

The price for this service is charged by the hour. The hour will begin after I have finished setting up my equipment and take the first guest. In this type of massage, I utilize SARGA BODYWORK® barefoot compression techniques (using my feet as my tool) on guests who are **fully-clothed**. The entire massage is performed face-down (prone position) on a floor-based massage table. There is no draping needed. The guest will simply be laying on top of the table and fitted sheet with their head in the face cradle while I perform a series of compressions on their feet, legs, glutes, shoulders, back, arms and hands. A compression is an effective massage technique in which the therapist lays their foot (or other massage tool) over the receiver's muscle area and pushes down onto their tissue. The therapist's foot is then lifted, moved to a different area on the receiver and then repeated. The pressure of compressions can range from light to very deep, depending on the receiver's preference. Benefits include relaxation, improved blood flow to the muscle tissue, reduced swelling and inflammation, faster muscle recovery, prevention of delayed-onset muscle soreness (DOMS), muscle pain relief, improved performance in sports and athletic activities, increased range of motion and level of flexibility, reduced muscle fatigue and faster healing. Just like I would for any other session, I will wash and sanitize my feet in between every guest, so please have soap and a sink readily available for me to use at your party/event. I will have my foot wash basin and sanitizer with me. Since each guest will stay fully-clothed, this massage can be done in a closed or open space, indoor or outdoor! CLICK [HERE](#) TO WATCH A VIDEO.

***Click [here](#) for special form instructions when booking an event or party.