

## **MASSAGE THERAPY**

The skin, being the body's largest protection and elimination organ, needs proper care. Massage of the skin, the underlying muscles and lymphatic system helps the body heal, strengthen itself, reduce stress and tension, increase blood flow and helps in waste removal.

**The benefits of Therapeutic Massage are many!** Certain techniques and modalities were created to target specific ailments. The most common ailments/conditions include:

Back Pain (upper and lower),	Chronic Fatigue	Poor Circulation,
Poor Posture	Joint Immobility	Migraines
TMJ (Temporomandibular Joint)	Carpal Tunnel Syndrome	Stress
Hypertonic Muscles (When muscles lose their ability to relax)		Myofascial Pain
Sports Injuries	Fibromyalgia	Family and Emotional problems

Our clients have experienced many beneficial effects these treatments have on their mind, body and spirit.

Our therapists have helped many child and adult athletes, professionals, school teachers, pregnant women and retirees to increase their joint mobility and reduce muscle fatigue, which in turn helps them increase the quality of their life. Massage, on a regular basis, can help create a higher energy flow and strength throughout the body. Oxygen levels are increased during each massage resulting in the muscles functioning better and longer. Massage can also decrease recuperation time after athletic competitions and/or injuries. A massage can help restore full range of motion to the body with excellent results.

A person can receive stress reduction and a clearer state of mind through massage. Relaxation is crucial to everyone and massage can help provide this. This effect can help create a deeper sense of relaxation. Once a person is relaxed, healthy breathing patterns begin to take over. Many people today live high stress-filled lives which can cause poor breathing patterns and poor muscle oxygenation. By taking time out each day to relax and focus on the breathing, one can relax the entire body, mind and soul. We also offer time in the mild hyperbaric chambers to re-oxygenate the entire body, thus increasing healing, metabolism and repair at a faster rate.

Massage therapy is also great for the elderly. Arthritis is a common problem for many of the elderly and massage can help with pain reduction in their hands, joints and body. By stimulating the circulatory system, pain can be reduced. Massage can help improve range of motion for arthritic joints, stimulate strength and energy flow.

Another great effect of massage is its aid in breaking the pain cycle. Many people suffer from chronic injuries, perhaps from an automobile accident, work place related, surgery, or even day to day repetitive actions. By introducing a massage into your monthly routine, you can help alleviate this pain and discomfort.

Many types of Therapeutic Massage help bring nutrients and oxygen to cells. During each massage, toxins held in the body will be released.

It is crucial to take time every day to treat your mind and body to peace, quiet and relaxation. With every Massage session, we focus on proper treatment for your condition. Whether you need to relax, or you need help for chronic pain, a Massage session may be just the answer!

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It is crucial to drink plenty of water afterwards to flush these toxins out of the body. This helps boost the immune system, combat depression and encourage overall well being.

AHRC is dedicated to helping our clients and patients obtain the full health and wellness benefit from Massage Therapy. Our certified massage therapists offer the following techniques and somatic therapy sessions:

**Swedish Massage**

This is the most traditional type of Massage Therapy. This technique uses long gliding strokes, friction, and kneading. This modality was published in the 1820's by the Swedish Doctor, Per Henrik Ling. His techniques were originated from various places in the world including Greece, Rome, China and Egypt. This technique affects the nervous system, the lymph system and the circulatory system.

**Lymph Massage**

The Lymph system was designed to remove toxins and bacteria from the body. By using gentle Therapeutic Massage techniques, one can stimulate the Lymph system to improve the circulation of the Lymph. This is a gentle massage and very relaxing.

**Myofascial Release**

Fascia is a strong substance used to hold muscles, organs, and many other parts of the body. This substance is very strong and when an injury occurs it can become very tight and immobile. By using certain techniques to release this tension, one can feel immediate relief.

**Neuromuscular Therapy**

This therapy uses many techniques to aid in balancing the muscular system and the nervous system. By using these techniques, trigger points can be released, joint tension can dissipate, and endorphins can be released.

**Prenatal Massage**

This massage is ideal for women who are in their second and third trimester of pregnancy. The therapist uses pregnancy pillows and side-laying positions to assist in the soothing massage. If you are having any complications with your pregnancy you must consult your obstetrician before receiving this therapy. The benefits of Prenatal Massage include; stress relief on weight-bearing joints, neck & back pain relief, reduce swelling in hands and feet, headache and sinus relief. For many women this is a wonderful gift from their spouses and kids.

**Therapeutic Massage**

This therapy is designed to use specific manipulations to improve circulation, lymph drainage and chronic muscular tension. The therapeutic massage stretches the ligaments and tendons keeping them pliable and supple. Muscle tissues will relax and unwind with every stroke. The relief for connective tissue adhesions will be immediately noticeable. Not only will you feel relaxed but your tension and pain will start to dissipate. This is ideal for exterior muscular pain, tension, fatigue, and lack of balance within the body.

**Essential Wellness Massage**

Essential Wellness therapy targets spiritual, emotional and physical energies. Very similar to Swedish Massage, each technique will stimulate the body's circulatory system and parasympathetic nervous system. The techniques used will also increase the oxygen flow in the blood thus releasing toxins from the muscles. In turn endorphins are released into the body to promote health and happiness. During the session you feel rejuvenated and relaxed, afterwards you are left with a wonderful sense of peace and clarity.

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**Deep Tissue Massage Therapy**

The deepest layers of the muscle tissue receive the focus of this treatment. When muscles are overused or stressed it causes the tissues to block oxygen and nutrients from circulating. This stress can cause fatigue, pain and discomfort throughout the body. From this, adhesions or “knots” can form in certain muscles. The only way to rid your body of these is through deep and intensive Massage Therapy.

Striping, Cross-Friction, Firm Pressure, along with Trigger Point therapy are a few of the modalities used to release blockages and deeply held patterns of tension. This treatment is both therapeutic and corrective for the entire body. During treatment you can expect to feel intensity through each stroke and eventually the muscles will release and return to their original state.

Some muscle tension and adhesions, which have been present for a long duration of time, may require multiple Deep Tissue Massage sessions before being released. Our massage therapists will assess these particular areas of concern and make recommendations on the number and consistency of treatments to help you return to your original state.

**Classic Aromatherapy Massage - add extra \$6.00/25 minutes of oil use.**

Essential oils have been used throughout history for relaxation and stimulation of certain areas of the body. The olfactory bulb in brain receives and relays information through the limbic system.

The limbic system is responsible for mood, motivation, controlling emotions, emotional responses, hormonal secretions and pain & pleasure sensations.

Soft tissue manipulation using essential oils and heat will stimulate the limbic system thereby invigorating the body and mind. Tired and achy muscles respond rapidly to the calming fragrances. The application of heat to the oils on the body ensures each of the oils will reach deep into the muscles.

Essential oils can relax, restore energy and generate a feeling of well being to the body. This massage includes Swedish and Neuromuscular techniques to incorporate a sense of wellness. Expect a feeling of clarity and rejuvenation after an Aromatherapy Massage. Add an additional \$3/15 minutes of oil use.

**Hot Stone Massage - add extra \$12.00.**

Ancient cultures and civilizations have used Hot Stones for everything from heating their homes to placing them on the body for pain relief. In India, Hot Stones were used to open up energy blockages in the body while easing weary muscles. Today, Hot Stone Therapy has become a known modality to relieve pain and tension in the mind and body.

Hot Stone Massage is a Holistic Healing Art, incorporating the human body and mind with nature. Placement of the stones on energy sources in the human body will ensure maximum relaxation. The technique uses heated stones to penetrate deeply, relax and soothe weary muscles. The warmth of the stone penetrates deep into muscle tissue to aid in detoxification of the body. Hot Stone Massage will help free you from tension and impart a sense of overflowing relaxation.

To aid in the health and well being of the body, a routine monthly Massage Therapy session is one of the best therapies to receive. There is a broad variety of techniques used for Therapeutic Massage, and with this assortment, many conditions can be helped while keeping expenses low.

Consider a massage if you are doing any muscle work, fitness, exercise's, chiropractic treatments, detoxification and mild hyperbaric therapy as a nice enhancement and complimentary therapy.

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**Other therapies offered at the Centre:**

- Mild hyperbaric therapy - forces oxygen deep into the body to help increase metabolism, healing and repair of the cells, organs and systems. Also used to help in detoxification of the liver.
- Chiropractic - structural care used to help in realignment and balance of the skeletal system and joints. thus increasing strength, coordination and ability of the body.
- Acupuncture - used to help reduce pain and restrictions of the muscular system.
- Counseling - used to help find coping solutions to pain and disability.
- Personal trainer - used to help design a strength and fitness program for the individual.
- Fitness Centre - exercises, core muscle and endurance training.
- Global Wellness & Ion Cleanse - used to kill parasites and remove toxins from the body.
- Angioprim - used to increase the blood circulation in the entire body.

For more information, contact the Centre at (810) 235-5181.