

# What massage can do for you...

You need a massage.

- To lessen the stress in your life.
- To relieve aching muscles.
- To overcome pain.
- To strengthen your immune system.
- To feel healthy.
- To feel calm...to relax.

**Clinical research indicates that the benefits of massage are measurable, substantial, and quite real.**

What can massage do for you?

Massage...

- Relaxes muscles
- Reduces spasms
- Increases flexibility
- Releases endorphins
- Increases circulation
- Stimulates the immune system
- Improves range of motion
- Triggers the relaxation response
- Promotes healthy and vibrant skin
- Improves energy flow
- Lessens the need for medication
- Helps relieve chronic pain
- **Helps you feel good!**

# Touch that is safe...

Richmond County Massage Therapy offers an incredible array of medical massage techniques, specifically tailored to meet your individual needs.

The touch you get from Richmond County Massage Therapy is **relaxing, essential and safe**. It is...

- **Not intrusive** - you tell what you are comfortable with and that is respected
- **Not sexual** - this is therapeutic massage, often prescribed by doctors, or recommended by individuals who recognize the absolute value
- **Not demanding** - this is touch just for you... not the touch of someone needing or requesting something from you
- **Good for you** - therapeutic massage is a safe, effective way to make you feel healthy, calm and good.

# Hands you can trust...

When you come to Richmond County Massage Therapy, you put yourself in the talented hands of **one of the leading Medical Massage Practitioners on Staten Island.**

Diana Rogers is a registered nurse with over 19 years experience. She has over 650 hours of massage training, and has extensive expertise in an amazing range of therapeutic massage techniques. She teaches other massage practitioners, nurses and students the benefits and techniques of medical massage.

When you come to Richmond County Massage Therapy, you get treated like an individual, and get dedicated and talented care and attention.

And when you leave Richmond County Massage Therapy, **oh, do you feel good!**

