

Did You Know....

Benefits of Medical Massage

- ◆ Reduces Muscle/Joint Pain
- ◆ Reduces Swelling associated with injury
- ◆ Increases Blood Flow
- ◆ Detoxes Body of Impurities
- ◆ Improves Digestive System
- ◆ Decreases Symptoms of Fibromyalgia
- ◆ Relieves TMJ Pain
- ◆ Reduces Headaches
- ◆ Improves Quality of Sleep
- ◆ Relieves Anxiety
- ◆ Reduces Stress
- ◆ Increases Energy

Spinal Health & Healing

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Massage Therapy Services

Certified Licensed Massage Therapists:

Gwen Snyder
Cody Jefferson
Cristina Rivera



*Changing the World One Spine
at a Time*

269.473.6116



Take Charge of Your Health and Wellbeing

Massage has been around for centuries used by Olympians to aid in recovery and to increase performance and by ancient physicians to aid in healing. Today it is used as an alternative to prescription medications as a way to improve your overall health. **Medical Massage** not only **reduces stress** and **improves sleep** but it *aides your own body in the process of natural healing of injured muscles and joints, improving circulation, reducing your heart rate, reducing scar tissue and calming the nervous system* as well as **ridding the body of unwanted waste.**

Massage also produces feelings of Caring, Comfort, and Connection.

Schedule Yours Today!

Massage Modalities

Swedish Massage: Uses long strokes such as kneading, deep circular movements, vibration and tapping to produce deep relaxation or energize.

Deep Tissue/Neuromuscular Soft Tissue: Uses deeper strokes targeting deep layers of muscle and connective tissue. Commonly helps with muscle damage from injury and overuse.

Medical Massage: Uses a combination of modalities and techniques to address specific injuries and issues from muscle and joint soreness, chronic pain, back and neck issues, fatigue, high blood pressure, Fibromyalgia, TMJ pain, overuse syndrome, headaches and much more. We incorporate heat, ice, stretching and breathing techniques to promote healing.

Sports Massage: For the weekend warrior in all of us. Geared towards those involved in sports activities to help prevent or treat injuries.

Trigger Point Therapy: Targets tight muscle fibers formed in your muscles after injuries or overuse.

Meet Your Therapist

Gwen Snyder, LMT Bio coming soon!

Cody Jefferson, LMT Bio coming soon!

Cristina Rivera, LMT Bio coming soon!



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