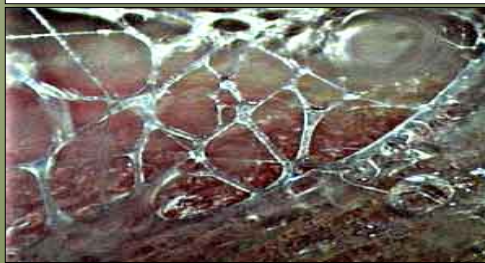
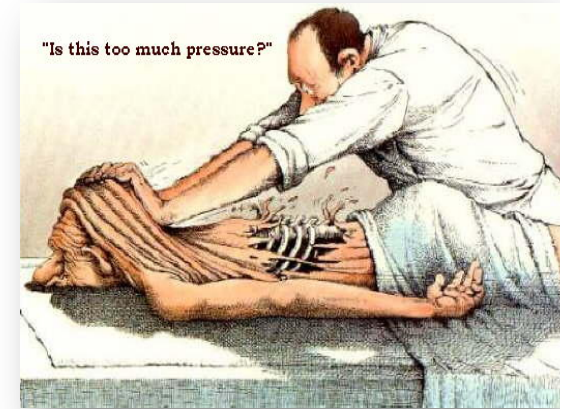


“Do you do deep tissue?”

Session efficacy is not indicated by how hard I press. Pressure used is based on your body's NEED, not on how much restriction you have or how long it has been there. **Deeper is NOT always better; many times it is counter-productive!** I use many modalities during your session. I may apply a modality lightly in one area and use that same modality more forcefully in another. If you prefer me to use only light pressure, I am glad to do that. If you prefer me to use deep pressure, I will monitor your tissue and apply appropriate pressure to effectively release your restrictions. I do not push hard for pushing's sake. My goal is to reduce pain, not create it. Thank you for asking...and listening to my professional opinion.



Massage helps you strengthen your health so you can handle crisis aptly.

TOP NOTCH SERVICE

I work to provide the BEST in therapeutic massage for every client. Here's how...

- Did you know it takes 10 minutes to relax? You deserve one full hour of relaxation. Sessions are 70 minutes. Arrive promptly. Your time starts when scheduled.
- Multiple session package discounts
- Insurance is accepted with a referring doctor. If your policy covers massage, I work with you so you can use your policy benefits.
- Organic, unscented creams and jojoba oil used.
- 100% therapeutic grade essential oils used.
- Referrals are the life-blood of what I do. A referring client receives a free 30 min session. ☺

APPOINTMENTS: 407.566.8852

THERAPEUTIC BODYWORK 101

MASSAGE: The manipulation of soft tissue (skin, fascia, muscle, ligaments, tendons) in order to restore function and range of motion and to release stress and pain. I use the term bodywork to define what I do because of the variety of modalities I employ.

BENEFITS: Bodywork detoxifies soft tissue, increases circulation, stimulates skin/gland function, restructures tissue (fat, muscle, fascia), and releases emotional tension and pain.

HEALTH IMPACTS: Bodywork flushes the lymphatic, craniosacral, cardiovascular, and muscular systems; decreases low back, neck, fibromyalgia, arthritis, and migraine pain; relaxes respiratory tightness from asthma; improves sleep, mobility, and serotonin levels; and bolsters body defenses against environmental attacks.