

Liberation Bodywork

We have a magnificent capacity for healing, and we are constantly repairing and rebalancing. Sometimes we are too stressed, too injured, or too tired to keep up with day to day recovery. Other times we have experienced trauma, and dysfunction settles in the tissues and needs help to clear. Massage therapy is excellent for releasing pain, tension, and old patterns, as well as reestablishing energy, strength and wholeness. It leaves us with an overall feeling of well-being.

THERAPEUTIC MASSAGE

Deep Tissue - Trigger Point - Stretching - Craniosacral - Swedish

A session tailored to the client's presenting issues, using a variety of therapeutic techniques including: myofascial release, deep tissue, NMT/trigger point therapy, PNF stretching and cross fiber friction. These address ongoing pain and dysfunction in muscles and other soft tissues to resolve stiffness, tension, discomfort from old injuries, repetitive motion wear and tear, poor posture, and other trauma. Elements of polarity therapy, craniosacral therapy and zero balancing may be included to work on a more subtle level for deeply layered whole- body healing. Swedish massage techniques blend and sweeten the session, improving circulation and bringing the body into a relaxed state, activating the parasympathetic nervous system and speeding healing and recovery.

PRENATAL & POSTPARTUM MASSAGE

Positive Touch - Relaxation

As a woman prepares to give birth, her body goes through many physiological changes. Prenatal massage can address aches and pains as the body shifts its center of balance. It can improve general circulation and alleviate hormonal effects, be a deeply relaxing experience, and allow time to connect with the new life inside. Postpartum massage can help smooth hormonal transitions, help new moms stay connected to their bodies, and provide positive touch, helping to replenish their stores.

BILLING INFORMATION – We are happy to bill your health or auto insurance for massage therapy, and can provide receipts for HSA/FSA reimbursement. Please check your policy for coverage information, or let us know if you would like help. We are in-network with Regence Blue Cross Blue Shield.

About Liberation Bodywork

Libby Borte graduated from East West College of the Healing Arts in 2003, and has been practicing massage therapy ever since. She is deeply inspired by her clients, and finds the complexity of the body and its patterns fascinating. She is a lifelong Portlander, rides her bike everywhere, and plays softball when not hanging out with her two young children.

Pricing (as of 3/1/17)

30/60/90 minute massage \$42/\$84/\$126 (discounted for payment at the time of service; non-time of service payment 60: \$120, 90: \$180)
4-pack or monthly membership 60/90 minutes \$80/\$120

Book online at massagebook.com

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