

SUSIE WYATT, L.M.T.

SUSIE IS A LICENSED MASSAGE THERAPIST. SHE RECEIVED MOST OF HER TRAINING AT THE HEALING ARTS CENTER IN ST. LOUIS, MO. SUSIE IS SKILLED IN THE USE OF SWEDISH MASSAGE, DEEP TISSUE, SPORTS MASSAGE, MYOFASCIAL RELEASE AND SHIATSU.

HER BACKGROUND AS A GROUP FITNESS INSTRUCTOR AND CERTIFIED NURSE ASSISTANT HELPS HER TO UNDERSTAND THE NEEDS OF MANY TYPES OF CLIENTS....FROM ATHLETES, TO CHRONIC PAIN SUFFERERS, TO THE ELDERLY.

SUSIE IS A DEDICATED PRACTITIONER THAT BELIEVES IN PREVENTION AND PROMOTION OF HEALTH AND WELLNESS. SHE BELIEVES THAT REGULAR MASSAGE CAN GREATLY ENHANCE ONES QUALITY OF LIFE.

GIFT CERTIFICATES AVAILABLE!

ASSESSMENT-YOU WILL DISCUSS WITH YOUR THERAPIST ANY AREAS OF COMPLAINT AND WHAT YOUR GOALS ARE FOR THE SESSION. YOUR SPECIFIC NEEDS WILL BE ADDRESSED.
CLOTHING- YOU MAY CHOOSE TO BE PARTIALLY OR TOTALLY UNCLOTHED DURING YOUR MASSAGE. SOME PEOPLE PREFER TO WEAR THEIR UNDERGARMENTS. YOU UNDRESS IN PRIVATE AND WILL BE COVERED BY A SHEET OR LARGE TOWEL FOR THE ENTIRE SESSION. ONLY THE BODY PART BEING MASSAGED IS UNCOVERED. YOUR PRIVACY WILL ALWAYS BE RESPECTED.
COMMUNICATION- ALWAYS FEEL COMFORTABLE TALKING WITH YOUR THERAPIST ABOUT NEEDS OR MODIFICATIONS IN PRESSURE. SOME CLIENTS PREFER SILENCE DURING MASSAGE WHILE OTHERS PREFER TO TALK. IT IS UP TO YOU.
POTENTIAL SORENESS- AFTER YOUR FIRST FREE MASSAGES OR A DEEP MASSAGE YOU MAY FEEL SOME SORENESS. DRINK WATER AND GENTLY STRETCH TO MINIMIZE. THE MORE MASSAGE YOU RECEIVE THE LESS LIKELY YOU ARE TO EXPERIENCE POST-MASSAGE SORENESS.
DRINK WATER- IT IS VERY IMPORTANT TO DRINK PLENTY OF WATER AFTER EACH MASSAGE SESSION. WATER WILL HELP FLUSH OUT TOXINS RELEASED BY THE MASSAGE.
FREQUENCY OF MASSAGE- HOW OFTEN YOU RECEIVE MASSAGE DEPENDS ON YOUR PHYSICAL CONDITION, DESIRED RESULTS AND TIME OR FINANCIAL AVAILABILITY.

Human Touch Wellness Therapies

MASSAGE THERAPY...
FOR HEALTH, RELAXATION & HEALING.



SUSIE WYATT
L.M.T.
(314) 941-0399

Enhances Posture and Range of Motion

Allows for better skeletal movement

Frees soft tissue Restrictions

Prepares muscles for strengthening

Minimizes scar tissue

Therapy Techniques

Swedish Massage— Long kneading strokes on the superficial layers of the muscles. Swedish massage helps to promote relaxation, improves circulation and relieves muscle aches and tension.

Deep Tissue Massage— Slow strokes using deep finger or palm pressure.

Myofascial Release— Sustained stretching of contracted area of muscle or connective tissue (fascia).

Both Deep Tissue massage and Myofascial Release help to relieve chronic patterns of tension and holding that can cause pain.

Myofascial Release can effect permanent changes in the bodies structural integrity.

Benefits Of Massage Therapy

Stress Relief

Calms nervous system

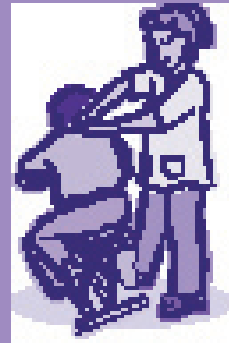
Relieves work-related tension

Helps to relieve headaches

Causes a decrease in blood pressure

Can reduce stress by lowering the levels of stress hormones in the blood, and raising the levels of certain brain chemicals that create a sense of well-being.

Call Susie To Schedule



*HUMAN TOUCH
WELLNESS THERAPIES
1002 HI-POINTE PL
ST. LOUIS, MO 63117*

Massage Therapy , once thought of as a luxury is increasingly being acknowledged by healthcare providers and the general public as a powerful addition to a health and wellness program. There is overwhelming evidence that massage enhances general health, can alleviate problem conditions, and helps to reduce and prevent mental stress. Whether you are interested in a relaxing massage or require deep tissue work I will adjust my techniques to fit your personal needs.

Rates:

- 30 minutes \$30.00
- 60 minutes \$50.00
- 90 minutes \$70.00

chair massage \$1.00 per minute.

