

**Levi Siver LMT**  
**805.405.7345**

Levi is a licensed massage therapist. He received his training in Ventura, California at the Kali Institute for Massage and Somatic Therapies. He is certified in Neuro-Structural Bodywork (NSB), Thai and Swedish Massage. He provides a customized experience meeting the clients individual needs. Levi is passionate about using massage as a therapeutic tool. His main focus is reducing stress and pain to achieve optimal health.

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**Massage Therapy**



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## The Health Benefits of Massage Therapy

In the past, a massage was thought of as a luxury. Typically, you would get a massage by going to a luxury spa.

Thankfully, that mindset has changed. You will now find many health benefits related to receiving a massage. Studies indicate massage therapy is a highly effective treatment for stress, fibromyalgia, digestive disorders, joint pain, and injuries. While it shouldn't be thought of as a replacement for routine medical care, it is an excellent way to effectively act as an alternative remedy that can help you feel both physically and mentally better.

## Modalities

Neuro Structural Bodywork  
Relaxation Massage  
Thai Massage  
Sports Massage  
Deep Tissue



### MEMBER

30 Minutes: \$45

60 Minutes: \$70

90 Minutes: \$90

### GUEST

30 Minutes: \$48

60 Minutes: \$75

90 Minutes: \$100

## Reduce Stress and Anxiety

Your body was designed to either flee or flight danger.

Cortisol, which is a stress hormone, is associated with the flight or fight mechanism in your body.

Unfortunately, this increases the readiness of your muscles, which can keep them tight. If you maintain high levels of cortisol in your body, it can lead to many health issues. Receiving a full body massage can help reduce stress and anxiety, thus, reducing the level of cortisol.

Studies show receiving a massage can also increase the level of serotonin and oxytocin, which will help reduce stress. The relaxation you receive from a massage may also help elevate your mood and lower your blood pressure. The nervous system in your body will then respond by decreasing your heart rate and improve your breathing.