

# Phenomenal News

Phenomenal Healing Massage & Bodywork

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FREE

## Let's Talk about it

Everyone has heard of Massage Therapy (unless you were born yesterday :)). Perhaps you may even know a few people who go weekly or monthly or who has given it a try out of curiosity, pain, or as a last resort.

Maybe you've even considered going yourself or you know of someone you believe would enjoy it but you can't convince them to do it.

Let's begin with, what is "[Massage Therapy](#)"?



The Merriam-Webster Dictionary defines Massage Therapy as, "manipulation of tissues (as by rubbing, kneading, or tapping) with the hand or an instrument for relaxation or therapeutic purposes.

Perhaps you're asking yourself, what does it mean to "manipulate" the tissues" ?

[Manipulation](#) of the tissues is "examining or treating with skillful hands..."

This means it takes skills to be able to rub and knead the muscles the right way. In order to relieve or release what's causing tension or pain therapeutic properties need to be administered to put you in a state of relaxation.

Does it hurt? It can be uncomfortable but it shouldn't be painful. If it's painful, it defeats the purpose of relaxation and may be lacking the right therapeutic methods but we'll get into that later.

Got questions? [Email us!](#)

## 3 Things Massage Can Help You With Right Now

We know massage will make us move better and feel happier but not everyone can make time for regular appointments. Luckily massage is a great preventive when it comes to bodily care. In fact, it can have some instantly-gratifying results. Check out these 3 things massage can help you with right now.

### Headaches

Tension [headaches](#) (often called stress headaches) are the most common type of headaches among adults.



Tension headaches are identified by pain or pressure in your forehead, on the top, or sides of your head. Tension headaches are also common among people who work at a desk, knits, spends a lot of time in a car, or hunched over electronic gadgets.

Massage will not only decrease or get rid of that headache but regular massages will keep it from coming back. (If you want to geek out about tension headaches and try a few self-massage techniques, check out [this article](#).)

### Low Back Pain

A [major research study](#) was published in 2011 showing that massage therapy was better than drugs and routine care for general lower back pain. Better than drugs. I just had to say that twice.

Just about everyone will experience low back pain at some point in their life. If it happens to you, don't suffer. [Request to Schedule a massage](#) and get back into action.

### Irritability

Have you ever been so cranky you got on your own nerves?



When you feel yourself snapping at any one who asks you a question, it might be time for some self-care.

Massage is great for stress relief. You get to shut off all the things that buzz and chime and aggravate you to the point of eye twitches.

Music, silence, warmth, massage. All the cranky disappears. This is dual purpose. You'll feel better and all the people around you will be happier that you're back to your sunny self.

Got a headache, low back pain, or a case of the grumpies? [Request to Schedule a massage](#) and we'll handle it from there! I hope to see you on the table.

Dear wonderful clients,  
Please be advise that our booking system is only allowing you to request appointment by your desired date and time. This is due to the increase of traffic we've been getting on

our site and in the office. You are always free to call, text, or email us if you need an appointment. Thank you for your referrals and all of your support.

Humbly, Ruth

P.s. I will be out of town from May the 7th to the 13th. Also a kind reminder that our hours will be shifting to 4:30-8 pm beginning May 14th.