

## Why massage?

You might schedule your first massage because of some pain or injury. But after experiencing massage, many people come back just because it makes them feel good.

When our muscles are used in exercise (or carry a lot of tension) they require an increased supply of oxygen and nutrients. Massage moves and stretches the soft tissues and increases circulation of blood and lymph carrying oxygen and nutrients to the muscles and organs and carries waste products away.

Massage and bodywork reduce emotional and physical stress, and are suggested as part of a regular program for stress management. Massage and bodywork feel good AND are good for most people. Call today to schedule an appointment.



## About Su

Holistic therapy has been an interest of mine for as long as I can remember. My mom was always reading about healthy eating, practicing organic gardening and dragging us along on her nature hikes. I guess I started paying attention to natural solutions back then. I didn't choose body work as my first career but through the years, it has sort of chosen me.

I am a licensed massage therapist in the state of Ohio. I am also certified in aromatherapy, fitness training, pregnancy and infant massage and as a hypnotist. I am studying ayurvedic medicine and a researcher in sound healing therapies.

I practice bodywork and massage in my office in the 2nd April Galerie Studios on the second floor of 324 Cleveland Ave NW in downtown Canton. There's a link to a street map and a parking diagram on my website for your convenience [www.sumassage.com](http://www.sumassage.com)

*peace, Su*



*Journey Studios* LLC  
Massage and Bodywork Services



In today's world we have too much to do and too little time. We work hard and play hard. However, our bodies aren't made for this endless stress.

Massage and bodywork can help, offering relaxation and renewal so you can tackle challenges in your life with new energy and focus. For more information read on, check my website, or call me.

*Now open in downtown Canton*  
in the 2nd April Galerie Studios

324 Cleveland Ave NW  
Suites 203-204  
Canton OH 44702

phone 330-232-1888  
[www.SuMassage.com](http://www.SuMassage.com)

# Services

Massage and bodywork help your muscles stay in top condition. Whether you're stressed from life, have just finished a hard workout or are just trying to find that feeling of balance again in your life, massage and bodywork can help.

Bodywork includes massage therapy and other healing techniques like reiki, aromatherapy and many others, all working together to help your body find healthy balance and healing.

I do not believe in the "no pain, no gain" school of massage therapy. Even when doing deep or other therapeutic work, I strive to keep the treatment as pain free as possible. If the client is ever uncomfortable, I adjust my technique. I try to keep you as relaxed as possible so your body is free to work towards healing itself.

I'm trained in the following specialties, often using a combination of many therapies based on a client's condition or request. Feel free to ask questions about any technique you're interested in.

- Therapeutic Massage
- Swedish/ Relaxation Massage
- Deep Tissue Massage
- Sports Massage
- Hot Stone Massage
- Facial Massage (the natural "face lift")
- Pregnancy & Infant Massage
- Reiki
- Aromatherapy
- Cellulite Reduction
- Scar and Stretch Mark Reduction
- Hypnomassage
- Myofascial Release
- Trigger Point Therapy
- Reconnective Healing
- Scalp or Foot Massage

*Gift Certificates* are available online or at the office.

*Classes* in reiki, aromatherapy and other fun stuff are scheduled as interest is shown. Check the website for current class offering or call.

Outcalls or work done at a client's home or other location are priced on request. Additional therapists are available as needed.

su nimon LMT, cHt.  
Journey Studios at 2nd April Galerie Studios  
324 Cleveland Ave. NW, downtown Canton Ohio  
ph 330-232-1888

*www.SuMassage.com*

# Costs

I try to keep my rate structure simple and affordable. All prices are for work done in my office.

Most therapy is done at the cost of \$50 per hour or \$70 for an hour and a half, including all energy work and massage techniques except hot stone massage.

Hot stones cost \$60 per hour, \$85 for an hour and a half.

Some therapies are available in half hour sessions; including reiki, scalp or foot massage.

Chair massage is available in my office for \$1 per minute. I recommend 10 minutes as a minimum and will work up to 30 minutes.

Aromatherapy is available and generally adds \$5 to \$10 to the cost of massage or bodywork service.

More detail is available online at [www.SuMassage.com](http://www.SuMassage.com) or just give me a call at 330-232-1888

*Hours*- I generally work by appointment. Office hours are Tuesday through Friday, from 10 or 11am to 6 or 7pm and Saturday from 10am to 2pm. I can be flexible with hours to accommodate your schedule.

Payment is to be made at the time of the service by cash, check or credit card. I do not accept insurance payment plans but I am approved as a Bureau of Workman's Compensation provider. Call for more information if you're on BWC.

