

### Medical Massage:

Its outcome is primarily the application of specific treatment protocols targeted to the specific problem(s) the patient presents with physician's diagnosis and administered after a thorough assessment/evaluation by the medical massage therapist.

Medical massage is useful in addressing conditions such as:

- Carpal Tunnel syndrome
- Sciatica
- Piriformis Syndrome
- Rotator cuff injuries
- Pain associated with bulged or injured spinal disks (medical massage cannot 'fix' the disk, but can help alleviate much of the pain associated with the injury).
- Migraines/headaches
- Pain associated with pregnancy
- Constipation
- Range of motion issues
- Fibromyalgia
- Back and Neck pain
- Plantar Fasciitis (involving pain in the foot)
- Repetitive use injuries such as those listed and Tennis elbow, Golfer's Elbow.



### Awakening Hands, LLC

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# AWAKENING HANDS, LLC

*Delivering the best Therapeutic  
Massage in Miami to your  
doorsteps...*



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### What is Massage Therapy?

It is a system of stroking, pressing, and kneading different areas of the body to release pain, relax, stimulate, and tone the body.

### Some Benefits from Massage:

- Relaxing.
- Soothing.
- Healing.
- Ease tension, stiffness and pain.
- Improves breathing and Circulation.
- Enhances the Well-being.

### How Will I Feel After the Massage or Bodywork Session?

Most people feel very relaxed. Some experience freedom from long-term aches and pains developed from tension or repetitive activity. After an initial period of feeling slowed down, people often experience increased energy, heightened awareness, and greater productivity which can last for days. Since toxins are released from your soft tissues during a massage, it is recommended you drink plenty of water following your massage.

## INTRODUCTORY SESSION

**\$49.99\***

### SERVICES

#### **Swedish Massage:** 60 mins or 90 mins

It refers to a wide variety of techniques designed to relax muscles by applying pressure and rubbing in the same direction as the flow of blood returning to the heart. The main techniques, but not the only ones: Effleurage, Petrissage, Percussion, Vibration.

#### **Deep Tissue Massage:** 60 mins or 90 mins

It is a technique directed to treat the deeper layers of muscle's tissues. It is used to release chronic muscle tension using slow strokes. It also helps to eliminate scar tissues. It may cause some discomfort during or after the massage, however if it is done correctly, you should feel better than ever in a day or two after the treatment.

#### **Sports Massage:** 30 mins or 60 mins

It is a special type of massage applied to athletes before, during or after any particular event. The main goal is to prepare the athlete for peak performance, let fatigue go away faster, relieve swelling, to reduce muscle tension, to promote flexibility and to avoid injuries.

*\* It only applies to Introductory session. Other restrictions apply.*

#### **Reflexology:** 30 mins

It is a therapeutic treatment applied to feet and sometimes to hands and ears. It is based on the believe that there are reflex areas on feet/hands/ears corresponding to every part of the body, including major organs.

#### **Corporate/Chair Massage:**

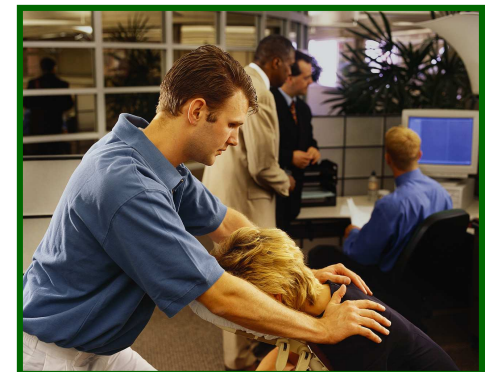
-Full back, neck and shoulder

-Neck and shoulder

-Neck

It is designed to apply pressure and relaxation to the muscles. The most common chair therapy are Shiatsu and Swedish. Shiatsu use pressing sweeping, patting, rolling, and rotating movement. Swedish use long gliding strokes and kneading motion.

**Call us Today 786-380-0992**



*Corporate / Chair Massage*