
Benefits of Massage

Nervous System:

Stimulates motor nerve points, relieves stiff joints, relieves restlessness, promotes a sense of well being. chiropractic adjustments hold longer.

Lymphatic System:

Improves the flow and circulation of the lymphatic system, drains sluggish lymph nodes, eliminates metabolic waste while improving the body's ability to rid the body of toxin and waste.

Circulatory System:

Helps to develop a stronger heart, improves oxygen supply to the cells, eliminates metabolic waste and balances blood pressure.

Respiratory System:

Assists in proper breathing, increases circulation, increases elimination of carbon dioxide and enhances the absorption of oxygen.

Introduction to Massage

*3 Massage Plan
(3 One Hour Massages)*

Value \$ 195

Plan Price \$ 150

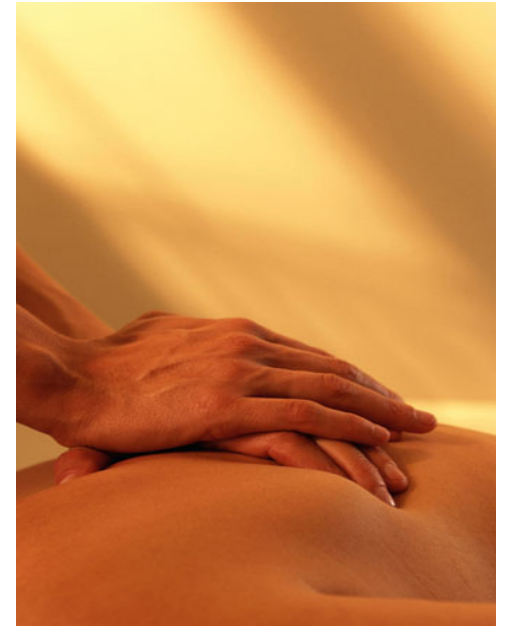
\$45 Savings



Khalil Family

Wellness & Intervention

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Holistic Therapy and Your Good Health

****Massage and You
*Who Can Benefit?
*Massage and More.***



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22790 Kelly Rd. Suite A
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Ms. Alka Fossee
Certified Massage Therapist

Massage and You

Massage isn't just for feeling good. It's a **Holistic Therapy** that reduces heart rate, balances blood pressure, increases blood circulation and lymph flow, relaxes muscles, improves range of motion and increases endorphins, the body's natural pain-killer.

Therapeutic massage enhances medical treatment and helps one feel less anxious and stressed. It has been said that , "Massage is to the human body what a tune-up is for a car."

Massage Therapy benefits both your body and your mind, and can be a positive force for Your Good Health.

Massage can be applied to parts of the body or successfully to the whole body, to aid the process of injury healing, relieve psychological stress, manage pain and improve circulation. When massage is used for its physiological, mental and mechanical benefits it may be termed "therapeutic massage" or manipulative therapy.

Recognizing that healing is a multi-dimensional process, we also offer a type of energy bodywork called **Reiki** (pronounced ray-key) . **Reiki** employs a passive touch to accelerate healing, assist the body in cleansing toxins and balance the flow of subtle energy to enhance healing from within. **Reiki** is an ideal compliment to massage, or an alternative to those who may be sensitive to massage therapy.



Who Can Benefit?



Everyone, Adults and Children can benefit from **Massage & Holistic Therapy**. This translate to :

- Decreased Anxiety
- Enhanced Sleep Quality
- Greater Energy
- Improved Concentration
- Improved Circulation
- Reduced Fatigue
- Increased Range of Motion

Experts estimate that *upwards of ninety percent of disease is stress related*. Nothing ages us faster, internally and externally than high stress. While eliminating anxiety and pressure completely may be idealistic, Massage and Holistic Therapy can , and does, help to manage stress.

The emotional balance that bodywork provides can often be just as vital and valuable as the more tangible physical benefits.

Massage and More?

Massage is the practice of applying pressure, tension, motion or vibration to the soft tissues of the body, including muscles, connective tissue, tendons, ligaments, joints, lymphatic vessels and organs to achieve a beneficial response.

Massage Therapy is performed by a professional Massage Therapist and is often used as a form of therapy by other healthcare professionals such as Chiropractors and Physical Therapists.

Holistic Therapy has many dimensions and forms providing techniques that can be tailored to your individual needs and challenges.

* **Massage** * **Hot Stone Massage** * **Reflexology** *
Infant Massage **Swedish Massage** * **Reiki***

We offer **Massage & Holistic Therapy** in a comfortable and professional environment. It is a relaxing and private setting, with appointments available at times that are convenient for your schedule.

Gift Certificates are available and we have **Massage Plans** to accommodate your special needs and preferences.

We look forward to introducing, or re-introducing you to the many benefits of **Massage & Holistic Therapy**.

Please Call



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Stephanie Bennett

Holistic Therapist

Certified Massage Therapist

Reiki Master