

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



Visit my Website to
Register for the Mailing
List and Receive a
\$10.00 discount
off your next session.
janereckow.com



Essential Elements

Nurturing Balance



Natures Way

Jane Reckow

Certified Massage Therapist

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About Jane

A graduate of Ahern's Massage Therapy School of Mariposa, California, Jane has 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 suites 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. Contact me for more information and pricing by visiting my website: janereckow.com.

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

- ❖ Therapeutic Massage
- ❖ CranioSacral Therapy
- ❖ 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

