

During our SARGA BODYWORK® session, I will be massaging the feet, legs, arms, hands, shoulders, back, lateral sides of the glutes, neck, chest (pecs), head, scalp and face (briefly). Unlike a regular massage, my SARGA BODYWORK® massages **flow in a set routine**, meaning I massage each body part in a specific order. We will always start with the feet and end at the head/neck area. However, if you have any injuries or medical conditions, or are uncomfortable with certain body parts being touched (the glutes, for example), I can absolutely avoid massaging specific areas if need be. I use a specific hypoallergenic cream for this service; click [here](#) if you'd like to read the ingredients beforehand. CLICK [HERE](#), [HERE](#), [HERE](#) & [HERE](#) TO WATCH VIDEOS.

****A 60-minute SARGA BODYWORK® session will mostly address the back of the body, so you will be laying face down for the majority of the massage (prone). This allows me to perform the techniques at the correct pace so you get the full benefits of this type of massage. A 90-minute SARGA BODYWORK® session will address the full body (prone & supine) and is the length of time that I recommend choosing so that your entire body feels better afterwards.*