

I, Lan Trinh, am an Acupressure Massage Therapist. I am not a licensed physician. Massage therapy services for healing purposes are not licensed by the state of California. I am certified as a Massage Therapist #1769 by the CAMTC, allowing me to practice massage therapy in any California city.

I am versed in various modalities of massages and healing techniques including Shiatsu, Thai, Tui Na, Swedish, Lomi Lomi, Deep Tissue, Trigger points & Reiki (Level 3). I also have additional certifications in pre-natal, geriatric, and oncology massages.

I typically perform integrated style of massages, combining various modalities, acupressure and energy work to promote a balance of body, mind, and spirit. Using an integrated style of massage allows me to customize the sessions more effectively according to my clients' needs as different modalities have different approaches & benefits. The integrated massages can be separated into 2 categories:

- 1) Eastern Style Massage - A combination of Shiatsu, Thai, Tui Na, and Acupressure. All of these modalities are based on the Traditional Chinese medical theory that our energy circulates the body through specific pathways called Meridians. Pressure can be applied to all parts of the body along these meridians to stimulate or sedate energy to promote a balanced flow for self-healing and an overall sense of well being. Although eastern style massage is normally performed on a futon on the floor, I have adapted the modality to be done on a low massage table with the recipient being fully clothed. No oils or lotions are used. Point pressure is used as the main technique and is intermixed with other techniques such as softening (kneading compressing), gentle stretching, joint rotation, and percussions. Some of the many benefits of this type of massage are deep muscle relaxation, stress reduction, alleviation of pain, improved range of motions, improved circulation, increased immune response, release of toxins from the body, and a calm, clear mental state. After the session, the client usually feels deeply relaxed yet energized at the same time.

- 2) Oil Style Massage - A combination of Swedish, Lomi Lomi, and Acupressure. This massage is performed on a table with the use of oil or lotion on the skin to promote friction and ease of manipulation. The client is safely draped under a sheet & blanket, only exposing the part of the body on which the work is being done. The massage works gently yet deeply into the muscles with continuous, flowing strokes using forearms or hands, totally nurturing the body and enabling the recipient to give in and just be. Gentle stretches of the body, rotations of the joints, kneading, compressing, deep circular or transverse movements across the muscle fibers, and point pressure are also incorporated to assist in the release of tensions and facilitate the flow of energy. Some of the many benefits of this type of massage are increased circulation of blood, lymph, & energy, relaxed muscles, improved muscle tone, release of toxins from the muscles, alleviation of pain, and facilitation of healing on the mental, emotional and spiritual levels. After the session, the recipient generally feels deeply relaxed.

With both types of massage, Reiki, Trigger points, and Deep Tissue can be integrated when appropriate.

I also feel a deep connection to geriatric and oncology massage work. These are very gentle massages involving non-invasive touch. The goal to these massages is to restore balance to the body's energy field, thus promoting relaxation, reduced pain, enhanced immune function, and manage stress. Helping to increase the quality of life for the elderly and cancer patients has been a moving and life changing experience for me and I am committed to making this an integral part of my practice.

With 24 years of previous experience as a research scientist in pharmaceutical companies, I have gained a unique perspective and appreciation for integrative medicine. Combining my science background with my training in holistic healing enables me to work intuitively and clinically. The ability to help people in a more direct way and seeing the positive effects of massage therapy towards their well being gives me great joy in my work.

I have received my training from the following institutes and teachers:

National Holistic Institute (Certified Massage Therapist and Health Educator), Berkeley Acupressure Institute (Advanced Acupressure), AMTA – Johnnette Du Rand (Oncology Massage), AMTA – Deborah Tuck (Geriatric Massage), NHI – Susan Koenig & Melissa Wheeler (Deep Tissue & Somatic Techniques for Releasing the Trunk), AMTA – Tim Holt (Deep Tissue Bodywork), Berkeley Acupressure Institute – Brian O'Dea (Tui Na), Berkeley Acupressure Institute – Kathy Kapps (Advanced Shiatsu), Berkeley Acupressure Institute – Katie Carrin (Advanced Thai), Acupressure Institute – Kaleo Ching (Lomi Lomi), Acupressure Institute – Devon Wortz (Cranial Sacral), Acupressure Institute – Jim Donak (Tui Na Sports Massage), Jeff Ashburn (Advanced Thai), Sylvia Nachlinger (Intuitive Training/ Energy healing), Rhea Summer Rain (Reiki I, II, III), Susan Koenig (Hanna Somatic Stretches), JB Khalsa (Kudalini Yoga).