



Medical Massage Therapy / Sonja Suppiger

# TREATMENTS

## Classic Massage

Classic Massage is an ideal treatment for musculoskeletal issues. It relieves aches and pains, or simply maintains overall body health by improving physical and emotional well-being. Classic Massage relaxes tense muscles and also treats their surrounding soft tissue, tendons and ligaments.

## Manual Lymphatic Drainage

The lymphatic system is responsible for transporting crucial nutrients to body cells, and for removing toxic substances from the same areas back into the blood stream. The system is activated by muscle activity and breathing. Reduced physical activity or local injury may impede or obstruct proper lymphatic flow, especially in arms and legs, causing swelling. Decongestion of swollen tissue can be achieved by gentle grips and strokes of manual lymphatic drainage. This therapy is ideally suited after surgery to reduce swelling, treat inflammation, and to ease symptoms of some chronic illnesses. Typical applications include lymph oedema, swelling caused by sports injuries, whiplash symptoms, rheumatoid arthritis, gout, migraine, and skin conditions.

## CranioSacral Therapy

CranioSacral Therapy is a light touch approach that releases tensions deep in your body, relieves pain, and improves your whole body's performance. Your craniosacral system protects your brain and spinal cord. The therapy helps ease physical pain and emotional trauma. It can be used to treat injuries such as whiplash, concussions, back pain, migraines, impaired vision, birth trauma, depression, and PTSD (post-traumatic stress disorder). The treatment is generally deeply relaxing, reduces stress, and strengthens your immune system.

## Acupuncture Massage by Penzel

Acupuncture Massage by Penzel is based on Asian medical practices, but performed with small wooden sticks instead of the more familiar needles. The treatment optimizes your body's energy flow, by reducing or increasing the flow in affected areas of your Meridian System.

## Pregnancy Treatments

Take some time to become familiar with the upcoming changes in your life, while going through pregnancy. Various treatment options are available and can be tailored to your needs to deal with pregnancy related tensions and pain. As listed, I can provide Classic Massage, Manual Lymphatic Drainage, CranioSacral Therapy, Foot Reflexology, Connective Tissue Massage, and Acupuncture Massage by Penzel. These treatment options strengthen your nervous system and can relieve muscle aches, joint pain, back pain, sciatica and hip pain, blood circulation issues, tiredness, and stress. They may also help in preparation for breast-feeding.

## Baby Massage

Being touched, caressed, and massaged is nourishment for your baby. A baby massage supports early physical and emotional development, and can strengthen self-confidence. I would love to introduce you to this beneficial experience for your child, while enabling a unique connection between you and your child at the same time.

## Connective Tissue Massage

Connective Tissue Massage triggers general physical well-being using stroking techniques. It relieves muscle tension throughout the body, as it also manipulates tissue around the joints (fascia) and tendons.

## Foot Reflexology

Reflexology is about bringing the body and nervous system back into balance. It can be used to treat many health issues. Trigger points in feet are known to be connected to organs, muscles, ligaments, and tendons. These trigger points can be activated to treat physical problems, alleviate stress, ease tension, and stimulate blood circulation. Reflexology is also beneficial as maintenance therapy for adults, and is well suited for babies and children.

## Medical Massage Therapy Sonja Suppiger

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**Monday – Thursday:**  
7 am – 6 pm

**Friday:**  
7 am – 12 pm

We request 24-hours notice if an appointment is cancelled, so that billing may be avoided.

Please do not hesitate to contact me, if you or any family member requires an assessment or treatment. I would love to help you!

**Book an Appointment online**