

Full Body Massage Offers a

Natural Way To:

Release tensions and thereby promote a healthy attitude. Through touch we provide nurturing, healing, and whole body awareness.

Our intention in healing message is to move energy that blocks the vital message centers of the body. As pent-up energy moves, the therapist feels a release of healing energy surging through the body.

The client benefits most by relaxing and letting go of negative energy.



Healing and relaxation take place when we allow it to happen.

FEATURING

Full Body Massage: Designed primarily for relaxation. It includes a combination of techniques from different massage modalities, including, but not limited to: Swedish, Oriental and other specialized treatments.

Shiatsu: A Japanese form of pressure point and muscle pressure designed to unblock energy forces in the body that allow it to regulate and heal problem areas.

Pressure Point: A treatment for specific problems. Different combinations of pressure pints help relieve specific problem areas in the body.

Chair Massage: A quick way to relax and de-stress. The client sits fully clothed and sessions begin at 10 minutes.

Senior Citizen Massage: There are many health benefits to massage beyond relaxation. Senior citizens often find increased feelings of vitality and relief of bodily problems. Be sure and tell your therapist of any specific physical problems you are experiencing so he or she knows where to concentrate their efforts for maximum relief.

Foot Detoxification: Foot detox is a therapy used to get rid of toxins in the body. Today, many toxins surround us in the air, food, water, and environment, which amplify the importance of cleansing our body of toxins.

Utopian Health LLC



Utopian Health, LLC

Massage

Questions & Answers



My name is Jeanne and I'm a trained masseuse. I offer the following treatments:

- Full Body
- Pressure Point
- Foot Detoxification
- Senior Citizen
- Reflexology
- Couples
- Chair
- Sports

By appointment only

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Jeanne's Therapeutic Massage

What is a Therapeutic Massage?

Therapeutic Massage is the systematic healing art involving soft tissue manipulations (skin and muscles), which creates an impressive range to your health and well-being.



Is Therapeutic Massage a Healing Art?

The mind and the body are in control of healing, not doctors, nurses or therapists. Our role is to motivate and assist the body in its healing. Global studies confirm the benefits of therapeutic massage. Given its documented effects, therapeutic massage is indeed a healing art.

Is feeling good the main purpose of massage?

Yes. This is precisely the aim of every healing art known to humans. When all of the body's complex systems are working well and in balance, the body is healthy and consequently feels good. Therapeutic Massage promotes health benefits that result in feeling good.

Is nudity involved?

Yes; however, you are covered by a body drape. Nudity maximizes the full range of massage health benefits. Your therapist requires direct access to all the muscle groups of the body in order to be most effective. Working through or around clothes or jewelry substantially reduces the range of benefits and the length of time you will sustain those benefits. However, if nudity causes you discomfort, you should wear whatever clothing is necessary to maintain your complete peace of mind. Your therapist understands these concerns and will modify your treatments accordingly, as he or she is only interested on helping you achieve the beneficial state of total relaxation. In time you will discover that your therapist does not perceive your body as clothed or not, but simply as a whole person who needs to be kneaded.

What are the benefits of Therapeutic Massage?

When used as a consistent, systematic regimen prior to emergency conditions, therapeutic massage will promote the body's own natural prevention and healing process. Here's how:

- Increases blood and lymph fluid
- Circulation (extremely important to the body's healing process)
- Increases efficiency of the immune system
- Increases respiratory efficiency through deeper, easier breathing
- Substantially reduces the effects of stress and related problems
- Reduces blood pressure
- Reduces tension-related headaches
- Reduces muscle spasms and stiffness
- Reduces healing time of pulled muscles, sprains and swelling
- Speeds removal of metabolic waste products, allowing more oxygen and nutrients to reach the cells
- Promotes better posture
- Provides complete mind/body relaxation

From these health benefits you can:

- Relation of anxiety
- An enhanced self-image
- Greater ease of emotional expression
- Increased awareness of mind/body harmony
- Increased awareness of stress and tension signals
- An integrated feeling of well-being

These in turn promote:

- Greater capacity for clear thinking
- Greater state of national alertness
- Peaceful, more vital approach to living

What should I do in a massage?

Make yourself comfortable. If your massage therapist wants you to adjust your position, he or she will either move you (for instance, lift your arm) or will tell you what is needs. Otherwise, change your position anytime to make yourself more comfortable.

Many people just close their eyes and relax, completely during a massage. Others prefer to talk. However, while talking, it is much harder for your body and muscles to relax, but it's your massage so whatever feels natural to you is the best way to relax. Do not hesitate to ask questions about what your massage therapist is doing or about massages in general.

The desire to sigh or take a deep breath is a sign that you are relaxed.

Will a massage ever hurt?

Massage on healthy tissue feels good, and the saying, "no pain, no gain" is not true for massage. The most effective and deepest massage works with the body's natural responses, rather than against them. Always tell your therapist if you feel any discomfort so he or she can adjust to a more appropriate level.

Massage used to address a painful injury may at first cause some discomfort, which usually lessens noticeably in the first few minutes. Your massage therapist knows ways to minimize pain, and will work carefully within what feels right to you.

