

# Intro to Massage Therapy

## Massage = Medicine = Results

Healing, Structural Alignment, Relaxation

### Benefits

A massage from me will . . .

- lower stress
- regulate blood pressure
- regulate heart rate
- tone nervous system
- tone muscles
- increase energy
- increase power
- increase sports performance
- increase range of motion
- provide faster recovery from workouts
- increase awareness and focus
- improve posture
- increase circulation
- improve sleep
- flush toxins
- improve all organs and systems of the body/mind/spirit
- and provide many more benefits.

### What to expect for your first appointment

- arrive 15 minutes early to fill out intake form with medical history.
- plan to spend 15 minutes for the thorough intake interview.
- the intake interview is done at no charge, and it is for your benefit.
- it is best not to eat 2 to 3 hours before.
- you can be unclothed or clothed; proper draping will be provided.
- during the first session, we will discover what is needed for you.
- a structured program for you will be formulated and planned. It will likely include elements of yoga.
- payment is expected at the time of visit.
- after your massage, drink plenty of pure water to flush out toxins.
- plan to have some time to relax.

### Modalities

Swedish, Deep Tissue, Structural Alignment, Zen Shiatsu, Traditional Thai, Chinese including Acupressure and Tui Na, Sports, Medical, Hot and Cold Stone, plus the root of Tai Chi Chuan and Yoga.

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