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By Appointment Only

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On-line Scheduling Available**

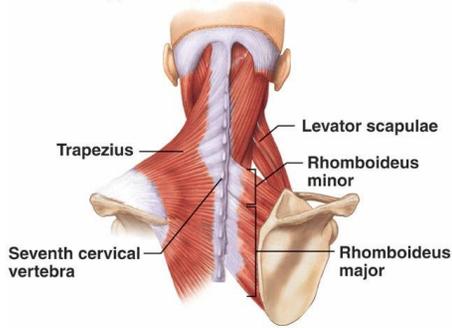


Professional Member

Your Guide

To Therapeutic Massage and Bodywork





What is massage therapy?

The term massage therapy is used to describe the manipulation of soft tissue—muscles, skin and/or tendons—by fingertips, hands, fists, elbows and even feet. Bodywork is a general term for manual techniques that involve touch and movement and are used to promote health and healing.

What are the benefits of massage?

Many people believe that it's a luxury, but massage is much more than simple relaxation. The therapeutic benefits of massage continue to be studied, but research has shown it to be effective in:

- Decreasing pain
- Reducing anxiety and stress
- Improving range of motion
- Decreasing carpal tunnel symptoms
- Reducing muscle soreness
- Boosting immune system
- Lessening depression
- Relieving back pain
- Promoting tissue regeneration
- Easing withdrawal symptoms
- Treating cancer-related fatigue
- Easing labor pain and stress
- Relieving migraine pain
- And more

What to expect when receiving a massage

Although no two massages are alike, there are some things that are universal. Sessions generally take place in a quiet, comfortable room. It may be dimly lit and soothing music is often played.

The practitioner will begin with a consultation, asking questions such as the reason you are seeking massage therapy, any injuries or medical conditions you may have, and any other information that may help them to better serve you.

The massage therapist will then excuse themselves so you can disrobe to your level of comfort. You will then get on the massage table, under the provided cover and relax, either face up or face down.



You will be draped at all times—only the area being worked on will be exposed. A typical full body session includes your back, arms, legs, feet, hands, head, neck and shoulders. The massage will not include the breast tissue or any genitalia. Oil or lotion is used.

When the massage is complete, the practitioner will leave the room so you can get dressed. Sit up slowly and, in the hours after your massage, drink plenty of water.

How long is a massage session?

A massage session can be as short as 30 minutes or as long as 90 minutes depending on the type of massage.

A medical massage, which is usually focused on one area of the body for rehabilitation purposes, may only be 30 minutes. Most full-body massage sessions are 60 – 90 minutes long. Allow at least 15 minutes before and after your appointment to relax, fill out any necessary forms and for undressing/dressing. Being rushed afterwards may reduce some of the positive results of your massage session.

What to look for in a therapist

When selecting a massage therapist, you want to make sure they are skilled, knowledgeable and ethical. The easiest way to ensure this is to ask if they are licensed. If so, their State of Maryland license should be displayed in the office.

Getting Started

So you want to schedule a massage or bodywork. How do you get started?

Self scheduling is available 24/7 on the website at www.sacredspace1.com or call (443) 794-1207 for an appointment today!

