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T.H.E.R.A.P.E.U.T.I.C
劍 M A S S A G E

- ◆ **Stress:** Have your shoulders and neck been aching for *weeks*?
- ◆ **Desk Job:** Are you *suffering* from sitting at a desk all week and not getting out because of the weather? Do you ache from hours of working on a computer?
- ◆ **Over Training:** Pay your muscles back for working so hard for you, and they can work even harder. Nagging soft tissue injuries can sometimes be completely resolved by massage and self-care.



**Discover
Therapeutic
Massage!**

You get your hair cut, your teeth cleaned, your nails done: Why not do something that makes you feel **good?**

Therapeutic massage available Monday through Saturday, call for available times. By appointment only, made and prepaid 24 hours in advance. Call or drop by the Graf Fitness Center for more information.

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**DISCOVER the
Graf Fitness Center
Massage Program!**

Available through 409th BSB
Sports & Fitness

DISCOVER therapeutic massage for greater health!

Swedish therapeutic massage is a professional health service for people wanting to increase their mental and physical productivity.

Therapeutic massage takes place on a padded massage table in a private room in indirect lighting with relaxing music.

The client's body is draped with a sheet and usually a light blanket for comfort and privacy. Only the area being concentrated on by the therapist at the moment will be exposed. Modesty is absolutely respected and preserved.

The therapist will use his or her hands and forearms to manipulate muscle tissue in a variety of ways, from slow and sweeping to gentle pressure to gentle rocking or quite vigorous strokes to increase blood flow and relaxation. He or she may also stretch the client gently and move arms and legs to resolve stiffness, increase flexibility, and resolve circulation problems.

Proven Benefits for: Stress and stress-related disorders, muscle strain, back pain, stiff neck, nervous disorders, overtraining, old injuries, fibromyalgia, PMS, leg and foot cramping, repetitive use injuries, creating greater energy and alertness, and much, much more.

People who receive a regular routine of therapeutic massage wonder how they ever lived without it. Discover the benefits for yourself.

Emily Dolan Gordon specializes in therapeutic massage with a focus on pain relief (trigger point work) and sports massage. Emily is a graduate of Lauterstein-Conway Massage School and IUPUI's Massage Certification Program. She is nationally (USA) certified and has attended training in trigger point therapy and massage for martial artists.

Fee Schedule:

Graf Field House:

30 mins: \$25

1 hour: \$45

By appointment only, Monday through Saturday; please call for available times at least 24 hours in advance. Unpaid, unconfirmed appointment times cannot be kept on the schedule. Appointments and gift certificates may not be "split" between two people. Full and complete attention is given to each person, one at a time.

*Take a break
from aache!®*