence over your entire system. In order to create lasting change, the entire system must be included. Your body, if listened to, will guide a deeply therapeutic and healing session. I utilize a combination of CranioSacral, SomatoEmotional Release, Strain/Counter-strain, Trigger Point, Swedish, aromatherapy, and energetic techniques to provide an individualized session that is based on your needs.

I have been practicing massage and bodywork since 2001. I also have a Master of Arts degree in counseling psychology from Saint Martin's University. I provide counseling and bodywork that involves the whole person.

I have extensive continuing education in massage and bodywork including CranioSacral and SomatoEmotional Release Therapy through the Upledger Institute and Strain/Counterstrain technique through Port Townsend School of Massage. I have also received specialized training in treatment of sexual abuse survivors through Monarch Children's Justice and Advocacy Center.

Credentials

WA Licensed Massage Practitioner
#MA00015038

Professional Member of the American Massage
Therapy Association

WA Registered Counselor #RC00052894

WA State Labor & Industries Provider

WA Crime Victims' Compensation Provider

We all have survival, coping, and healing abilities that can help us grow and thrive under many circumstances. Sometimes assistance is needed to help these abilities develop.

To schedule an appointment, call:
360-789-7025

509 12th Avenue SE, Suite 20
Olympia, WA 98501

Located off I-5 at the State Capitol
exit on the corner of Jefferson and
12th Avenue in the "12th and Jefferson
Building."

For more information, go to
www.iahp.com/connections

Bodywork and Massage

Connections - Mind & Body



Teresa Guajardo, MA, LMP

Bodywork Techniques

Your body is unique. To effectively treat you, I carefully analyze your situation using postural analysis, self-report, palpation (touch), and intuition. I then custom-blend techniques to aid your healing. 🙌

CranioSacral Therapy - is scientifically based and utilizes a light touch to monitor the rhythm of your cranio-sacral system, which are membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. I detect potential restrictions and imbalances and use delicate manual techniques to release those areas and relieve undue pressure on the brain and spinal cord.

Many conditions respond well to this treatment, including migraines and headaches, chronic neck and back pain, motor-coordination impairments, chronic fatigue, scoliosis, learning disabilities, PTSD, and temporomandibular joint syndrome.

SomatoEmotional Release - allows a deep dialogue with painful, disowned, or wise aspects in your body. Instead of guessing what your specific needs are or the reasons for imbalances, we invite your inner wisdom to have a voice and guide us into deeper healing. This can be utilized in conjunction with CranioSacral Therapy or massage.

Deep Tissue/Triggerpoint - employs direct pressure to areas of high neurological activity (pain or numbness) and low blood flow (areas in spasm). This can be momentarily painful but not so painful that you tense up and guard against the discomfort.

Aromatherapy - is the use of essential oils with specific healing properties. They are custom mixed with pure organic jojoba oil.

Strain-Counterstrain - is scientifically based and very gentle. It uses passive and painless positioning to reduce your pain and spasm while improving your motion and function.

This technique addresses the mechano-receptors (nerves) that relate to your muscles and joints to correct faulty pain signals. Once the pain signals are gone, your muscles are able to relax.

Energy - is always running through the body. Using fine palpation skills and intuition, I perceive blocked, overflowing, or emotionally charged energetic points and work with you to balance them. This can resolve issues that have been lingering for years.

Chair Massage - in a specially designed chair is a great introduction for those new to massage. Relieve tension to your shoulders, back, and arms quickly and easily. This is a refreshing break that increases your ability to relax and focus.

Facial Treatments

The perfect gift for yourself or that special someone.

One Hour Facial includes scented hot towels to open your system to facial cleansing, exfoliation, massage of the face, scalp, shoulders and décolletage, French clay masque, and moisturizing.

Total Relaxation Package lasts 1 ½ hours and includes the above *plus* a full body relaxation massage.

30 Minute Facial is similar to the One Hour Facial but does not include the clay masque.

Menu of Services

Sliding scale fees allow you to decide affordability and value. L&I worker's compensation, automobile personal injury insurance, and Crime Victims' Compensation accepted.

Bodywork/Massage

1 ½ Hour Treatment	\$90-110
1 Hour Treatment	\$60-80
30 Minute Focused Treatment	\$40

Facial Treatments

Total Relaxation Package	\$110-130
1 Hour Facial Treatment	\$70-90
30 Minute Facial Treatment	\$50-60

Chair Massage

Chair Massage	\$10 - \$40
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Receive a Detox Bath with every session

5 Session Package - 15% off

Gift Certificates Available

Missed appointments are expensive.

In order to avoid charges, please give at least 24 hours notice to cancel or reschedule a session.

🙌 As a Licensed Massage Practitioner, I do not diagnose pathology, attempt to cure disease, prescribe treatment, or provide spinal thrust adjustments.