



increased range of motion, stimulation of acupressure points, and muscle balancing.

The use of essential oils or therapeutic salves are available for an additional charge of \$5. Please let your therapist know your preference prior to beginning the session.

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[stjohn.org/ValadeHealingArts](http://stjohn.org/ValadeHealingArts)



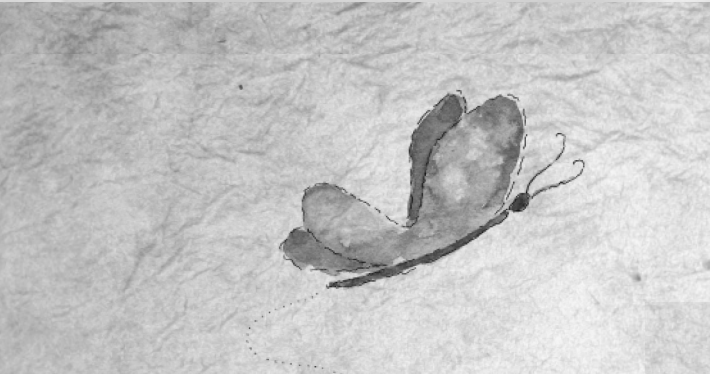
ST. JOHN HOSPITAL  
& MEDICAL CENTER



## Massage Therapy

We welcome the chance to help  
you live a healthier life

# Massage Therapy



The Valade Healing Arts Center provides Swedish (relaxation) or Therapeutic massage performed by a certified massage therapist. Here, you will lie on a special table designed for your comfort in a private, warm and quiet room. In this ideal, therapeutic setting, soft music will be played to help enhance your relaxation experience. A water fountain background is also available in each of the four private massage rooms.

Before the massage begins, you will be asked to fill out a health history form. It is important that you inform the therapist of any health problems or medications you are taking. If you are under a doctor's care for any acute or chronic health issue, it is advised that you receive a written recommendation for massage.

A typical full body massage session will include your back, arms, legs, feet, hands, head, neck and shoulders. You will not be touched on or near your genitals (female or male) or breasts (female). You and your therapist will review your health history and discuss any areas of concern as well as the desired outcome of your session.

A program of regular massage will put you in touch with your body, teaching you to monitor and attend to the stress signals your body sends out such as tension headaches, muscle aches and pains, anxiety and/or

inability to sleep or concentrate. In this way, you can help reduce the damaging effects of chronic stress and gain control over your sense of well-being. Massage facilitates a slowing down and quieting of the mind, helping us to connect within ourselves, giving us a precious opportunity to relax and heal mind, body and spirit.

Swedish massage provides hands-on techniques from kneading and compression to tapping and vibration of the muscular structure and soft body tissues. Swedish massage loosens tight muscles and calms the nervous system. It also increases circulation, reduces stress and anxiety, and increases flexibility. One of the primary goals of Swedish massage is to speed the venous return of unoxygenated blood and toxins from the extremities by flushing the tissues of lactic acid, uric acid and other metabolic wastes from muscular strain.

Therapeutic massage is a combination of Swedish massage with advanced techniques such as myofascial release, shiatsu, trigger point, carpal tunnel, positional release and/or craniosacral therapy. The purpose of these advanced techniques is to offer relief from tension and pain, improvement of soft tissue mobility and increased circulation,