

Karen Small

Creating space for healing and change

**Take the stress out
of the Holidays!**

**20% off massages, gift
certificates and
equine bodywork
purchased in
December
(Including packages
and series)**

Wellness is so much more
than the absence of illness...
It is a path towards a
healthy balance in mind,
body and spirit.
Regularly receiving
bodywork is a fundamental
step along that path.

Karen Small, LMT
Westerly, RI
401-480-6897
www.KarenSmall.com

Introducing two new therapies to the office: Myofascial Release Massage and Hot Stone Massage

Myofascial Release Massage:

Do you feel stuck in poor posture? Do you feel like massage helps to ease your discomfort, but doesn't resolve the problem? Do you suffer from Carpal Tunnel Syndrome, stiff neck, low back pain, whiplash, shallow breathing, plantar fasciitis? All of these and many other conditions can be helped by Myofascial Release Massage.

Myofascial Release Massage is focused on the fascia of the body rather than on your muscles. Fascia is a type of connective tissue that wraps all the muscles, organs, nerves, blood vessels, and bones of your body. When fascia is damaged it becomes rigid, inelastic, and shortened. The muscle layers can become stuck together and the muscles can become shortened. This results in loss of range of motion and weakness in the muscles.

Myofascial Release Massage focuses on stretching out the fascia and releasing adhesions, resulting in less pain, stress and tension in your body, along with increased range and ease of motion.

Hot Stone Massage:

Hot stones add a powerful element to your massage. The heat and weight of the stones help tissues to absorb heat, allow you to relax deeply and soothe the nervous system.

Hot stones will be placed on your body as well as being held in my hands as I work to soothe and relax your muscles. Giving a massage using hot stones enables me to access deeper layers of your muscles without needing to use as much pressure. The stones help to relax your tissues and soften dense areas.

A hot stone massage is a deep tissue massage that is very relaxing and deeply effective.

**Learn more about both of these techniques online at my
website: www.KarenSmall.com.**