

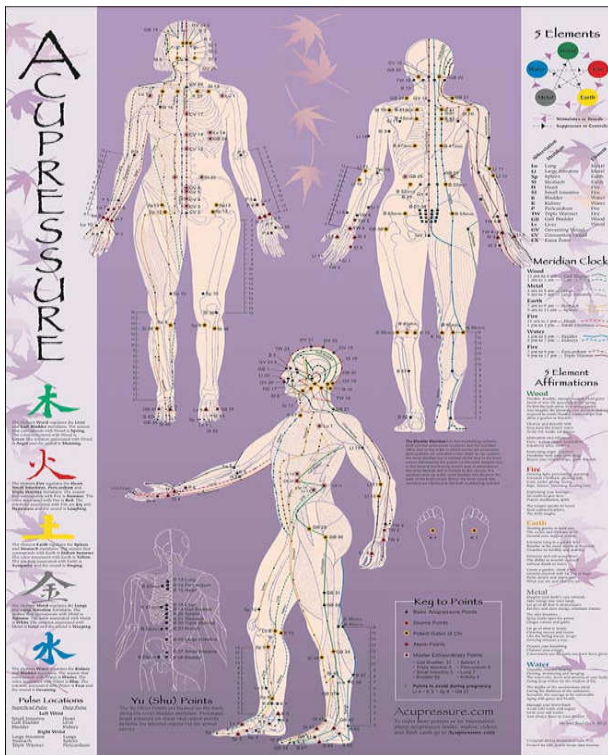
**La Vida Massage Therapy**  
*Holistic and Restorative Therapies*

**Cheryl Vasquez, L.M.T.**  
**826 Brookside, Suite C**  
**Redlands, CA 92373**  
**(909) 915-8249**

[www.LaVidaMassageTherapy.com](http://www.LaVidaMassageTherapy.com)

**Massage Therapy Acupressure  
Points & Techniques**

A highly skilled Massage Therapist can use acupressure trigger points to release tension, increase the circulation of blood, and heighten the body's life force energy to aid healing. Acupuncture and acupressure use the same relaxing the body and relieving stress, acupressure strengthens resistance to disease and promotes wellness.



Tension tends to accumulate around massage therapy points. When a muscle is chronically tense or in spasm, the muscle fibers contract due to the secretion of lactic acid caused by fatigue, trauma, stress, chemical imbalances, or poor circulation. For instance, when you are under stress you may breath shallowly. Acupressure points relieve chest tension and enable you to breathe deeply.

As a massage therapy pressure point is held, the muscle tension yields to the finger pressure, enabling the fibers to elongate and relax, blood to

flow freely, and toxins to be released and eliminated. Increased circulation also brings more oxygen and other nutrients to affected areas. This increases the body's resistance to illness and promotes a longer, healthier, more vital life. When the blood and bioelectrical energy circulate properly, we have a greater sense of harmony and well-being.

There are several different kinds of acupressure and Chinese Massage (Tui Na or Tuina) currently practiced throughout Asia, all of which use the same healing points. Varying rhythms, pressures, and techniques create different styles of acupressure, just as different forms of music use the same notes but combine them in distinctive ways. Shiatsu, for instance, the most well-known style of acupressure, can be quite vigorous, with firm pressure applied to each point for only three to five seconds. Jin Shin acupressure gently holds each point for a minute or more. Pressing with an intermittent, fast beat is stimulating; a slower pressure creates a deeply relaxing effect on the body.

*\$75 for 60 minutes*

**Light Stream™  
Tachyon Energy Gem Laser Acupressure**

This is state-of-the-art technology, using gem stones, chromatic therapy and laser light to stimulate and balance the same points and meridians and chakras as the traditional acupressure points but utilizing the Energy Gem Laser. When a laser goes through a gem it excites the electrons in the gem and the qualities in the gem stones are released into the acupoints and meridians or chakras. The gem starts to vibrate very intensely into the acupuncture point. These are made for therapeutic use and can be done quickly and comfortably without needles or pain. Essential oils can also be added to a session if desired. The client is left with a sensation of deep relaxation and well-being.

*\$60 for 30 minutes*  
*\$90 for 45 minutes*  
*\$120 for 60 minutes*

Cheryl Vasquez has been practicing in the field of holistic health for more than 30 years and is skilled in the art of traditional acupressure therapy. She is also a practitioner of many energetic techniques and therapies including a new modality for balancing the acupressure points and meridians called **“Light Stream Tachyon Energy Gem Laser Therapy.”**