

MASSAGE

Enjoy the soothing, healing effect a massage can provide: Massage is a terrific way to feel better and restore your sense of well-being. Feel relaxed and experience freedom from muscular tension or pain. Reduce mental and physical fatigue and stress. Improve circulation, promote the healing of tissues, and enhance skin condition.



Jeanette Ammon

I offer an “eclectic” massage concentrating on full-body or specific regions according to the client’s needs. With experience in *Swedish* massage, sports, *Polarity*, *Myofascial*, *Cranial*, *Deep Tissue*, *Reflexology*, and *Pressure Point* techniques—I generally apply techniques as I see or feel needed. Pressure used has been rated as medium to deep. Guided Imagery with light massage and relaxing music for stress reduction is available on request.



Carl Clovis

Basic services include relaxation and Swedish massage, as well as specializations in *Myofascial Release* and *Trigger Point Therapy*. Myofascial release treats and releases soft tissue layers that surround muscle by lengthening restricted fascia. Trigger Point Therapy releases muscle at the muscle/nerve junction.



Jolene Grant

I graduated from Ohio University with a degree in Exercise Physiology in 2006. I have always been so interested in studying the human body and decided to continue my education in the massage therapy field. I take into great consideration as to what type of therapy work should be considered based on my client’s needs. I use Swedish massage as a relaxation therapy, deep tissue massage to break down scar tissue and increase tissue elasticity, trigger point therapy to relieve pain and dysfunction in other areas of the body by applying pressure to tender areas in the muscle belly, and joint stretching to increase circulation in the blood and lymph channels while improving joint nutrition.



Dave Webb

My clients are the determining factor in which techniques I choose to use. I do *Swedish* to relax and restore that feeling of overall well-being, *Myofascial release* to un-restrict found fascia, *Pressure Point therapy* to smooth and soften tight muscle areas by applying compression to release the tension by either nerve triggering or physically forcing toxins out of the area. *Positional release* which places tense muscle into a position of comfort that helps release tension without causing discomfort, and *Deep Tissue* massage—a much deeper mode of massage. I have attended three weekend symposiums hosted by Dr. Richard P. Vonviky, a leading authority on Fibromyalgia. I may incorporate any of these techniques into a massage, all depending on what results the client desires.

All WellWorks members, OU employees/dependents/retirees, OU graduate student, and WellWorks Corporate Members are eligible for massage services.