

Benefits

- M**uscle tone improves
- A**ssists lymph drainage
- S**ofter more supple skin
- S**timulates circulation
- A**ctivates body's healing powers
- G**reater flexibility
- E**nhances energy

- I**mproves digestion
- S**timulates acupuncture points

- T**ension and stress release
- H**elps eliminate edema
- E**liminates toxins
- R**elieves pain
- A**lleviates stiffness and soreness
- P**romotes relaxation
- Y**outhful vitality

Mary DeLange is a Certified Therapeutic Massage Therapist and a member of Associated Bodywork and Massage Professionals.

In addition to her massage therapy training, Mary is a Certified Colon Hydrotherapist in Grand Rapids.

Mary received her certifications from Kalamazoo Center for the Healing Arts.

To find out more about these services, or to call for an appointment:

CONTACT



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Gift Certificates are available
for all services

Therapeutic Massage

*Feel Healthy
Look Healthy
Be Healthy
... Naturally!*

**Enjoy the natural way to
better health and discover
the wonders of
Professional Massage**

Therapeutic Massage

What is it?

- **Massage is an ancient and long respected science and healing art with a history dating back to about 2,000 B.C.**
- **Massage today is a skilled and professional health care service that effectively compliments other health care techniques.**
- **Massage is a valuable addition to a person's health and fitness routine. It is an art which promotes healing of the body.**
- **Massage assists the muscles, tissues and organs to do what they have been unable to fully do for themselves.**
- **Massage uses a hands-on therapy to soothe aches and pains and facilitates balance and wholeness to the body.**
- **Massage has been found to enhance general health and well being from infancy to old age.**

Therapeutic Techniques of Massage

Depending on your needs, massage sessions may include any combination of the following:

- **Swedish Massage** provides basic muscle relaxation, increases circulation and is excellent for stress reduction. This is perhaps the best starting place for a first experience of therapeutic bodywork.
- **Acupressure** is an ancient technique that focuses on specific "pressure points" within the body's energy system. By releasing blockages in the system, acupressure can often relieve numbness, alleviate chronic pain, and awaken the healing process where other attempts have failed.
- **Reflexology** is similar to acupressure that focuses specifically on the feet and hands. Through a system of reflexes, every major organ in the body can be stimulated during a reflexology session.
- **Polarity Therapy** is designed to balance the subtle energies in the body. These are especially effective in situations of emotional upset or severe trauma where other techniques would be too painful.
- **Myofascial Release** seeks to put more flexibility back into the fascia, or connective tissue, that connects the muscle and muscle to the bone. This is especially effective in working with structural imbalance.
- **Deep Tissue Massage** is an effective method for pain management. Deep pressure is applied to trigger points to help ease chronic muscle discomfort.
- **Cranial Sacral Therapy (CST)** is a gentle, hands-on method that frees restriction in the central nervous system. This method helps alleviate the pain of migraines, headaches, chronic neck and back pain, TMJ and many other dysfunctions in the body.
- **Lymph Drainage** is a hands-on technique designed to activate and cleanse the human fluid system. It helps detoxify and regenerate tissues, filter out toxins and maintain a healthy immune system.
- **Sports Massage** can reduce the chance of injury through proper stretching and event preparation using deep tissue and compression massage. This type of massage enhances performance by providing improved range of motion and muscle flexibility.
- **Pre and Post Natal Massage** is helpful during pregnancy. The body undergoes many changes. A soothing massage can relieve physical and emotional tension, help you sleep better, and boost your energy. After the birth, massage helps promote muscle healing and spinal alignment.