

The “Balance & Harmony” Massage



By
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Common complaints of low back, shoulder, neck, wrist, headache and even digestive concerns can be annoying and stressful in fast-paced daily life.

Your body needs to be rebooted and defragmented to run smoothly. When the flow of

“life force energy” is blocked or stagnant, your body needs a stop-start information signal to reroute or clear its daily stress buildup. Otherwise, stress patterns in your body will continue.

The layers of stress in your body create a pattern, and I work at recycling the stress into a feel-good experience. The pattern is a clue to root causes of the stress source or traffic jam. Each time I work with your body, it becomes more relaxed and stronger.

Features and Benefits

- Restoring muscle tone, balance, flexibility, and circulation within the specific area of concern
- Engaging the central nervous system to relax and reset
- Gently unwinding the stress patterns, decompressing the spine, feeling straighter, better mental clarity, improved digestion, and a weightless feeling to the body

Part One: Treatment

Clothed work is performed while stretching you and muscle testing certain areas of your body. I listen to what you say about your history and read your body stress patterns. I observe your anatomical structure and muscle tension. I muscle test areas and gently check reflex points in the abdominal area to gain information on how to help your body balance itself. I then stretch the arms and legs as needed and observe their range of motion.

Part Two: Massage

Unclothed to your comfort level, you are draped professionally on a standard massage table. I use oil or lotion on your body for a smooth flow of the massage stroke or cupping techniques. I offer a synergistic blend of therapeutic massage, acupressure, myofascial release, reflex point therapy, stretching, and instructed breathing to help you recycle the stress patterns into a positive

flow in your body, thus restoring a healthy balance.

Maintenance

Follow-up sessions allow your body to remain relaxed and balanced—making you much happier and stronger.

**Call 570-762-5482
to schedule your
appointment today.**

Patricia Shemo-Blessing LMT, CABT is a skilled expert with 16 years' experience as a licensed massage therapist working in Spa & Holistic Medical Health. She earned a certification in Shiatsu-Shin Tai from the International School of Shiatsu and completed Reiki 1, 2, and 3 Master Teacher Training from Many Blessings Ministry as well as a 4-year clinical meditation study to teach meditation and breath work.

<p>TRISHA BLESSING LMT, CABT, RMT <i>Integrated Massage Therapy</i></p> 	<p>Professional Relaxation by appointment only</p> <p>570.762.5482 ABPM Member since 2003</p> <p>TrishaBlessingmassage.guru </p>
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