



Massage

Massage is a healing tool that has been around for thousands of years in many cultures. Touching is a natural human reaction to pain and stress, and a modality for conveying compassion and support.

Massage will improve:

Depression
Anxiety
Panic attacks
Grief
Sleep disorders
Muscle and joint pain

*Call us to book your first massage
(708) 424.2902*

Gina Woolwine, LMT

Gina is a Licensed Massage Therapist. Gina Woolwine is a Licensed Massage Therapist who has been practicing for a decade. She holds specialty certifications in Prenatal massage, Myofascial Release massage, Sports massage, and Trigger Point therapy.

Recognizing the powerful connection between the mind and muscles, she tailors each session to the individual needs of the client. Daily stressors and a hectic lifestyle can tax the nervous system and cause muscle tension, fatigue, migraines, and sleep disturbances among other issues.

Massage is a powerful tool that should be utilized by all. Touch is essential to Life.

Types of Massage

Myofascial Release Massage: Fascia is tough, dense tissue that envelops all of the muscles, bones, and organs of your body including the brain and spinal cord. This modality can release even the deepest areas of tension and is highly beneficial.

Trigger Point Therapy: This deep tissue modality specifically addresses chronically constricted areas in the muscle tissue. Trigger Points cause pain and tension in the muscle and will also refer pain to other areas of the body. Massage releases these trigger points.

Therapeutic Swedish Massage: The most common and best known massage technique. This massage benefits every system in the body.

Prenatal: Because women go through various difficult body changes during pregnancy, prenatal massage focuses on helping them with these changes.

Sports Massage: Sports massage is a type of bodywork geared towards athletes. Sports massage can be used as preparation for an event, during training, and post event.

Appointment Times:

Tues. (every other) 5 pm - 8 pm

Wed. 10 am - 1 pm

Fri. 5 pm - 8 pm

Sun. - call to book

Session Price:

\$60 for 60 minutes