

Finding A Therapist

Many states require licensing or certification of massage and bodywork professionals, unfortunately Michigan is not one of them. As a consumer it is important that you know what to look for in a Massage Therapist. Following are some basic requirements that help to ensure a safe level of education and professionalism.

- * Minimum of 500 hours of education from an accredited school.
- * Membership in a professional organization such as the ABMP (Associated Bodywork & Massage Professionals) or AMTA (American Massage Therapy Association).
- * Certification by the national exam NCTMB (National Certification Board for Therapeutic Massage and Bodywork). This organization requires a minimum of 500 hours of education to sit for the exam. You must provide proof of continuing education to maintain your certification.

Eugenia Jarema

Genia is a 1998 graduate of Health Enrichment Center in Lapeer, Michigan.

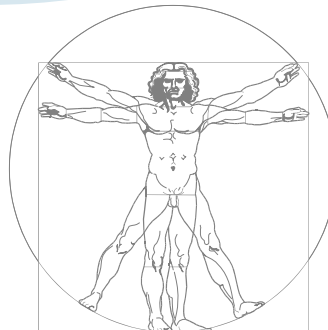
Certified by the National Certification Board for Therapeutic Massage and Bodywork.

Certified to practice The Myofascial Release Massage.

A Certified member of the Associated Bodywork and Massage Professionals.

BODY BALANCE THERAPEUTIC MASSAGE

EUGENIA JAREMA, NCTMB
MASSAGE THERAPIST



**Avalon Ave.
Saginaw, MI 48638**

Phone: 989-790-2205

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MASSAGE THERAPIST**

BODY BALANCE THERAPEUTIC MASSAGE

*If you have a body, you can benefit
from Therapeutic Massage.*



Tel: 989-790-2205

Health Benefits of Therapeutic Massage

Relieve the Effects of Stress

- ✎ Triggers the relaxation response, Relaxes tense muscles
- ✎ Reduces anxiety level, Restores a sense of well-being & calmness
- ✎ Improves immune system function, Normalizes energy flow

Combat the Negative Effects of Aging

- ✎ Promotes healthy vibrant skin, Relieves muscle aches & stiffness
- ✎ Improves blood and lymphatic circulation
- ✎ Enhances tissue elasticity and joint flexibility

Relieve Problem Conditions / Support Your Fitness Program

- ✎ Relieve tension headaches, back pain, stress & anxiety
- ✎ Speeds recovery of overworked muscles
- ✎ Relieves soreness, Relaxes Tightness, Improves flexibility

Compliment and Support Other Health Care

- ✎ Chiropractic
- ✎ Physical and occupational therapy
- ✎ Psychotherapy



Your First Massage

It is important that you are comfortable during the massage and that you know your options. Here are some commonly expressed concerns of newcomers to massage.



MODESTY: In a standard massage session, you will be draped with a sheet and large towel. You may choose to undress to your own comfort level. Genitals and women's breasts will be covered at all times.

TALKING: Talking during a session is optional. Some people prefer silence so they are able to fully enjoy the session. Other prefer a more social interaction. Always feel free to give the therapist feedback on anything that is causing discomfort.

OIL: Oil or lotion is commonly used to enable the therapists hands to glide over the skin. Inform the therapist if you have allergies or skin sensitivities.

PAIN: Whether you feel any pain during a session depends upon many factors. Your physical condition, reason for the massage, your pain tolerance, and the therapists techniques all play a role. Tense muscles are often sore. Sometimes there is a delayed soreness after a massage. Take a hot shower or bath, relax and **DRINK PLENTY OF WATER** to help reduce the soreness that is a result of waste products flushed from the body by massage.

What is Myofascial Release Massage?

Fascia also known as connective tissue exists throughout the body. A main function of this tissue is to provide lubrication and movement of muscles, organs and bones in the body. Over time this tissue can become adhesive, restricting movement and often causing pain.

Myofascial Release Massage techniques warm, mobilize and hydrate the fascia. This type of work can have a more long lasting effect on a persons comfort and mobility than general relaxation massage.

Session Rates

1/2 hour	\$30.00
1 hour	\$50.00
1 1/2 hours	\$75.00

By Appointment Only

Gift Certificates Available