

Massage by Belinda

MASSAGE SERVICES

Swedish

Swedish massage provides the ultimate in relaxation. It uses a combination of gentle to firm pressure and long, soothing strokes; reduces stress, relieves muscles and improves circulation.

Deep Bodywork (Esalen method)

Using deep tissue methods combined with the integrating qualities of a flowing Esalen Massage this treatment enters the deeper soft tissue layers — softening and helping reorganize chronic tension patterns so they may release.

Sports

This vigorous and energizing massage features various techniques such as stretching, jostling and compression to help improve range of motion, circulation and flexibility. Designed to help athletic performance and recovery.

Book an Appointment 831-334-0881
10% discount for all Seascape Club Members



MASSAGE ENHANCEMENTS

Hot Stone Therapy: Targeting specific sore muscles with hot stones. The stone's heat will penetrate deep into the muscle, relieving tension and creating circulation.

CBD Enhancement: CBD can reduce pain by decreasing muscle inflammation and reducing muscle ache sensitivity. CBD will aid your muscles to recover faster and to help with pain management.

Aromatherapy: Choose the power of essentials oils to help you on your journey of relaxation, recovery, and self-awareness. Pick amongst the various oils that will best suit your healing needs. Each oil is infused with various essential oils and natural aromatic floral



Belinda Jane, CMT, has over 25 years professional massage experience after graduating from Body Therapy in Palo Alto and Esalen Institute in Big Sur. She does not believe in a one size fits all treatment and will work with you to identify your wellness needs. Belinda's foundation for her integrative and intuitive bodywork comes from her study and practice of yoga, meditation and pranayama. She enjoys bringing all of her knowledge and experience to each client, structuring each session to meet the individual's unique condition and limitations. Your massage will be detailed, focused and specific to your body's need.