

Our Therapy Staff

ISHMAN BODYCARE CENTER & INSTITUTE

608 S. Washington Street, Naperville, IL 60540 USA

www.ibodycare.com

Clinic (630) 355-5125 or (888) 395-7140 toll free (messages & appointments) *Fax* (630) 355-5186
Business & Education Office, Pilates Studio (630) 378-3768 *Fax* (630) 378-3767



Allison Ishman

Licensed Massage Therapist, Certified Pilates Instructor and Personal Trainer, Therapy & Fitness Educator, Owner and Director

- Developer of Fascial Link Therapy, an advanced method of Neuromuscular, Myofascial treatment with a focus on balancing the body's structural and energy systems. This therapy has emphasis on working with fascia.
- Energy Medicine Practitioner, with training from Donna Eden
- Trigger Point, Neuromuscular, and Myofascial Release Therapies, especially for pre/post surgery, whiplash, chronic pain or repetitive use injuries, TMJ, back or neck pain. Includes postural analysis & orthopedic assessment techniques.
- Sports Massage, Event Sports Massage, and Resisted Stretching techniques
- Hydrotherapy, Thermoregulatory Care, CPR and First Aid Certified
- Lymphatic Drainage Therapist and Instructor
- Pregnancy, Swedish, Deep Tissue, On-Site Chair Massage
- Certified Pilates Reformer Instructor, Personal Training and Nutrition
- Illinois License – Massage Therapy, Graduated Seattle Massage School 1993

Email: aishman@ibodycare.com



Molly O'Connor

Licensed Massage Therapist

- Fascial Link Therapist, Neuromuscular and Trigger Point Therapy
- Sports Massage, Event Sports Massage, and Resisted Stretching techniques
- Hydrotherapy, Thermoregulatory Care, CPR and First Aid Certified
- Lymphatic Drainage Therapy
- Pregnancy Massage
- Swedish and Deep Tissue Massage
- On-Site Chair Massage
- Nationally Certified in Therapeutic Massage and Bodywork
- Illinois License - Massage Therapy, Brian Utting School of Massage in Seattle, 1100 hours

Email: molly.oconnor@ibodycare.com



Magy Rehayem

Energy Therapist, BA, MA

- 4-Year Andean Energy Healing Apprenticeship
- Studied with various energy healers in the US and South America since 1997
- Certified NLP Health Coach & Master Practitioner (Neuro-linguistic Programming)
- BA Exercise Science
- 2-Year completion of Aromatherapy Coursework
- ACSM Exercise Specialist
- Created and manages Wellness Program at College of DuPage since 2000

Email: magy.rehayem@ibodycare.com