

## TREATMENTS OFFERED

SWEDISH MASSAGE

DEEP TISSUE MASSAGE

SINUS/ALLERGY RELIEF

MYOFASCIAL RELEASE

HEADACHE MASSAGE

PREGNANCEY MASSAGE

MEDICAL MASSAGE

HOT ROCK MASSAGE

## PRICES

1 HOUR Non-Medical MASSAGE

\$50.00

30 minute Non-Medical MASSAGE

\$25.00

15 minute Non-Medical MASSAGE

\$15.00

HOT ROCK MASSAGE \$50.00

## BENEFITS OF MASSAGE:

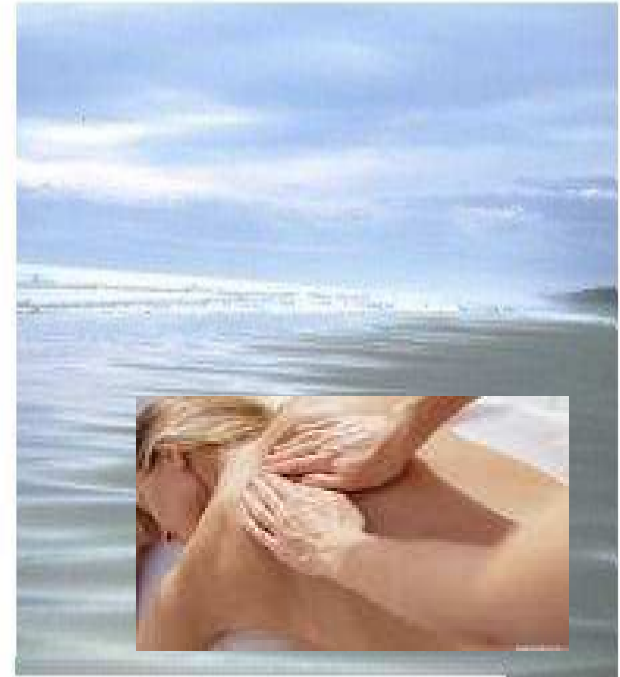
*Massage can help relieve the pain, tension, and muscle soreness placed in our bodies by arthritis, fibromyalgia, illness, injuries, repetitive actions, surgeries, and everyday stresses that keep us from the life we want to live. A gentle, relaxing, or deep therapeutic massage can relieve certain conditions and prevent their return. Leaving your body more flexible, vibrant, and feeling good to enjoy life.*

*Few things are as distressing as chronic pain. It saps your energy and takes an emotional toll. Over time, pain can become a vicious cycle with a life of its own, continuing even after the original cause is resolved. The good news is, therapeutic massage is a simple and effective way to deal with chronic pain.*



# MASSAGE THERAPY

BY: JODI FRANZEL, CMT, PTA



**Hours Available**  
**Monday, Wednesday, Friday**  
**8:00 am—4:30 pm**  
**(810) 376-3400**

## How can Massage help?

\*Stimulates the release of endorphins and enkephalins, the natural painkillers

\*Loosens muscles and fascia, allowing for more flexibility, lessens pressure on nerves and blood vessels improving circulation.



\*Increased circulation allows the cleansing of waste products and fluid build-up including inflammation and brings in oxygen and nutrients to tissues, resulting in pain relief and improves wellness in health.

\*Reduces stress levels and muscle tension, allowing relaxation further easing aches and pains, and improving joint mobility.

\*Can decrease severity of exacerbations for chronic conditions such as Fibromyalgia, Arthritis, Headaches, Plantar fasciitis, Back and Neck pain.

## Types of Massage

### Headache/Sinus Relief:

Tension headaches to Migranes can be alleviated through massage therapy with the use of Swedish, Trigger point release, and Myofascial release. During a severe migraine episode you may not want to be touched. However, as a preventative measure massage can help reduce accumulated physical and mental stress, and over time, reduce the frequency and intensity of migraine episodes.



### Myofascial Release:

Connective tissue surrounding muscles and other structures can cause pain and tightening that is released using slow, gentle, continuous stretching of tissues superficially until the tightness releases.



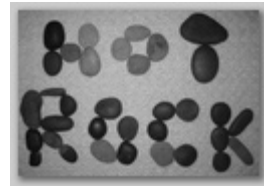
**Pregnancy:** Massage during pregnancy not only makes a mother feel pampered while offering undeniable physical benefits as well. Massage can relieve fatigue, enhance sleep, decrease muscle soreness, and common sciatic pain.



**Swedish:** A smooth, flowing style which promotes general relaxation, improves circulation, range of motion and relieves muscular tension.

**Deep Tissue:** Releases tight shortened muscles, trigger points, and restrictive scar tissue. Whether acute or chronic, the patterns of tension can be reversed through slow deep strokes.

**Medical Massage:** Designed to assist in treating injuries, illnesses, and aid in physical rehabilitation. It is also often used for pre and post surgery patients. This massage is prescribed by a doctor and gives the massage therapist instructions for the course of treatment. It is billed to insurance if accepted. Unfortunately there are few insurance that cover massage, therefore it is recommended that you check with yours prior to coming. Medical massage helps to treat spinal deformities, tendonitis, bursitis, TMJ, accident injuries, stress injuries, before and after back or neck surgery, headache relief, and many other conditions.



### Hot Rock Massage:

Is designed to create a greater intensity of relaxation of the muscles by applying water-heated basalt stones to key points on the body. Then to massage the tissue lightly or deeply with warm stones to promote relaxation and lengthening of muscle fibers. It is normally performed head to toe (full body) for an amazing transformation into a blissful relaxation.

