

JMV

JEANNE MARIE VIELLEUX



LICENSED & INSURED
COMPREHENSIVE
**MASSAGE
THERAPIST**

Plaza Hotel

1007 North Cass Street
Room 105

Milwaukee, Wisconsin 53202

414-460-2672

Menu

I offer several distinctly different massage therapies. If you have any special issues you would like addressed, any massage therapy can be customized to meet your special needs.

The Standard Swedish+ Massage includes use of hot stones and premium-quality jojoba, with or without added essential oils. In addition to the massage of all standard areas from head to toe, a technique called sidelining is used to get at hard-to-reach areas on the neck, shoulders, ribs, hips and IT band. Lastly, a special shiatsu move employs the therapist's body weight to deeply stretch the shoulders, back and lower back. | **\$110**

Deep Tissue Massage is site specific using firm to deep pressure to work through each layer of muscle. It releases toxins and lactic acid in the muscle that builds over time from workouts, physical activity and stress. Stress often settles in the neck, shoulders and back. Deep massage of these areas increases flexibility, releases tension and restores natural movement of connective tissues. | **\$130**

Older Adult Massage promotes physical and mental health for older people. In general, older adult needs are different due to age-related conditions. Basic massage techniques are modified to ease muscle tension without excessive friction on the skin. Light to medium-light pressure along with gentle stretching can improve balance, flexibility and posture, improve blood circulation, reduce arthritic pain, accelerate healing and improve overall sense of well-being. Your doctor's permission is advised. | **\$110**



Prenatal/Postpartum Massages are customized to relieve stresses put on the body during and after pregnancy. *Prenatal Massage* helps ease the pressures of additional weight and fluid retention, and improves circulation. With emphasis on legs, feet and lower back, the body relaxes to reduce restlessness and enhance sleep. A special pregnancy table is used to accommodate the growth of the fetus. *Postpartum Massage* focuses on the whole body, with the goal of helping the body return to homeostasis. Your doctor's permission is advised. | **\$110**

Lymphatic Drainage Massage (LDM) is one hour of a series of light, rhythmic strokes that glide, compress, stimulate and direct your body's lymphatic network. It assists in gently maintaining and nourishing the balance of the body's fluids, blood circulation, and immune system. This massage is beneficial for edema, acne and other skin conditions, allergies, low energy, hormonal imbalance, weight loss, healing burns, post surgery, varicose veins and more! It's an essential part of body wellness. A great enhancement to any massage or alone for a full detox and immune system boost. | **\$110**

Chair Massage is designed to take weight off the upper body: head, neck, shoulders, arms and back. It is typically done with clothes on and without oil, but partial removal of clothing and use of oils and other tools can be accommodated. A chair massage reduces blood pressure, decreases muscle tension, relieves musculoskeletal pain, and increases range of motion. | **\$50/80**

Enhancements

Lymphatic-Modified is a ½-hour instead of one-hour massage of lymphatic pathways. See full explanation of *Lymphatic Drainage Massage* in Menu. | **\$30**

TMJD-Modified Massage deals with temporomandibular joint dysfunctions – or simply said, jaw pain. A specialized treatment focuses on pain symptoms caused by TMJD, such as neck stiffness, headaches, jaw pain, locked jaw, ear pain and other TMJD-related symptoms. During part of this treatment, the therapist wears surgical gloves to massage the inner and outer mouth muscles, TM joints, cheeks, and tongue attachments. It's a WOW and very effective. | **\$20**

Modern Cupping is the contemporary version of an ancient form of alternative medicine. The cups lift the tissue with applied suction. It helps reduce chronic pain inflammation, and can relieve digestive problems, improve circulation, break up scar tissue, reduce cellulite, enhance joint mobility, provide myofascial release, stress release and more. Modern cupping can be applied with a moving motion, or it can be applied stationary. When used in a stationary manner, it can leave temporary marks from surfaced debris; the marks are not bruises. | **\$20**

Pelvic Stabilization coordinates the lower and upper hip muscles so they work together to support spinal and pelvic alignment. *St. John's Neuromuscular Method* is used to reinforce this balance. By stretching hip flexors, engaging adductors and lateral rotator groups, and working the sacrum joint, the "core" is loosened to increase pelvic function. A pelvic exercise called "hip hiker" will be taught so you can continue your self care at home. | **\$20**

Prices

MENU	
Standard Swedish+	\$110/hour
Deep Tissue Massage	\$130/hour
Older Adult Massage	\$110/hour
Prenatal/Postpartum	\$110/hour
Lymphatic Drainage	\$110/hour
Chair Massage	\$50/30 minutes \$80/45 minutes
ENHANCEMENTS	
<i>NOTE: Not all enhancements are appropriate for all massages</i>	
Lymphatic-Modified	\$30/30 minutes
TMJD-Modified	\$20
Modern Cupping	\$20
Pelvic Stabilization	\$20
THERAPEUTIC EXTRAS	
Hot Towels	\$10
Hand Treatment	\$10
Topical Gels and Balms	\$10
Foot Relief	\$8
Cool Compress and Cucumber on Eyes	\$8
Scalp Treatment	\$8
Skin Brushing	\$8

POLICIES: Cancellations or rescheduling require 24 hours notice. Customer is responsible for one-half of the scheduled fee for cancellation made the day of the appointment. **NOTE:** A confirmation call is given one day before a scheduled massage; if necessary, a voice message will be left. I reserve the right to terminate session at any time due to inappropriate conversation or behavior. The full payment for scheduled massage is required.

Therapeutic Extras

Hot Towels are used on the face, feet and back. The moist, penetrating heat comforts and relaxes life-impacting areas of the body. With the softened muscle tissue the therapist can unwind tight areas with more ease and grace. | \$10

Hand Treatment is the generous application of a gentle penetrating paste called *Napicare* or *Bag Balm* for moisturizing severely dry, chapped skin. The hands are then gloved for the duration of the massage. The result is moisturized, baby soft skin. | \$10

Topical Gels and Balms can be used to relieve pain and inflammation. *Tiger Balm* is a mentholiptic spicy aromatic balm used for temporary relief of pain and inflammation. *Arnicaflora Gel* is an unscented, non-greasy homeopathic medicine that absorbs quickly for temporary relief of pain, stiffness, swelling and bruising. | \$10

Foot Relief is a beautiful honoring of our often-neglected feet. Warm stones are used to soften the entire plantar area and the Achilles tendon, as well as the calf muscles, where all the foot tendons originate. Small, warm stones are also placed between the toes to soften those muscles. These areas are then massaged with stimulating oils to wake up sleepy feet. Hot towels are followed by more massaging, finally ending with specially engineered *Yoga Toes* that treat leg fatigue, bunions, hammer toes, varicose veins, and plantar fasciitis. The results are happy feet! | \$8

Cool Compress and Cucumbers are applied to the eyes for inflammation and soreness. Cucumbers are a known anti-inflammatory. This is just the treatment for computer and pollution sensitive eyes. | \$8

Scalp Treatment is a simple mixture of jojoba and rosemary essential oil massaged into the scalp. Pulling and twisting the hair increases blood flow and releases tension in the head, jaw, neck, and shoulder areas. Jojoba is known for its skin and scalp conditioning properties, and rosemary essential oil promotes hair growth and thickness. | \$8

Skin Brushing is a must for overall wellness. Skin brushing involves a special medium- or soft-bristle brush that is swept over the skin, making your body feel alive! Skin brushing exfoliates dead surface cells and engages blood flow and lymphatic fluids. Skin brushing also helps detox the body by stimulating the lymphatic system, which is a considerable contributor in eliminating waste. A large percentage of waste comes through our skin so it serves the body to keep surface pathways open. With regular use, dry flaky skin takes on a healthy luster. | \$8

**OFFICE HOURS: 9:00 AM – 7:00 PM
SEVEN DAYS A WEEK;
HOLIDAYS WHEN AVAILBLE.**

**TIME ALLOTMENTS OFFERED:
60, 90, 120 or 150 minutes**

**PRICING IS SUBJECT TO CHANGE.
Please confirm when booking
an appointment.**

GIFT CERTIFICATES AVAILABLE.



Bio

Jeanne Marie Vielleux is a licensed massage therapist who has maintained her office in the Plaza Hotel on Milwaukee's East Side since 1998. Prior to that, she was lead therapist at the Pfister Hotel. Jeanne graduated from the

University of Wisconsin-Milwaukee and trained at the Blue Sky School of Professional Massage and Therapeutic Bodywork. She offers a broad range of services, from classic Swedish massage to a variety of therapeutic techniques.

Using her varied skills and expertise, Jeanne creates unique massage experiences that address particular muscle groups and other therapeutic needs of clients. She has helped actors, dancers, sports figures and tired tourists as well as a nucleus of clients who see her on a regular basis.

For an appointment, call 414-460-2672.



Testimonials

Jeanne's massages are like no other I've experienced. I'm not just getting a massage, I'm getting a whole body rehab with knowledge to take home about how to heal and take better care of my body. – Dr. Annette V.

I have been seeing Jeanne for over 15 years and she is a master of massage therapy. She is intuitive and knows exactly what your body needs. I recommend her highly. – Armand L.

My experience over the years with Jeanne has been nothing short of amazing. She is an exquisitely intuitive practitioner who listens closely, cares very much for her clients and customizes to their needs. I can't recommend her highly enough. – Meg C.