

## About Alexis

Alexis graduated from Inland Massage Institute in 2006 and has been in practice from the first day she got her license. She is experienced in Swedish, Deep Tissue, Injury treatment, Lomi Lomi (Hawaiian massage), and is certified in Pregnancy massage.

Alexis has been a practitioner at Inland Family Chiropractic since 2008 when the doors first opened and has been growing with the practice ever since.

“Massage Therapy has been a wonderful and rewarding career for me and I love getting to know my clients and helping them in their path to better health and pain relief. I would love the chance to serve future clients needs as well.”

**\*\*Make an appointment to come and see Alexis soon.**



Alexis and her husband

## About Kala

Kala Munroe graduated from Northwest Noetic School of Massage in April of 2010.

I have training in a variety of modalities such as Injury Rehab, Sports Massage, Deep Tissue, Hot Stone, Ayurveda, reflexology, lymphatics and pregnancy massage, which I plan to continue on for my certification.

I am starting my career at a young age and am so excited to be able to work with people, helping them achieve relief of pain and stress to promote a happy and healthy well being!

**\*\*Make an appointment to come and see Kala soon.**



*Alexis Assink L.M.P.*

*Kala Munroe L.M.P.*

*509-926-WELL (9355)*

*Licensed Massage Practitioner*

*Certified Pregnancy Massage*

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## Got Massage?

Whether seeking massage for a medical condition, searching for a method to help with stresses of daily life or wanting to maintain good health, more and more people are turning to therapeutic massage.

Massage doesn't just feel great. Research shows it reduces the heart rate, lowers blood pressure, lowers blood sugar in diabetics, increases blood circulation and lymph flow, relaxes muscles, improves range of motion and increases endorphins.

## Prices

Call or visit website at [www.infamilychiro.com](http://www.infamilychiro.com) for Monthly Specials

30 min Massage	\$40
60 min Massage	\$60
90 min massage	\$80
120 min massage	\$110

Most Insurance Accepted

Gift Certificates Available

## Types of Massage

We offer Therapeutic Massage including Swedish, Deep Tissue, Trigger Point, Pregnancy, Migraine Therapy, Injury repair and Chair Massage.

## Swedish Massage

Nurture your body, mind, and spirit with this light, relaxing, and therapeutic style of bodywork. It combines oils or lotion with an array of massage strokes to decrease stress, release stored toxins,

improve circulation, decrease blood pressure, reduce pain, and improve flexibility.

## Deep Tissue Massage

Type of bodywork designed to relieve tension and pain in the deeper layers of tissue in the body. The therapist will use various techniques with hands, knuckles, and elbows and apply focused pressure on "problem areas" or "trigger points" in the body. Deep Tissue Massage is a highly effective method for releasing chronic stress areas due to misalignment, repetitive motions, and past lingering injuries. Due to the nature of the deep tissue work, open communication during the session is crucial to make sure you don't get too uncomfortable. Keep in mind that soreness is pretty common after the treatment, and that plenty of water should be ingested to aid with the flushing and removal of toxins that will have been released from the deep tissue during the session.

## Pregnancy Massage

Massage designed for the "mother to be". The therapist will use a variety of techniques designed to relieve pain and discomfort in the trouble areas for most women during pregnancy such as low back and shoulder tension. Semi-reclining and side-lying positioning is used for ultimate comfort during this special time when lying on your tummy is not possible.

Pregnancy affects your body in a multitude of ways. Below are just some of the ways massage can help you adjust to your new changes and feel great. Bodywork during pregnancy helps:

- Reduce stress, promotes relaxation, facilitates transitions through emotional support and physical nurturing

- Reduce edema and blood pressure, relieve varicose veins, and increase blood and lymph circulation

Postpartum Massage helps:

- Improve breastfeeding
- Reduce musculoskeletal tension and pain and promote structural realignment and rehabilitation of skin, muscles and organs
- Decrease postpartum depression
- Promote recovery from cesarean birth, including healing of the incision

## What to Expect on your first visit

We begin with a health intake form so I can familiarize myself with your medical history and needs. The therapist will introduce them self and give you a tour of our office so that you are familiar and comfortable with the layout. I will escort you to the massage room where I will discuss your treatment plan with you and what to expect during your massage and any changes in the routine. The therapist then leaves the room for you to disrobe to your comfort level (most clients remove everything except underwear) and get on the table under the sheets. Your comfort is our main priority. The therapist will then enter the room when you are ready and begin your treatment. After your treatment is over the therapist will exit the room and await your arrival at the front desk and tell you what is recommended for future treatments. Your therapist will provide you with water that will enhance the flushing of toxins from the body and give you the best massage experience.

Please note: your practitioner will customize any massage to your needs including areas worked on and the depth of the pressure applied.