

stop...relax...and  
nourish your body.

Body ~n~ Beyond  
special offer.

for a healthy body  
& healthy mind.

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**Our Mission**

Our mission is to genuinely improve the physical and emotional well being of people of all ages through the art and science of massage therapy.

The healing touch of therapeutic massage has been proven to be immensely beneficial to the human body by helping to heal the muscular, skeletal, nervous, circulatory and lymphatic immune systems.

Massage, originating from the Greek word 'massein' (to knead), is often used for pain relief, stress reduction, or athletic performance enhancement. Whether used for a specific goal or not, massage therapy tends to increase the general health and well-being of the recipient.



**1st  
time  
clients**

*visit our web site  
and receive \$10  
off your first one  
hour massage*



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**Massage  
Therapy**

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## Clinical Massage (Deep Tissue)

Deep tissue massage focuses on deep layers of muscle tissue and trigger points to relieve chronic muscular tension, spasms, and cramping. A trigger point is a painful, irritated area in the muscle. The therapist applies slow strokes and firm pressure, directing fingers, knuckles, thumbs, elbows, and hot stones to the root of the problem.

## Sports Massage

Provides therapeutic help for the unique physical and biomechanical needs of athletes and others involved in physical activity. It is similar to the Swedish Deep Tissue and La Stone techniques, yet involves more pressure, rubbing and stretching. Sessions can focus on pre-event preparation or post-event recovery.

## Therapeutic Massage

We offer effective treatment for adults with persistent pain and children with chronic diseases.

## Myofascial Therapy

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## La Stone Therapy

“The Original Hot Stone Massage.” A luxurious and relaxing massage that combines deep heat and cold therapy. Smooth Basalt Lava stones are heated, while polished marble stones are iced and both are incorporated into the massage. The combination of the heat and cold, with the pressure of the strokes, will simultaneously relax and stimulate the muscles.

## Swedish Relaxation Massage

Swedish Massage, which relaxes muscle tension and improves lymphatic and blood circulation, is accomplished through mild pressure applied to the muscle groups of the body.

## Brain Therapy

Brain Therapy is a unique integration of craniosacral therapy along with TMJ-dental and fascial therapies for normal inherent motion and improved health. Normal motion of the brain may become restricted at birth and worsen with the many traumas of everyday life.

## Neurosomatic Healing

Free your mind and body from chronic pain due to physical or emotional trauma. Neurosomatic healing incorporates different techniques to enhance the mind-body connection. We work to empower the individual to achieve a higher understanding of themselves and to bring wholeness to the body and mind. Our techniques include neurolinguistic programming, hypnotherapy, Reikki and massage. Neurosomatic Healing will help you unlock your authentic self and your full inner potential.

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As health care providers, we at Body ~n~ Beyond make a commitment to serve the best interest of our clients and will provide you with the highest degree of personal and professional integrity. We provide personalized care and advanced techniques in a clean and comfortable atmosphere.

*Anna Gammal*

*[www.bodynbeyond.com](http://www.bodynbeyond.com)*