Massage Therapy and You!

Just Ask Yourself...

- Would you like time to just relax, slow down and take a deep breath?
- Is your creativity and productivity being restricted by too much tension or pain?
- Do you want to support yourself in maintaining your current state of health and well-being?

Massage Therapy Can Help...

Stress Relief - Massage is one of the best known antidotes to stress. Reducing stress gives you more energy, improves your outlook on life, and in the process reduces your likelihood of injury and illness.

Delayed Muscle Soreness - When exercise or work leaves your muscles feeling fatigued, stiff and sore, massage helps to flush muscles of built-up waste products, reduces spasm, lengthens shortened muscles, and increases nutrition to muscles and joints.

Injuries - Massage reduces inflammation by increasing blood flow to injured cells. Certain massage techniques can limit scar formation in new injuries and can reduce, or even make more pliable, scar tissue around old injuries.

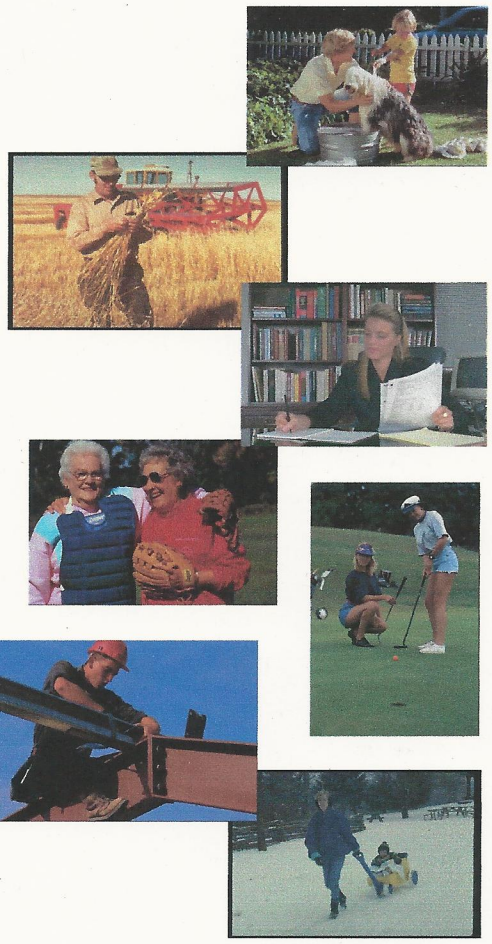
Self-Awareness - Massage helps you become aware of unconsciously held tension and how it actually feels to relax in your body. This helps you recognize and release tension before it creates a more extensive problem.

Massage & Pregnancy - "A Caring Touch During a Time of Many Changes" - Pregnancy massage focuses on the dramatic structural, physiological and psychological ways the mother-to-be is changed and challenged throughout pregnancy, birth and post-partum. Pregnancy massage is not intended to replace appropriate medical and prenatal care but can enhance a woman's experience during this special time.

Maintaining Body Fitness - Many sports and fitness enthusiasts seek regular massage as an important part of their routine to help them perform their best and reach their personal goals by relieving areas of chronic tension which can impair performance and even lead to injury.

Self-Care Techniques - Your greatest benefit from massage could be learning ways to release tension or help heal injuries outside of your massage session. Relaxing breathing techniques or gentle exercises to increase flexibility might be shared. You might learn how to release tension by contracting certain muscles or how to use ice and heat.

"In today's fast-paced living, it's important to take time out for ourselves so we can enjoy life more fully. Therapeutic massage, more than a luxury, is a way to help support your own health and wellness. Together, we can develop asession that's just right for you." -- Kathleen



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