

The Massage Advantage

What's in it for you?

Fall 2012

The Thing I Do

"So what exactly do you do?", I was recently asked and stumbled to answer. Wasn't the first time someone had that inquiry, yet I was hesitant to respond. Defining my brand of massage is difficult, no easy answer like Hot Stones or Thai Massage that evoke clear images. No immediate imagery of hot black objects strategically placed on a back. No visuals of a therapist unfolding a client's body on a mat.

Like a paintbrush neglects to portray a specific artist, like a camera falls short of characterizing a certain photographer, massage techniques fail to distinguish the therapist. And while the laundry list of my skills includes Sports, Deep Tissue, Trigger Point, Neuromuscular, Swedish, Reflexology, Orthopedic, Proprioceptive Neuromuscular Facilitation, Therapeutic and Kinesio Taping, plus experience with professional athletes—tennis, basketball, boxing, wrestling—the list alone cannot describe what I do.

So what exactly do I do? Something more cerebral, more emotional, palpable yet intangible. My massages are more holistic. No, not in the sense of chanting or candle alters (watch your mind!). They are very grounded, rooted in connection with the individual, the body, the whole person.

What distinguishes my massages from other Massage Therapists' is my ability to effectively use techniques and intent to awaken and engage the body's own

healing capacity.

Intention is underrated. Typically when we say "I intended to...", we really mean that we hoped—had the thought and desire without any real action to support them. Hope for a good relationship while lying to your partner is counterproductive. Intention for a rewarding relationship commands behaviors toward that end. Hoping to be on time is betrayed by taking an unimportant call before you leave. Intention to be prompt automates a timely departure.

And so it is with Massage Therapy. The therapist's intention sets the tone for the massage and guides his or her application of techniques. Some therapists just go through the motions, only intending to collect money. Some therapists do Deep Tissue no matter what the issue. Others are only capable of Swedish when a more aggressive technique is indicated.

I recently had a massage at a local Day Spa and it was an ordeal. I explained to the MT that I needed to relax and zone out. She nodded as if understanding yet applied her abrasive style that felt like sandpaper against my skin. Even when I asked for less pressure, it still felt like my skin was being stripped off layer by layer.

Her intention wasn't to provide what my body needed nor to apply appropriate techniques. Either she didn't care or was only capable of that skill level.

My massages, however, are treatments that account for the client's identified needs, pressure tolerances, and muscular

responses. You see, when the body tenses and writhes and guards against pressure, the therapist must understand that other muscular dysfunction can be created from this reaction. For example, if Deep Tissue to the hamstrings causes the client's back to arch and legs to stiffen, then trigger points may develop in those muscles as well, so the therapist should adjust.

A good therapist has to be flexible and have the knowledge and skills to adjust, to apply the most effective technique that does not cause other problems. My muscles were more tense when I got off the human exfoliator's table because she could not or would not adjust.

So what exactly does Glen do? She treats your muscular dysfunction with professional care that intends to resolve the issue with good, effective technique and education, which gives clients more control over muscle functioning. The totality of my massages allows your body to repair itself and feel relaxed, refreshed and rejuvenated.



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Healthy Touch

I'm a Massage Therapist because I've always believed in the healing power of healthy touch. Experts agree. According to Good Housekeeping in *The Power of Touch*, February 2012:

- Skin is the body's largest organ and when stimulated, the feel good hormone Oxytocin is released while the stress hormone Cortisol is reduced.
- "Tactile sensation, from massage to a pat on the back to hugs, can help premature babies gain weight, accelerate recovery from illness, and calm us when we are afraid."
- Touch can make you healthier by boosting your immune system.
- After receiving chair massage, subjects showed increased speed & accuracy in solving difficult math problems.
- Touch can deepen relationships by intensifying emotional bonds.
- Touch can shift your perspective--holding something warm, shampooing, hugging a friend, or **getting a massage** can put you in a generous mood.

Massage Menu

S E R V I C E S

90 Minute Massage	\$115.00
60 Minute Massage	75.00
30 Minute Massage	40.00
Special Events	call for quote
Onsite Chair Massage	call for quote
Travel (Internationally)	call for quote
Kinesio® Tape (30 minute session)	45.00
KT Add-on (to massage)	5.00



P R O D U C T S

Biofreeze — Spray or Roll-on	13.00
Thera-Band Stretch Strap	24.00
<i>Product prices include sales tax.</i>	
Returned Check Fee	30.00
No-show Fee	75.00

Gift Certificates are available
Contact Glen for specials & group rates.
The Massage Advantage has the right to refuse service to anyone.

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Thanks to their support and that of many others, we have been able to serve 110+ beginning/restarting tennis players, provide over 50 wellness screenings and treatments, and provide for ~50 foster children.

Holiday Celebration for Foster Families in G Alex Foundation's Your Big Healthy Family program. We provide for the development needs of ~50 foster children in 17 foster homes. YBHF fills the void of critical needs that the State does not provide for.

Secret Santa donations are needed by 12/03/12. Suggested gifts include gift cards, toys, family games.

Davis Kup of Las Vegas 2013. The 2nd annual tournament for local teaching pros February 8-10. Activities include a players' party, raffle and match play--Men's Doubles & Mixed. Proceeds benefit G Alex Foundation.

Race for Wellness. 5K Run/Walk at Floyd Lamb Party on April 13, 2013 with timing. Proceeds benefit G Alex Foundation.

Sponsors are needed for all events. Please support our tennis and wellness programs that promote health!!

galexfoundation.org

Updates & Events

Congratulations to our 2012 Award Recipients

Mike Copenhaver, Enriching Promoter

Rosie Tiffe, Enriching Volunteer

Guy B, Enriching Donor