

turning to the heart. The main purpose of Swedish massage is to increase the oxygen flow in the blood and release toxins from the muscles.



WHAT TO EXPECT FROM YOUR FIRST MASSAGE

Your massage will take place in a warm, comfortable, quiet room. Soft music will be playing to help you relax. The practitioner will leave the room while you undress, relax onto the table, and cover yourself with a sheet. Most massage techniques are performed with the client unclothed; however, you may decide what amount of clothing you prefer to wear for your own comfort. You will be properly draped at all times. Only the area being worked on will be exposed (i.e., the sheet will be folded back to massage your leg and then covered up again).

SOME OF THE HEALING BENEFITS OF MASSAGE:

- Promotes healthy circulation
- Provides a feeling of well being
- Relieves pain by relaxing muscle spasms and reducing tension
- Increases flexibility and range of motion
- Assists in maintaining blood pressure
- Improves muscle tone and helps prevent or delay muscular atrophy resulting from forced inactivity
- Calms the nervous system
- Lessens inflammation and swelling in joints, thus alleviating pain
- Relieves tired and aching muscles
- Promotes deep relaxation
- Promotes deeper more effective breathing
- Speeds recovery from injuries and illness
- Strengthens the immune system
- Reduces scarring
- Improves body alignment
- Reduces tension headaches

- Promotes better sleep
- Improves concentration
- Eliminates toxins and metabolic wastes
- Helps to lift spirits
- Reduces stress, both emotional and physical, and is suggested as a regular program for stress management.

ABOUT FIRSTHEALTH MASSAGE THERAPISTS

Massage therapists at FirstHealth of Andover are licensed by the Massachusetts Board of Registration of Massage Therapy.

Professional affiliations Include:

- **ABMP** – Associated Bodywork and Massage Professionals
- **AMTA** – American Massage Therapy Association
- **NCBTMB** – National Certification Board of Therapeutic Massage and Bodywork

LECTURES AND DEMONSTRATIONS

The FirstHealth staff has an active schedule of presentations with local organizations and clubs. They welcome the opportunity to interact with your group on clarifying the emerging field of complementary medicine and enhancing your knowledge of this beneficial health process.

Learn more about all our services and the dynamic practitioners at FirstHealth by visiting our website at

www.FirstHealthofAndover.com



M A S S A G E T H E R A P Y

SOOTHE YOUR MIND AND INVIGORATE YOUR MUSCLES

Your Team of Health Care Professionals Under One Roof!



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*Our Mission:
To guide, teach, and assist your body's ability to heal*

"To Guide, Teach, and Assist in Your Body's Natural Ability to Heal."

FirstHealth^{PC} OF ANDOVER

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A PARTNER IN PROSPEROUS HEALTH

FirstHealth of Andover was created to bring together accomplished practitioners of complementary/ alternative medicine to guide, teach, and assist the members of our community with their health concerns. Motivating patients' interest and revitalizing their ability to heal are at the center of our shared philosophy.



MASSAGE/BODYWORK

For your convenience, we have assembled a wide variety of massage and body work professionals under one roof. The following is a sampling of the various techniques offered by our talented therapists.

HOT STONE MASSAGE

Smooth stones are warmed to a muscle soothing temperature that delivers a deep state of relaxation. A time-honored healing tradition, hot stone massage therapy has been used in Hawaii, the Polynesian Islands and by Native American healers to soothe weary muscles and revitalize your spirit. Surrender to relaxation, as warm, smooth stones become extensions of the therapist's hands as they glide over warm oil, transforming your tension to profound relief. Immerse yourself in relaxation.



CRANIOSACRAL THERAPY



Extremely gentle touch using hand placements on the head, neck and spine is the hallmark of this subtle yet powerful technique known as Craniosacral

Therapy. This light touch therapy offers head to toe relaxation, while being able to assist in a variety of conditions both physical and emotional.

MATERNITY MASSAGE

Massage during pregnancy can relieve fatigued muscles and elevate the spirits of the mother-to-be during all stages of her pregnancy. Safe and effective throughout pregnancy, our skilled and nationally certified massage practitioners will help to reduce the swelling and pain in your tired limbs. It's a great way to relieve everyday tension and stress.



RAINDROP THERAPY

Raindrop Therapy is a relaxing and revitalizing therapy that uses a sequence of nine immune-enhancing essential oils. The oils are dropped like rain from a height of about 6 inches onto the spine and then lightly massaged in using various hand-to-body techniques. These gentle massage techniques are designed to stimulate the spinal nerves and disperse the oils throughout the nervous system and the entire body.



LYMPHATIC DRAINAGE TECHNIQUE

Lymphatic drainage is a hands-on technique designed to facilitate proper functioning of the lymph system. This system is critical to the body's ability to drain stagnant fluids, detoxify and reduce edema. LDT promotes deep relaxation and stimulates the immune system.



DEEP TISSUE MASSAGE

This therapy is a massage technique that focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the fibers of the muscles, tendons and fascia.



REFLEXOLOGY THERAPY



Reflexology assists your body in achieving a balance of all its systems. By applying massage and gentle pressure to the reflex zones on your feet, reflexology helps you release stress and tension, improve your circulation, and promote a sense of well being.

SPORTS MASSAGE

A vigorous and specific massage focusing on particular muscles relevant to your athletic activity. It consists of individualized techniques designed to reduce injuries, alleviate inflammation, provide warm-up, and speed-up recovery time.



SWEDISH MASSAGE



Refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood re-