

Massage as a Healing Tool

Healers throughout the ages have developed a wide range of therapeutic applications for massage using touch. The benefits of massage on the human body are many, from addressing chronic diseases and injuries to alleviating the growing tensions of our modern lifestyles. Touching conveys compassion and support and is a natural human reaction to pain and stress.



Relieve Stress and Anxiety

Experts estimate that 80 to 90 percent of disease is stress-related. Massage and bodywork help us remember what it means to relax. Since massage stimulates the relaxation response, it helps to soothe and calm you while creating a peaceful mind. Reducing stress gives you more energy, lifts your mood, and in the process, reduces your susceptibility of injury and illness.

Maintain Good Health with Massage

Massage is a gentle therapy that can relieve pain, and, in combination with other appropriate health care measures, can help heal certain conditions and prevent their return. A recent study found that a single massage produced measurable changes in the immune system and endocrine system of healthy adults. Not only does massage feel good, but it is also good for you.

Source: *Los Angeles Times*, Sept. 9, 2010

Schedule Your Massage

A typical one-hour massage session is \$85. To set up a massage appointment, please contact Paula San Miguel, LMT, at:

770.380.3115 office

contact@paulasanmiguel.com email

www.PaulaSanMiguel.com web

GA MT License # MT000189

Paula San Miguel

Licensed Massage Therapist



The Power of Personalized Integrated Massage



Paula San Miguel, LMT



Paula San Miguel, Licensed Massage Therapist, is a teacher and leader in therapeutic massage.

With nearly 20 years of experience, Paula has extensive experience in multiple massage techniques with an emphasis on neuromuscular therapy, Swedish, deep tissue and connective tissue massage. She has completed advanced coursework with certifications in neuromuscular therapy, zentherapy, a structural balancing modality, pregnancy and infant massage, connective tissue massage, reflexology and geriatric massage techniques. She is currently completing certification in polarity therapy, an approach to harnessing energy for healing.

Paula graduated from the Atlanta School of Massage where she is currently a well-regarded instructor. She is an active member of the American Massage Therapy Association.

Paula lives in Marietta with her teenage daughter.



Personalized Integrated Massage

Paula San Miguel believes each person's needs are different and one type of massage does *not* fit all. By drawing from her years of experience, training and knowledge, Paula wholly addresses your specific issues in each session by exploring your individual level of stress, aches and pain, and then delivering a personalized massage integrating everything that your body needs. Since she adjusts to your comfort level at all times, her massage provides only health-giving benefits.

Neuromuscular Therapy

Neuromuscular therapy (NMT) is a modern treatment approach that relieves chronic pain and enhances injury repair. Chronic, or long lasting, pain can be caused by trigger points – areas of hyperirritability in muscles which refer pain, numbness and or tingling to other parts of the body. Applying NMT will locate and eliminate trigger points allowing your body to be restored to pain-free vitality.

Massage Benefits all Ages

Whether it's massage for the mother-to-be providing emotional support and alleviating neck and back pain during pregnancy; massage for teenagers feeling the stress of life, sports, and school; or geriatric massage to provide caring touch to soothe the aches and pains of aging; simply put, massage benefits everyone at any age.

