



# massage

## the benefits

### **Physical benefits** of massage include:

- Helps relieve stress and aids relaxation
- Helps relieve muscle tension and stiffness
- Alleviates discomfort during pregnancy
- Fosters faster healing of strained muscles and sprained ligaments; reduces pain and swelling; reduces formation of excessive scar tissue
- Reduces muscle spasms
- Provides greater joint flexibility and range of motion
- Enhances athletic performance; Treats injuries caused during sport or work
- Promotes deeper and easier breathing
- Improves circulation of blood and movement of lymph fluids
- Reduces blood pressure
- Helps relieve tension-related headaches and effects of eye-strain
- Enhances the health and nourishment of skin
- Improves posture
- Strengthens the immune system
- Treats musculoskeletal problems
- Rehabilitation post operative
- Rehabilitation after injury

### **Mental benefits** of massage include:

- Foster peace of mind
- Promotes a relaxed state of mental alertness
- Helps relieve mental stress
- Improves ability to monitor stress signals and respond appropriately
- Enhances capacity for calm thinking and creativity

### **Emotional benefits** of massage include:

- Satisfies needs for caring nurturing touch
- Fosters a feeling of well-being
- Reduces levels of anxiety
- Creates body awareness
- Increases awareness of mind-body connection

*(Source: American Massage Therapy Association)*

*"Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open."*

~B.K.S. Iyengar

## meet our massage therapist



**Lynika McCrary**



Mikula Chiropractic Center  
(616) 365-0255  
mikulachiropractic.net



## frequently asked questions

### **What should I expect during my session?**

*Before your session, you will be asked to fill out a short history/medical form. In addition, your massage therapist will discuss any concerns or problem areas you may have. You will be asked to remove your clothing (underpants may stay on, if you prefer), lay face down on the table, and cover yourself with the sheets provided. Your body will be covered with a sheet or blanket during your entire session.*

### **When is a massage NOT recommended?**

*If there has been an injury or surgery or in the case of certain cancers, your massage therapist will make certain there are no contradictions to massage. Pregnancy massage is delayed until after the first trimester.*

### **Should I be quiet, or can I talk or ask questions?**

*The most important thing is that you are relaxed and comfortable during your session. If you have a concern or feel discomfort at any time, you need to let your therapist know. Most people enjoy listening to the soft music, and some people even fall asleep!*

### **Will I be sore afterward?**

*Muscle soreness may be noticeable for up to 24 hours after a massage. Drinking plenty of water after your massage may prevent this from occurring. In addition, drinking lots of water will help minimize and excrete the toxins in your system.*

### **How old is too old? How young is too young?**

*There is no preferred age! Everyone benefits from massage.*

## services & rates

One-hour massage    \$65.00  
30-minute massage    \$32.50

*Gift certificates are available.*

## experience massage

*First time massage clients can enjoy \$10 off a one-hour massage at Mikula Chiropractic. Please reference this coupon when scheduling.*

*Valid for first time massage clients only. Not valid with insurance.*

Consumer Reports asked people to rate alternative medicine for effectiveness. Chiropractic and massage therapy were ranked the highest. When Chiropractic and massage are used in combination they form a powerful healing force. Make Chiropractic and massage part of your wellness plan and enjoy the benefits to your health.

*WebMD Health News*

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