

DIVING DEEPER WITH DR. DEAN

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Let's talk Bodywork

Massage. I have met a lot of people over the last 2 decades of being a massage therapist.

Some perceive bodywork as a luxury. Some think of it as something 'dirty' as it's portrayed in movies.

But there are so many health benefits from getting regular massages!

What can massage do for you?

- Improved sleep
- Reducing stress & Increases relaxation
- Reducing pain, muscle soreness & Tension
- Lowering heart rate and blood pressure
- Improves Immune function

It has also been associated to be helpful for:

- Anxiety
- Digestive Disorders
- Fibromyalgia
- Headaches
- Muscle Aches
- Nerve pain
- Back & Neck Pain
- TMJ

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WELLNESS

Body to soul



What to expect?

During a classic massage, you are asked to undress to your comfort level. A lotion or cream will be used to reduce the friction on your skin.

During a 25 minute bodywork session, the focus is typically on the back, neck and shoulders (unless there's a specific area or issue you wanted addressed). Each session is catered specifically to the needs of the client. A 50 minute massage allows time for the full body to be worked on.

Music is provided in the background and the lights are dimmed to allow for a completely relaxing experience. The massage table may also be heated to provide ultimate comfort.

Please communicate with your therapist during the massage if needed. Too hot or too cold? Too much or not enough pressure? Let the therapist know so he or she can adjust and accommodate.

The goal is to provide an environment where you can relax and feel calm, while releasing any tension from your body.

Following a massage, it is normal to feel a bit sore. Your muscles were moved and manipulated in a way they hadn't been before. So drink a good amount of water to allow the body to flush out anything it needs to release. You can also consider taking an Epsom salt bath or taking some magnesium to help the body to continue to relax.

If you are working specifically on a troubled area it is recommended to reschedule within a two week time frame to continue to build on the momentum of relaxing those muscles. Otherwise listen to your body and schedule once things start to tighten up again.

Schedule a
massage Today!

