



Open Hands to Open Hearts

Essential Elements

Health Benefits of Touch

- ❖ **Improved circulation**
- ❖ **Better range of motion**
- ❖ **Overcome difficulties**
- ❖ **Strengthen Immune Responses**
- ❖ **Reduce Stress**
- ❖ **Eliminate toxins**
- ❖ **Balance blood pressure**
- ❖ **Relief from depression**
- ❖ **Better concentration**
- ❖ **Relief from physical symptoms**
- ❖ **Increased body awareness**
- ❖ **Increase mental clarity**
- ❖ **Overall feeling of balance and well being**

“Never underestimate the power of touch.”



Jane Reckow

Certified Massage Therapist





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About Jane



I'm a graduate of Ahern's Massage Therapy School of Mariposa, California and have training, experience and certifications in other related bodywork modalities.

The type of massage I use with clients incorporates several different massage and somatic techniques.

I listen and work together with you to understand what your individual needs are at the time of the visit. Taking this information into account we can tailor a therapeutic session that best suits and supports your own healing process.

Member in good standing of **IMA** (International Massage Association) and **ABMP** (Associated Bodywork and Massage Professionals).

I also offer a variety of weekly yoga classes and am a SAFAX certified yoga instructor.

My services are available for private groups, retreats and in home spa parties.

An index of the services I offer and am trained and experienced in practicing with clients.

- ❖ **Therapeutic Massage**
- ❖ **Acutonics**
- ❖ **Acupressure/Shiatsu**
- ❖ **Hot Stone Massage**
- ❖ **Essential Oil Therapies – Raindrop, Auricular, Emotional Release, Young Living Distributor #266796**
- ❖ **Vita-Flex – Thai Reflexology**
- ❖ **Zen Shiatsu Office Chair Massage**
- ❖ **Seated Chair Massage**
- ❖ **Geriatric Massage**
- ❖ **Energetic Balancing Techniques**
- ❖ **Ear Candling**
- ❖ **Health and Wellness Educator**
- ❖ **Spa and Relaxation Parties**

Integrating my intuition with healing therapies I strive to create an environment that supports relief from the following symptoms and complaints:

- ❖ **Migraine Headaches**
- ❖ **Back pain**
- ❖ **Tight shoulders**
- ❖ **Neck pain**
- ❖ **Allergies**
- ❖ **Scoliosis**
- ❖ **Hearing impairment**
- ❖ **Surgery numbness**
- ❖ **Tight muscles**
- ❖ **Sports related injuries**
- ❖ **ADD/ADHD**
- ❖ **Digestive complications**
- ❖ **Emotional Imbalances**
- ❖ **Low energy**
- ❖ **Chronic tension**
- ❖ **Toxicity**
- ❖ **Inflammation**
- ❖ **Depression**
- ❖ **Congestion**