



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*

Check out the back of this flyer for massage types and descriptions

Appointment Times:

Monday, Wednesday: 9 am - 7 pm

Friday: 9 am - 3:30 pm

Special Pricing for May/June

\$70 for 1 hour

\$100 for 1-1/2 hour

Keith Sichelski, LMT

Keith Sichelski, LMT Keith graduated from Pacific College of Oriental Medicine in 2018. The modalities of massage that he uses are: Tui Na, Gua Sha, cupping, moxibustion, trigger point and acupressure. His goal is to help alleviate pain, stress and anxiety while promoting Qi (energy) and blood flow. Massage may also include the use of lineaments and essential oils. In addition to massage he leads classes in the 8 Brocades and 5 Element Qigong, as well as Tai Chi. He is currently pursuing a doctorate in Medical Qigong.

In his down time, he enjoys spending time with his family, being in nature, biking, playing ice hockey, and enriching himself and his family's life through the arts. Living an organic lifestyle through the five element nutrition and using chemical free household products, he supports returning to a simpler way of life while removing toxins from the body naturally.

"True self-cultivation involves the holistic integration of mind, body and spirit. Balancing Yin and Yang, one achieves complete unity within and without."

~Lao Tzu

The Center for Psychological Services
10735 S. Cicero Ave, Suite 208
Oak Lawn, IL 60453 . 708.424.2902

www.cpstherapy.com

Types of Massage Offered at the Center:

Tui Na: An East-Asian massage where muscles and tendons are massaged and acupressure technique is applied to directly affect the flow of Qi (energy) and blood thus facilitating the healing process. It removes blockages, allowing the energy to move through the meridians and muscles. Tui Na is the original deep tissue, circulatory and ROM (range of motion) massage.

Gua Sha: An East-Asian technique using a smooth edged tool in a scooping motion (Gua) to bring blood stagnation to the surface in an elevated millet-like rash (Sha). Gua Sha can be used to release stuck fascia, alleviate headaches and pain, break up scar tissue as well as to speed in resolution or prevent onset of the common cold.

Cupping: An ancient form of therapy in which the therapist applies cups to the skin and creates suction. Cupping therapy is used for blood and Qi (energy) stagnation, chronic and acute pain, digestive issues, fatigue, relaxation and common cold/cough. It also treats anxiety, depression or emotional disorders. You can expect a circular “bruise” which is actually a breakage of the superficial capillaries on the surface of the skin. These marks can last a couple of days to a couple of weeks.

Moxibustion: Is the burning of herbs (moxa) on or near an acupressure point. The heat generated helps stimulate the point, helping to regulate Qi and blood along the meridian.

Acupressure: Uses precise finger placement over specific points on the body. Activation of these points can improve blood flow, release tension, and unblock Qi.

Triggerpoint: A therapy which focuses on detecting trigger points and releasing through isolated pressure. Trigger points cause and refer pain in the body.

Current research supports the benefits of massage range from treating chronic diseases and injuries to alleviating the growing tensions of our modern lifestyles. Having a massage does more than just relax your body and mind - there are specific physiological and psychological changes which occur, even more so when massage is utilized as a preventative, frequent therapy and not simply mere luxury.

** Massage gift certificates are also available for purchase at our front desk*

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