

## Karen Small

Creating space for healing and change

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.

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

**25% Off  
Massages and  
Gift Certificates  
purchased in  
December**

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### **New Technique: Ortho-Bionomy**

Ortho-Bionomy is an effective, non-invasive form of body therapy. By using gentle positioning and compression, it employs the proprioceptive nervous system to trigger the body's own self-correcting reflexes. Simple, yet elegant, this work is rooted in Osteopathy and Martial Arts and combines well with other forms of bodywork. Used alone, the session can be done fully clothed in loose comfortably fitting clothing. The technique utilizes finding comfort and ease within your body through positioning to reeducate your nervous system and allow muscles to release tension.

Clients with whom I've tried using this technique have been surprised at how quickly and simply I can release painful areas for them. I'll be gaining confidence and skill with this new technique for some time, but look forward to introducing it to you.

### **Lymph Drainage Therapy: Protect yourself from seasonal illnesses**

Lymph Drainage Therapy (LDT) and massage are wonderful for boosting and supporting your immune system. Many factors can depress your immune system, including stress. Both massage and LDT are proven to reduce stress by calming your nervous system and inducing a relaxation response. LDT directly affects the immune system by increasing the flow of lymph throughout the body. Your lymph system is a very important part of your immune system.

Clients who have experienced LDT sessions with me have been impressed with how relaxed and rejuvenated they feel afterwards. They find themselves feeling more comfortable in their bodies. I've had reports of healthier feeling tissues, fewer headaches, less pain, and mood improvements.

Consider scheduling LDT or massage sessions regularly to keep your immune system function optimal and to deal with the aches, pains and discomforts of everyday life.

### **Holiday Discount**

For the month of December all gift certificates and massages can be purchased at 25% of full price. An hour massage will be \$52.50 and a 90 minute massage will be \$75. If you regularly book an hour massage with me, this could be a great time to treat yourself to a 90" massage!