

Massage & Stress

The benefits of Massage for stress relief are very real. Research shows that Massage reduces heart rate as well as blood pressure which may be induced by stress. It boosts the body's immune system by increasing the body's natural "killer cells" & stimulates the release of the body's natural pain killers—endorphins. "Since as much as 80% of disease is stress related, reducing stress through Massage Therapy can prove a significant boost to someone's overall health".

Massage Muscle Therapy....

*... Taking the stress out of your life
.....One Massage at a Time !*



About the Massage Therapist

Mary White graduated from the New Hampshire Institute for Therapeutic Arts, in Hudson, New Hampshire in June 1991.



Prior to her Massage Therapy education she earned a degree in Sports Management in Ireland where she grew up. Mary ran a successful practice for 15 years in Central Massachusetts

before moving to the Cape in 2006 & has now established a practice in Hyannis & W Yarmouth.

Her background is in Swedish Massage, Neuromuscular Therapy, Myofascial Therapy and Sports Massage. She successfully tested onto the National Sports Massage team in 1995 & in 1996 joined the John Hancock Sports Massage Team which provides Sports Massage for the elite field of the Boston Marathon annually. Mary is also a Reiki 1 practitioner and is Nationally Certified in Therapeutic Massage and Bodywork .

As an active member of the American Massage Therapy Association which maintains strict membership standards she continues to expand on her knowledge & skills by taking continuing education courses in Massage Therapy & Body Work modalities fulfilling her continuing education requirement & upholding the AMTA code of Ethics.



Massage Muscle Therapy

Mary White

Hyannis & West Yarmouth

978-807-8245

www.mmtcenter.com



*Nationally Certified
Licensed
Massage Therapist*

What is Massage Therapy ?

Massage Therapy involves the manipulation of the body's soft tissue structures to prevent & alleviate pain, discomfort, muscle tension & stress & to promote health & wellness .

The Benefits of Massage Include

- ◆ *Improved Range of Motion*
- ◆ *Reduced Heart Rate*
- ◆ *Relaxed Muscle Tissue*
- ◆ *Lower Blood Pressure*
- ◆ *Reduced Pain*
- ◆ *Increased Blood Circulation, Lymph Flow, & Endorphin Release*
- ◆ *Enhanced Body Awareness*
- ◆ *Relaxation of the Mind*

How can Massage Therapy Benefit You

It has been found that Massage Therapy can help provide relief from a wide range of medical conditions including :

- ◆ *Anxiety & Stress*
- ◆ *Arthritis*
- ◆ *Asthma*
- ◆ *Carpal Tunnel Syndrome*
- ◆ *Chronic & Acute pain*
- ◆ *Headaches*
- ◆ *Insomnia*
- ◆ *Myofascial Pain*
- ◆ *Reduced Range of Motion*
- ◆ *Sinusitis*
- ◆ *Sports Injuries*
- ◆ *Temporomandibular joint dysfunction*

Sports Massage

Sports Massage combines classic & specific techniques designed to provide therapeutic impact for the unique physical & biomechanical needs of athletes. With a knowledge of Kinesiology for the athletes sport the Massage Therapist can help improve the performance of their client & limit their injuries.

- ◆ *Improves circulation & mobility to injured tissue thus maintaining an optimal state of nutrition, relaxation & flexibility within the soft tissue*
- ◆ *Enables the athlete to recover quicker from myofascial injury with less likelihood of chronic problems developing.*
- ◆ *Reduces muscle soreness & chronic strain patterns thus allowing a quicker return to maximum training levels particularly during high intensity training periods.*
- ◆ *Provides a psychological boost to the athlete consistent with their commitment to peak performance*
- ◆ *Enhances a preventative approach to athletic training—what ever the sport—where by soft tissue is freed of trigger points & adhesions thus contributing to the improvement of peak neuromuscular functioning.*

Massage in the Workplace

No where is stress more prevalent today than in the workplace. Whether it is a corporate setting with high demands & deadlines, a building site with physical demands or a small business setting with it's own unique stressors, Onsite Massage can fit the need for your business.

On site Massage —also known as Chair Massage

is administered while the client is fully clothed & seated in a specially designed chair. These chairs slope forward allowing the therapist access to the larger muscles of the back, neck & shoulders. On site Massage usually lasts between 15 & 30 minutes & is intended to relax the muscles, release tension & improve circulation. The client returns to work relaxed & rejuvenated free of stress & ready to work again.

Massage in the workplace has been proven to reduce work-related stress, improve alertness, performance & productivity. As a result the positive effect of Massage in the workplace reaches everyone .

*Office hours are by appointment only.
Gift Certificates are available for all occasions.*

All major credit cards accepted. .

Please call 978-807-8245

or

email mary@mmtcenter.com for rates.