

This type of massage is more customized to you and is something you would be familiar with receiving at a spa or chiropractor's office. We can focus more time on massaging specific muscle groups of your choice, or do a full-body massage. It's up to you! **My style is very slow, flow-y and relaxing.** I can give medium, firm or deep pressure. Lighter pressure is more difficult to give with the techniques I use, so we might not be a good fit if that is the kind of pressure that you need, although it is possible, since everybody's definition of "light pressure" tends to be different. I typically use oil for this type of massage. Let me know if you have any allergies to specific oils beforehand. **[CLICK HERE](#)** TO WATCH A VIDEO.