

## Relax Into the New Year 2020



By

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We have had the “Roaring 20s” – now let’s have the “Relaxing 20s” with Massage, Shiatsu & Shiatsu ShinTai.

### Massage

Massage therapy promotes relaxation and improves energy levels, helping clients feel better overall. Specific techniques are tailored to each person’s individual condition. Massage can be used to:

- Reduce stiffness and muscle tension
- Improve range of motion and flexibility
- Lower blood pressure
- Reduce stress and anxiety
- Promote circulation
- Speed up the healing process for injuries

Massage therapy is considered a safe treatment option with minimal side effects or risks. It is best if pregnant women are past their first trimester to receive a massage. Massage therapy has been proven effective in improving a wide range of health conditions, including:

- Carpel tunnel syndrome
- Concussion syndrome, whiplash
- TMJ, grinding and clenching of teeth
- Allergies, headaches, and asthma
- Sleep apnea, respiratory and circulatory problems
- Digestive disorders, insomnia, and stress

- Depression, menopause, and menstrual imbalance

### Shiatsu

Shiatsu Is a form of oriental bodywork. It uses finger, Thumb, palm, foot pressure, rocking and stretching to move stress patterns in an individuals body to a state of renewed energy. It focuses on the center of the body, balancing the abdominal energy to harmonize the rest of the body. Shiatsu works along energy channels called meridians to bring balance to the Yin and Yang energy to support the individuals natural ability to create balance and harmony.

### Shin Tai

Shin Tai is an advanced form of Shiatsu that seeks to recycle and restore stress patterns into the life force energy in the body. It addresses energetic restrictions and distortions in the soft tissues and the energy system using varied techniques of Shiatsu,

Cranial Sacral Therapy, Myofascial Therapy, and Meningeal and Structural work. Treatments are usually 75 minutes. You are fully clothed and treated on a supportive cushion. The benefits of Shin Tai are:

- Clears stress patterns, recycle stress
- Encourages alignment
- Liberates healing power
- Increases energy and vitality

- Improves circulation and concentration
- Enhances sleep quality
- Improves strength and digestion
- Increases creativity
- Aids in pain relief
- Decreases anxiety
- Softens depression and reduces fatigue

Contact Trisha to set up YOUR “2020 Relaxation” appointment today. Make it a Happy New Year!

<p>TRICIA BLESSING LMT, CABT, RMT</p> <p><i>Integrated Massage Therapy</i></p> 	<p><b>Professional Relaxation</b> by appointment only</p>
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