

THE LIFE-CHANGING BENEFITS OF MASSAGE

From Easing Physical Pain to Enhancing Emotional Well-Being Across All Life Stages



Provided by Adrienne Perl, LMT Owner of Calming Comfort Massage, LLC

The first time I got a professional massage I was 22 years old. I went because someone recommended it and I wanted relief from neck tension I'd had for years.

I had no idea that it was going to be a life altering experience. The woman who was my Massage Therapist that day told me that this was the kind of work I was going to do. How she knew that so assuredly I'll never know, but I'm sure glad she did!

Getting a massage once in a while or on a special occasion in order to just relax is great, but knowing that it can provide benefits beyond that is very encouraging. It actually affects the systems of the body in ways that support ongoing health and well being.



Massage is a wonderful way for women to take time to be taken care of through all stages of life. I have personally seen it help with conditions and in times such as:

- PMS/MENSTRUAL PAIN/MENOPAUSE
- PREGNANCY AND POSTNATAL CARE
- ANXIETY
- FIBROMYALGIA
- HEADACHES
- SCIATICA
- REPETITIVE STRESS INJURIES
- PLANTAR FASCIITIS
- CHRONIC/ACUTE PAIN
- STRESS AND TENSION

Another beautiful way massage plays a part in women's health is in the Senior population. Often, they are widowed or perhaps have taken on the role of caretaker for their spouse. Massage gives them a chance to be cared for as well, and reconnects them with a sense of touch that may be missing in their lives.

Lastly, massage can be very helpful in palliative and hospice care. I have worked with patients who are dying (even within a few hours of passing). It is a great privilege to provide touch and comfort to someone who is leaving this physical existence. Perhaps feeling peace in the body can leave more room to find peace in the soul.

Ultimately, touch is an organic human need, like food and water. We all need to be nourished and quenched throughout our lifetime.



From the moment you walk in the door, Adrienne makes you feel welcome. She intuitively adjusts her pressure and focus in each session, and establishes a comfortable atmosphere for the client to communicate what they need. The massage is both relaxing and beneficial in working out tight or sore spots. I feel amazing for days afterward!"

~Megan W.



Calming Comfort Massage Therapy LLC



Relief and Relaxation for Women

SERVICES INCLUDE:

- Deep Tissue Relaxation Massage
- Hot Stone Massage
- Prenatal Massage
- Senior Massage

Please feel free to get in touch to discuss what you may need and find appointment times to fit your schedule.

Call/Text Adrienne: 330-679-8858

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Find on LinkedIn

NEW CONVENIENT LOCATION

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www.calmingcomfortmassage.com