

SERVICES

One-Hour Bodywork Session
\$55.00

*In honor and gratitude for
your Body...your most
prized gift on Earth*



The Benefits of Drinking Water

It is vitally important to drink plenty of water before and after a bodywork session. Massage and bodywork stimulates the release of metabolic waste products stored in the cell tissue. Drinking plenty of water will allow for the elimination of these waste products from the body, thus detoxifying the cell tissue and boosting the immune system.

Gift Certificates Available

Lynnette Marshall, NCTM Myomassologist, Oncology Massage

Graduate of Irene's Myomassology
Institute in Southfield, Michigan

Graduate of Oncology/Hospital Massage
William Beaumont Hospital, Royal Oak,
Michigan

Nationally Certified in Therapeutic
Massage

Completed CranioSacral Ten-Step
Protocol and Lymph Drainage Courses
through The Upledger Institute



Member of:

- National Certification of
Therapeutic Massage and Bodywork
- Associated Bodywork and Massage
Professionals

248 346 5948

THERAPEUTIC MASSAGE & BODYWORK



Lynnette Marshall, NCTM

*Hand's that assist your body
with relaxation, healing and
rejuvenation of your mind!*

248 346 5948

Bodywork Services

Myomassology

Myomassology is a massage which includes therapeutic techniques beyond basic Swedish Massage. Myomassology is a holistic approach to health which is a balance of the body, mind and spirit.



Swedish Style Massage and Therapeutic Deep Tissue

Swedish massage is the manipulation of the muscles and connective tissue of the body to restore and maintain a person's well-being.

Therapeutic deep tissue massage targets chronic pain resulting from muscle & connective tissue dysfunction.

Oncology Massage

The client receives a gentler touch, with awareness of site restrictions and positioning. Touch is vital to cancer patients' health and well-being, a way of supporting them on their journey. Massage promotes a profound decrease in pain and anxiety, decreased, nausea, insomnia, depression and "pins &

needles" feeling in hands and feet. Equally important: massage can help the patient reconnect to her/his body and achieve an overall sense of well-being.



CranioSacral Therapy

CranioSacral Therapy is a gentle stimulation from the Cranio (head) through spin to Sacrum. The Cranio Sacral system is a physiological system that is responsible for the production, circulation and absorption of cerebral spinal fluid. CranioSacral Therapy is a gentle method of detection and connection that encourages your own natural healing mechanisms to dissipate the negative effects of stress on your central nervous system. Additional benefits are better overall health and resistance to disease.

Lymph Drainage Therapy

The proper functioning of the lymphatic system is critical to our body's ability to drain stagnant fluids, detoxify, regenerate tissues, filter out toxins, and maintain a healthy immune system.

Lymphatic drainage is a hands-on technique designed to attain and sustain proper functioning of the human fluid

system. These techniques are employed as standard scientific practice throughout Europe and continue to gain recognition in the United States.



Benefits of Massage

- Promotes Relaxation and Reduces Stress
- Lowers Blood Pressure
- Relieves PMS Symptoms
- Enhances the health and nourishment of skin
- Reduces Headache Pain
- Alleviates Insomnia
- Reduces Back Pain
- Increases Flexibility
- Promotes Mental Clarity
- Increases Emotional Well-being
- Raises Self-esteem
- Improves Immune Function
- Promotes Postural Alignment
- Increases Circulation
- Improves Digestion
- Promotes Comfort During Terminal Illness
- Soothes Sore Muscles After Exercise
- Provides Comfort During Pregnancy