

Hands On Healing Services
Miriam Corneli, LMT

With over 20 years experience in the massage therapy field, I offer a range of delightful, effective, therapeutic massage and bodywork modalities, as well as several energy healing techniques.

SPECIAL OFFER!

Three-for-one Shiatsu Introductory special!
\$108.00 for three shiatsu session
(Offer limited to first time clients at the GCCC only)

SHIATSU

Working with energy meridians and the Chinese Five Element system (much like acupuncture, but without the needles), Shiatsu rebalances your energy, removing blocks from the joints and stagnation from your muscles and organs. It is usually done on the floor on a futon or mat, with clothes on. Be sure to wear something stretchy like sweatpants and a t-shirt.

Pressure range: very light, subtle energy work, to deep myo-fascial release, depending on you and your situation.

Good for: all ranges and conditions.

THAI MASSAGE

Also done on the floor on a mat. This type of massage utilizes a lot of foot work and deep pressure, compression, and a lot of stretching. Some people say that it's like having someone "do" yoga for you! Works with opening the meridian lines (Sen in Thai) and with passive range of motion.

Pressure Range: Sensitive/light to deep.

Good for: muscular body types, or people who are very limber

TABLE MASSAGE

I offer a range of options on the table ranging from Swedish to Deep Pressure to a combination of the above with Energy Work thrown in for good measure!

Pressure Range: It's up to you; I can generally work to meet your needs.

Good for: getting out knots and sore spots, and for releasing stuck energy patterns. Creating a flow of endorphins and improving circulation.

CHAIR MASSAGE

Don't have time for a full body massage but need the benefits? Try my 10 minute, 15 minute, or 30 minute chair massage. Advantages: 1. Works primarily on head, neck, shoulders, arms and hands, and back (the major stress spots!). 2. Doesn't require

you to disrobe or get oily, since it's done with your clothes on. 3. Easy to go back into your daily routine, feeling refreshed and energized.

Pressure range: Light to deep (I do a lot with my elbows!)

Good for: people on the go, in-between longer sessions, or just a quick "tune-up" for your neck and shoulders.

A NOTE ABOUT DEEP PRESSURE:

I often get clients who request deep pressure. Usually I hear something like this:

"You can't go too deep." Well, actually, this shows me that you may not be in tune with your body. Often, if I work at that kind of depth, people's muscles actually do not relax. More often, if we work together to unravel stress spots and "knots" layer by layer, *at a comfortable pressure*, we can actually accomplish a lot more!

Otherwise, if you really like deep pressure, try the **shiatsu** or the **Thai massage**.

Then I can use my feet!