



## Massage, Energy & Fascial Link Therapy Services

We offer different types of massage therapy, neuromuscular therapy, fascial link therapy, lymph drainage, and energy therapies to meet different goals.



### Massage Therapy for Stress Reduction & Self-Care

**Swedish massage** (the most commonly taught type of massage in the U.S.) and **Acupressure** (based in techniques from China) may be used to create a relaxing, rejuvenating experience. The focuses here are to flush and drain the body - increasing circulation to the skin, muscles, and organs, and to relieve minor discomforts. Sometimes, hot packs or lightly scented oils may be used. Suggestions for healthy habits and stretching packets for the individual are often included. Ask about our Flower Essence Infusion session!

### Massage Therapy for Injury Treatment and Prevention

**Neuromuscular, Myofascial Release, and Trigger Point therapies** are oriented toward pain relief, postural balancing, and reducing tension. Here we specialize in a combination of these techniques, which is called Fascial Link Therapy. These therapies may be used in simple pain relief cases, or in the long-term pain relief of conditions like:

- **Carpal Tunnel**
- **Tendinitis**
- **TMJ**
- **Whiplash**
- **Stress & Migraine Headaches**
- **Chronic Fatigue and Fibromyalgia**
- **Post-Surgical Rehabilitation**
- **and other muscle related problems.**

How long the problem has been there, and what type of prior care it's had may affect recovery time. Please ask about the timeline involved in eradicating or limiting your muscle problem. Some conditions heal very quickly. Others take more time. Some may be covered by insurance. Read our information sheet called [Recommendations for Handling Insurance Reimbursement for Massage Therapy](#).

**Ishman BodyCare Center & Institute**

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One of the most common causes for pain and discomfort is an imbalance of your hips. This can cause low back pain, plantar fasciitis, tendinitis, neck pain, groin pulls, hamstring tears...etc... Read the article [My Hips Are Doing What?](#) On our website for more information about muscle balancing and postural imbalances.

### **Lymphatic Drainage Therapy**

This is a gentle and relaxing **lymphatic drainage technique** used to reduce swelling. It may be used for chronic lymphedema, or for periods following surgery or injury to improve circulation of lymph and speed healing significantly. It is a very relaxing technique, and is also effective for relieving sinus congestion and improving joint mobility.

### **Massage Therapy for Pregnancy**

Coping with stress and fatigue, easing aches and pains, and learning self-care techniques is healthful and enjoyable during a normal pregnancy. Massage therapy for the childbearing year is a wonderful way to relax, increase energy, and relieve discomfort.

### **Sports Massage Therapy**

Sports massage can increase an athlete's rate of recovery (approximately 30%, some figures show), improve performance, improve mental focus, and decrease risk of injury. It may address conditions such as low back pain, golfer's or tennis elbow, sprains, and strains. Orientation is toward maintaining health and performing at your best.

### **Energy Therapy**

Working with the eight energy systems that are relevant to your own health can have profound impact on your vitality, pain, and stress patterns. Typically this work involves an awareness of your own behaviors, actions, choices and assumptions. [Allison](#) uses assessment techniques adapted from Donna Eden's workshops and her book [Energy Medicine](#) to evaluate your body's systems and help you understand your own healthy and less healthy patterns.

Energy therapy can address that relationship between mind, body and spirit for those wanting to sharpen their mind, strengthen their immune system, relieve pain and common complaints such as colds, and keep yourself grounded and balanced. The eight systems are: 1) The Basic Grid; 2) Chakras; 3) Aura; 4) Celtic Weave; 5) Meridians; 6) The 5 Rhythms; 7) Triple Warmer; and 8) the Strange Flows.

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