

# TOCAR



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# About

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## Tocar Spa

Tocar Spa is a company founded on the belief that touch is not just a vital part of therapeutic service but an essential part of a healthy lifestyle.

At Tocar, we focus on providing a comprehensive massage services that improve our clients' overall health and well-being. We believe that a preventative approach is a key to maintaining wellness, and the adage "an ounce of prevention is worth a pound of cure" is at the core of our service philosophy.

As a result, each session with a Tocar therapist is an opportunity to examine potential health concerns and learn how our services can be tailored to fit your individual needs.

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## Stephen Conti

Conti's practical experiences range from the United States Soccer Federation (USSF), collegiate athletic departments, high school level athletics, to upscale spas.



He concentrates his practice in orthopedic and sports recovery massage. With an in-depth understanding of anatomy and kinesiology, Stephen is able to work on muscular issues at the root and not just at the surface.

In 2016, building from his experiences with Tocar Spa, Stephen created Tocar Sport, a dedicated sports arm of his massage practice.



# Services

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Tocar Spa's customized approach delivers the power of rehabilitation and the comfort of relaxation with every massage for unparalleled results. Our services are designed to offer a luxurious and comfortable environment for both men and women.

## SWEDISH MASSAGE

The long, slow, relaxing strokes of this technique will dissolve your tension and put your mind at ease. Our therapists use a variety of techniques to increase your circulation and promote mental awareness.

## SPORTS MASSAGE

Designed for the athletically-inclined whose strenuous activities require a different, more active massage that will effectively treat their aches and pains. For this treatment, Tocar Spa blends together the therapeutic qualities of Deep Tissue Massage along with the active properties of dynamic stretching.

## ESSENCE OF TOUCH MASSAGE

Experience Zen with this balancing massage treatment. A custom blend of Swedish and Deep Tissue massage is carefully utilized, bringing the body back into its natural state of harmony.

## ORTHOPEDIC MASSAGE

Orthopedic massage focuses on treating physical ailments to improve function, comfort, and range of motion. Orthopedic massage involves therapeutic assessment, manipulation and movement of soft tissue to reduce pain and dysfunction.

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## DEEP TISSUE

An ideal massage for those in need of a stronger, firm touch. Skillful hands will target stressed muscles, unlock tension, and relieve pain going beyond the superficial layers of muscles and into the connective tissues achieving the immediate and lasting results you seek.

## PRENATAL MASSAGE

Tranquil relaxation and relief from muscle cramps, spasms, and joint pain is provided, specifically in the low back, neck, hips and legs. Mothers-to-be will benefit from a reduction in swelling and an increase in circulation.

## HOT STONE

Literally feel your stress melt away. Specialized basalt lava stones are systematically applied to your areas of need. The use of these stones, combined with traditional Swedish Massage, makes for a great escape.

## LOMI-LOMI

This 1500 year old technique, known in Hawaii as the "Dance Of Massage", aims at releasing all congestion in the body with a full body massage. The basis for Lomi Lomi is an integration of Mind-Body-Soul in a ritual of transformation and inspiration.



# Contact

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