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Change your body's state of mind

At Rose City Massage

by **Judith Spitzer**

Thursday, March 2nd, 2006

"I can feel the stress start to dissipate even as I open the door to the massage room and hear the peaceful sounds of rain splashing down and thunder rolling - coming from a CD playing in the corner. As I disrobe I'm cherishing this time that is all about me. Just me. I scoot under the cool sheets on the warm, inviting table and take a deep breath from my diaphragm. Under the sheet there is a shallow, warm water mattress that gently starts soothing my frazzled nerves. I can hardly wait for the next hour. I know I'll be relaxed and re-energized during the coming hour at Rose City Massage."



Even before your massage you'll be hooked as you lay down on the massage table at Rose City Massage in NE Portland. Owner Diane Foster, L.M.T., has planned it that way. She believes her niche is providing a space where you can relax and be yourself - and you're not one of many at a big, busy day spa.

"I can afford to cost less than the large day spas and because of its size, I can also afford to give you one-on-one attention," Foster says. It is that kind of special attention that leaves her clients raving about her services. It's clear that she enjoys doing what she does evidenced by her quick smile and relaxed manner.

Foster, a massage therapist for more than 20 years, said she decided after being an office manager for several years to follow what she was good at because she had heard her father, every day of her life, complain about his job. She didn't want to live her own life being miserable.



Diane Foster, L.M.T.

What she was good at and loved to do, was therapeutic touch. So after receiving a degree from Common Ground, she began taking massage clients after her day job as an office manager. Ten years ago she decided to become a full time massage therapist. She laughs when she recalls what the public perception of a massage therapist used to be.

"Twenty years ago people perceived it as being not too far from a prostitute," she says. "Most of the clients were men ... for women it was deemed an extravagance. Now, it's almost the opposite. Most of my clients are women. It's nice that it's grown to be a prestigious career."

As her experience and clientele grew, Foster has added services. Her massages today include a free 10-minute soak in a hot tub with each hour of massage, tea or filtered water and robes and bathing suits are provided.



Foster shows the basalt rocks she uses for the hot stone massage.

She offers either a relaxation massage or a deep tissue massage. "I do sports massage, Neuromuscular Therapy, and Deep Tissue and a combination of other modalities to relieve extreme knots and help heal injuries." Foster says her satisfaction comes from working 100 percent on her client for the purpose of "meeting the needs their body has."

"There's a lot to be said for relaxation massage. It can be just as therapeutic as working with muscles in spasm," she says. She has also added Hot Stone Massage - a technique that uses smooth, heated basalt stones that are place on the body to melt

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away knots, tension and stress to promote grounding and balance.

"My passion is helping a client with the relief of chronic pain," she says. "It's where I've spent a lot of my time treating whiplash but looking at the whole body. Usually (in chronic pain cases) the body is out of alignment -- when it is, there's going to be pain."



Her personality characteristics; her love of mysteries, her strong intuition, assist her in working with clients she says. "With back pain doctors don't know what to do ... they'll admit that. They will usually send you home with pain medication," she says.

Although working to relieve chronic pain gives her great satisfaction, she also does facials, day spa services or ... packages that include both massage and a facial.

And if you can't get to her, Foster will come to you. She'll bring massage table, linens, oil and music to your home. Which means instead of driving home, you can just relax.



Romantic packages for two are also an option that many couples take advantage of. After pre-choosing a gourmet menu, your meal will be delivered to your home for your enjoyment after your two one-hour massages. All you provide is the quiet, romantic atmosphere.

Massage therapy in the office setting can be arranged as well. Session times are typically 15 to 20 minutes in length but can be varied to meet corporate needs. Currently she provides standing appointments at [Pharmaca](#) at 13 NW 23rd from 3 to 6 p.m. on Friday afternoons.

For more information on any of the services available at Rose City Massage, go to her [web site](#), or call 503.261.9783.

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