

*Some of the many
common benefits of
therapeutic massage are:*

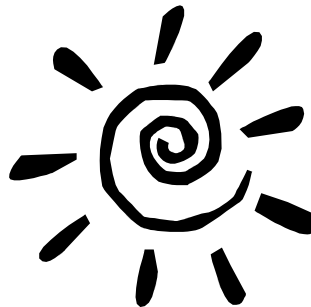
- * Promoting relaxation
- * Reducing stress
- * Helping to relieve muscle tension and muscular discomfort
- * Aiding muscle repair after injury
- * Assisting in recovery of chronic muscular tissues and acute postural imbalances
- * Increasing joint mobility
- * Increasing circulation of blood and lymph fluids
- * Enhancing your overall wellbeing!



Sarah J. Ering is a licensed, nationally certified massage therapist and a graduate of the Bancroft School of Massage Therapy.

Sarah brings her love of anatomy to her work and customizes each body treatment to the client's needs. Her goal as a professional bodyworker is to be in partnership with the client to provide successful therapeutic treatments.

Sarah loves the outdoors and has been an avid hiker, gardener, rock climber, swimmer and in-line skater in the past. She now will be concentrating on her dual career as a bodyworker and garden designer.



Sarah J. Ering

Licensed Massage
Therapist

*"Listening to the
client's needs is
an essential part
of successful body-
work."*

Nationally Certified
Member AMTA

For an appointment:
(508)545-1227
or (508)653-3525

The Modalities

* Swedish Massage

Swedish Massage is the modality of choice for giving a full-body treatment. Swedish strokes are helpful in assessing, warming up, and preparing tissues for deeper work. The use of relaxing light or deep, fluid strokes contouring the body help improve circulation. The lifting of skin and muscle tissue from their ordinary positions frees tissue adhesions, stimulates nerve endings, and improves nutrition to the tissues. Swedish bodywork promotes relaxation and helps to reduce stress and tension held in the body's tissues.

* Sports/Occupational Massage

Repetitive tasks, occupational or recreational, are a part of our daily lives. This therapeutic, deep tissue modality targets the area of discomfort caused by repeated use or poor postural alignment. It involves the use of a variety of strokes and the application of trigger point theory to affect the deeper tissue.

An evaluation and discussion with the client will help the therapist target specific muscles or muscle groups in an attempt to increase the client's range of motion, decrease their pain and, in some cases, aid in improving their posture.

* Oriental Massage Applications

Oriental Massage Applications is a modality using basic Shiatsu principles. A series of therapeutic points, or tsubos, follows meridian pathways located along the length of the body and limbs. These tsubos are located at specific stress areas: between muscle bellies, at points where muscle and tendon meet, along ligaments, tendons and nerves, and between joints. Stimulating these points will aid tissue repair and will allow trapped energy to once again flow freely.

* Foot Massage

An enticing, exhilarating massage integrating basic foot reflexology techniques on the tired, often neglected feet! A neck and arm massage is given while the feet are first submerged in a relaxing aromatherapy foot bath.



Rates for Services

**One and one-half hour
massage
\$80**

**One-hour massage
\$55**

**Half-hour regional work
\$40**

*Call us to arrange
a time for you to enjoy
a relaxing Swedish
or exhilarating deep tissue massage
today!*

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**or at Maya's Dream
(508)653-3525**