

RAYNOR MASSAGE

GOLD COAST



“Raynor massage is generally recognized as one of the most powerful and effective forms of massage therapy today. It goes well beyond the realm of what most people consider to be the confines of a massage treatment.”



The massage

Raynor Massage is a highly detailed and intricate, highly effective style of deep tissue/ acupressure massage that focuses mainly on the ‘major tension bands’ running through the body. There is an emphasis on the interconnectedness of the body using these “bands of tension”. We aim to loosen these bands leading to a highly positive effect on overall health. They become tight due to physical and emotional stresses and consequently the subject will experience great relief once they are released. These bands regularly overlap and align with the Chinese Meridian lines (major lines of energy flow) and begin at various points at the tips of the fingers and toes travelling up the arms and legs and right through the body.

So for example, a 'knot' in the muscles can therefore be removed much more effectively for a lasting time, by working right along the band it falls on, as opposed to applying intense, localised pressure which can be very painful, can cause bruising and can simply result in the knot reappearing in days shortly after. This is because it was caused by accumulated tension running along the entirety of that tension band.

Raynor massage is one of the world’s most cutting edge and advanced systems of massage and bodywork. It draws knowledge from Shiatsu, Chinese medicine, Ayurvedic, Thai and Hawaiian massage, Reflexology and Deep Tissue Massage.

It also encompasses many yoga breath-work techniques to combine into a unique and comprehensive system.

Along with stressing the importance of the bands, Raynor Massage has a strong emphasis on detailed massaging of the feet and hands; going into tiny parts of the bands that start and end on the toes and fingers. In addition, Raynor Massage has a strong focus on the abdominal area which is where a lot of emotional stress is held that causes long term problems for people in different ways.

The aim of Raynor Massage is physical, emotional and energetic **transformation**, through complete excavation/removal of residual tension from **all** areas the body. The 'excavation period' is achieved through set number of treatments (See ahead under heading '*Complete tension removal*') and the 'tension-free state' *maintained* by periodic ongoing treatment at a frequency specific to the individual (See ahead under heading '*How often?*'). **Benefits of achieving this state are countless** as further explained ahead.

What is Stress?

Every individual carries stress to varying degrees. This 'Stress' is stored in the muscles. It can be held in tension sometimes not just for a few days, but for many years- sometimes in a response to a traumatic event and or an injury or maybe simply collected over time through everyday activity. After much time has passed, sometimes months and years, we grow accustomed to this 'state', along with its accompanying reduction in energy/ depleted moods and a host of other negative side effects- convincing ourselves it is normal or simply unaware of its presence as it has been there for so long. It is **not** normal, and we do not have to put up with it. As mentioned prior, Raynor massage is one of the most complete and systematic forms of massage to remove all residual tension from the body.

Complete tension removal

Typically, the amount of massage required for most people to remove all tension ranges from ten hours (reasonable tension accumulated) to twenty hours (more severe tension typically accumulate over a long period). Up to thirty hours may be necessary for severe tension due to a history of injuries/trauma or simply accumulated over many years. This is the 'excavation period'. On each subsequent visit, layers of tension are

removed, therefore the 'resistance to pressure' or 'pain' is lesser each time. Once this period has passed and all residual tension has been excavated, treatments can be continued on a 'maintenance' basis ie. from time to time to avoid the re-accumulation of any tension .

Complete removal of tension from the body through Raynor Massage can be transformational. Results can be:-

- Higher energy and improved energy flow
- Improved happiness/ moods more expressive and upbeat; easier self expression through a body which is totally freed up
- Psychological release
- Heightened thought processes
- Improved circulation
- Improved flexibility and mobility
- Easier and calmer breathing
- Improved fitness/ physical performance through muscles that work freely
- Faster muscle recovery from physical activity allowing faster physical progress in sports/exercise
- Improved posture

Pain management

The amount of pressure applied during treatment on a scale of 1-10 is '7' which is firm yet quite manageable. A '1' is little to no pressure and '10' would be so much pressure that the individual pulls away (which we avoid). Keeping in mind '7' for one person may be completely different pressure for a '7' in another person so massages are always tailored to suit the individual's specific needs.

The person takes a deep breath, relaxes the muscles, and an out breath- as pressure is applied. This will:-

- Minimise pain
- Oxygenate the muscles ensuring maximum tension release

How often?

The excavation treatments should be scheduled only far enough apart that any muscle soreness or bruising has gone away and any healing crisis has run its full course. A healing crisis is where toxins or old emotions are stirred up and a person feels worse before they get better.

Once all muscular tension is released then the person is ready for maintenance massage. Some people need a maintenance massage every week, other people can get away with just having a maintenance massage once a month. It depends on individual body and psychological types as well as the amount of stress that a person has suffered from in the time between treatments.

REVIEWS:- WWW.FACEBOOK.COM/GCRAYNORMASSAGE



Laura Aura Daka — I can't describe how great I feel! Absolutely amazing experience! Can't wait to come back. This is the massage what I was searching for! Andrew knows what he is doing. I feel at least 5 kg lighter. I could feel how all the stress went away from top of the head. If you can go and see Andrew!

Unlike · Comment · about 5 months ago · 8 Reviews ·

Advanced Raynor Massage likes this.



Write a comment...



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Francine Lafebre — Best massage ever, working from the feet & hands inwards makes so much sense..body feels sore the day after but so much more mobile. Definitely coming back - Andrew knows his stuff!

Unlike · Comment · about 7 months ago · 4 Reviews ·

Advanced Raynor Massage and Rick Baxendell like this.



Write a comment...



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Rick Baxendell — Awesome massage! Works from the feet up. You hobble in in pain and leave walking on clouds. Great for recovery and injury management! I've never had a better massage!

Unlike · Comment · about 5 months ago · 3 Reviews ·

Advanced Raynor Massage likes this.



Write a comment...



Press Enter to post



Caroline Marchesi — Andrew is a very personable young man who knows what he is doing when it comes to increasing mobility on someone with arthritis and knotted muscles..I'll be in touch again soon to be even more functional after flexibility in limbs increased from that 1.5 hours of massage from him.

Unlike · Comment · about 6 months ago · 1 Review ·

Advanced Raynor Massage and Corinna Hancock like this.



Advanced Raynor Massage Thanks very much Caroline! 😊

Like · Reply · May 26 at 8:19pm



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REVIEWS:- WEB PROMOTIONAL DEAL

Debbie Downes

"Awesome massage to heal and improve your body ...absolutely have to be treated and repaired by Andrew Highly Highly Recommend"

Loretta O'Brien

Excellent

Brennice Coates

Very professional

Vincent Ravening

My girlfriend had the massage for a birthday present. Andrew was a great masseur-knowledgeable and friendly,...

Lynda Massey

Massage was great a really firm massage knew what he was doing Thank You

Sonja Clinch

This company are amazing! Highly recommended and I'll be back and bringing my friends!

Autumb Barrett

Feel like a million bucks Will use again!