

BENEFITS OF MASSAGE:

- *Improves blood circulation*
- *Promotes healing*
- *Prevents future injuries*
- *Enhances muscle tone*
- *Increases range of motion*
- *Eases muscle spasms*
- *Reduces inflammation and swelling*
- *Relieves tension*
- *Hastens elimination of waste products and toxins*
- *Lengthens connective tissues*
- *Breaks down adhesions*
- *Decreases danger of developing fibrosis*
- *Creates synovial fluid (increased circulation)*
- *Boosts performance and endurance*
- *Restores mobility (flexibility)*



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Replenish

Center for Wellness

Massage~Reiki~Reflexology



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Massage

Muscle tissue works hard every day. When it becomes stressed it can develop areas of tension. Left untreated they can grow, cause pressure, restrict muscle movement and become a source of pain and discomfort.

Massage compresses muscle against bone to spread apart fibers so blood can flow more easily into muscle tissue. As the blood flows it carries life-giving oxygen and nutrients to the muscle. Blood also carries metabolic waste and toxins out of muscles.

Tight muscles can injure tendons. Tendons, the ends of muscles that attach to bone, are less pliable and more susceptible to injury. If the belly of the muscle is relaxed, the entire muscle is longer, which means it is and less likely to pull on the tendon and cause tendinitis.

Swedish Massage is the most common form of massage and the basis for most other techniques. Five basic strokes are used to relax muscles, provide stretch and improve circulation. Oil is applied and worked smoothly and slowly over the muscles, making it the best massage for relaxation. Swedish can be done lightly or deeply - the amount of pressure is determined by the client. Clients can choose a whole body massage or request work on a specific area, such as the lower back, neck and shoulders. Strokes are always done toward the heart to promote better circulation of blood and lymphatic fluid.

Neuromuscular Technique was developed by osteopathic physicians and chiropractors as a way to make their adjustments last longer. The strokes, which are done in a precise manner and sequence, facilitate communication between the central and peripheral nervous system to help bring the body back into alignment. It is a wonderful technique for pain and discomfort, but also to reduce anxiety as it helps balance the sympathetic and parasympathetic nervous systems.



Deep Tissue Massage focuses on deeper layers of tissue. It helps release chronic patterns of muscle tension and knots in the deeper tissue structure of muscle and fascia. Deep tissue can be done with deep, slow strokes in the direction of muscle fibers, and across muscle fibers. Direct pressure to painful areas, known as trigger point therapy, also helps relieve discomfort. Deep tissue technique can be done alone, or added into a Swedish or neuromuscular massage.

Lymphatic Massage gently stimulates the lymphatic system to cleanse the body of toxins. Lymph, a body fluid that is part of your immune system, is the body's defense against bacteria, viruses and immune system disorders. Lymphatic massage prevents stagnation of lymphatic fluid to promote well-being. It is a wonderful massage if you are feeling a bit under the weather as it helps your body rid what's ailing you.

Medical Massage ~

Medical Massage is treatment dictated by a prescription from a medical provider. Treatment consists of a precise pattern of movements designed to affect a maximum level of relief in a minimal amount of time. For more information about this therapy and medical massage rates, please ask your therapist.

Reiki

Reiki means universal life force energy. Its roots come from Dr. Mikao Usui who was born in Japan in 1865 and later discovered Reiki ~ a channel of energy for the purpose of healing.

A reiki practitioner is a conduit, or means to deliver universal life force energy, to those whose energy has become depleted due to stress, injury or illness. Reiki replenishes the body's natural energy stores and balances the mind, body and spirit. Reiki gives your body the energy it needs to heal itself.

The effectiveness of a Reiki session depends on the experience and dedication of the Reiki Master, and how open the client is to receiving the energy.

Our world is a vast energy field. Everything, whether animate or inanimate, is made of molecules. Molecules are comprised of atoms made of charged particles called neutrons, protons and electrons. Everything on earth has an energy field around it and energy running through it.

Reflexology

Reflexology is a healing art of ancient origin that relieves discomfort by stimulating predefined pressure points on the feet. The therapist works with a map of pressure points believed to be connected directly to bodily organs and glands via the nervous system. Pressure is applied with the thumb and fingers to promote healing and encourage the flow of blood. Therapists apply emollient lotions and creams, and sometimes hot towels to the feet.

Rates:
½ hour \$40
1 hour \$70
1 ½ hours \$95

10% discount for seniors and MVH Employees