

MASSAGE KNEADS



Bev Pelletier R.M.T.

**At Mariners Cove beside
Serenity Spa, Hwy 17E,
Bruce Mines, Ontario
For appointments call
Phone (705) 989-6989
or (705) 256-5660
massagekneads@gmail.com**

**GIFT CERTIFICATES
AVAILABLE !!!**



**WE ALL NEED TO BE
"KNEADED!!!"**

WHAT CONDITIONS CAN MASSAGE TREAT?

- ❖ headaches
- ❖ sciatica
- ❖ general muscle tension and aches
- ❖ muscular back pain
- ❖ pregnancy related discomforts
- ❖ repetitive strain injuries
- ❖ sprains/strains
- ❖ athletic injuries
- ❖ frozen shoulder
- ❖ chronic *stress*, chronic fatigue
- ❖ tendonitis/bursitis
- ❖ neck pain/ whiplash
- ❖ osteoarthritis/rheumatoid arthritis
- ❖ fibromyalgia
- ❖ carpal tunnel syndrome
- ❖ thoracic outlet syndrome
- ❖ prostratitis



WHAT ARE THE BENEFITS OF MASSAGE THERAPY?

- ❖ reduced stress and increased relaxation
- ❖ decreased muscle stiffness
- ❖ an increase in circulation of venous return and lymph flow
- ❖ improved muscle tone
- ❖ decreased pain by releasing endorphins which are the body's natural painkillers
- ❖ increased range of motion
- ❖ enhanced job productivity
- ❖ reduced heart rate and blood pressure
- ❖ decrease lymphatic blockages

**BEV IS A DEEP TISSUE
MASSAGE THERAPIST THAT
HAS ALSO BEEN TRAINED
AND CERTIFIED IN REIKI
AND CRANIOSACRAL
THERAPY**