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# An Announcement YOUR BODY CAN FEEL GOOD ABOUT

May 2021



## We Are Excited To Announce...



Over the years, there's a few things our office has grown to be known for besides the obvious (and our favorite!) exceptional chiropractic care. One of those things is that it's a great place to get great massage therapy as well. Kristin, of *Relaxing Restorations Massage Therapy*, and her team have been providing an amazing massage experience in our office for the past few years. Recently, Kristin made the decision to simplify life and scale back her practice moving it back to her home studio, beginning this week. We will miss having Kristin in our office!

All of this leads us to an exciting announcement. **We'd like to introduce you to Optimal Health Massage Therapy!**



You can expect the same great massage experience, in our same massage spaces, with some of the same massage therapists you've gotten to know over the past few years.

### **You Can Schedule a Massage with us a Few Different Ways:**

*You can book online: <https://www.massagebook.com/biz/OptimalHealthMassageTherapy>*

*You can call us: (303) 593-2586 (you can call our main OHC number if you have it stored in your phone!) OR you can schedule at the front desk anytime! We're happy to be able to make this an easy experience for you. Watch for special promotions for our clients coming soon to get things kicked off!*

### **Our Therapists:**

We are very excited that *Monica* will be helping us create a seamless transition and moving over from the Relaxing Restorations team over to the Optimal Health team during this month. We are also excited to welcome back *Adryanna*, who has been a Relaxing Restorations team member for the past few years, but took a pause from in person massaging over the past year and will be starting back with us in June. Learn more about both of them and their massage styles at the bottom of the email!

**Why Chiropractic and Massage go Hand in Hand:**

As a chiropractor, I work with people to keep themselves healthy. Our main goal is to work with the bones of the spine, adjust, and align the bones in order to provide proper function. Spinal alignment can be helpful in effecting positive change on the nervous system and the rest of the bodies' functions. Sometimes with injuries when we are working with patients we observe tightness in the large muscles surrounding the spine as well as the tendons and ligaments attaching these structures. When adjusting the spine in these circumstances it is often beneficial to add therapy in order to loosen these structures. This is a case in which massage therapist and chiropractors can work well together.

Massage therapy can provide a wonderful compliment to chiropractic by working with the soft tissues surrounding the spine. Massage can be incorporated before adjustments when patients have very tight muscles restricting their motion. This can make adjusting the spinal segments much easier post massage. Therapy can also be incorporated after adjustments to help soft tissue relax and allow the adjustment to hold longer or help move inflammation out of an area.

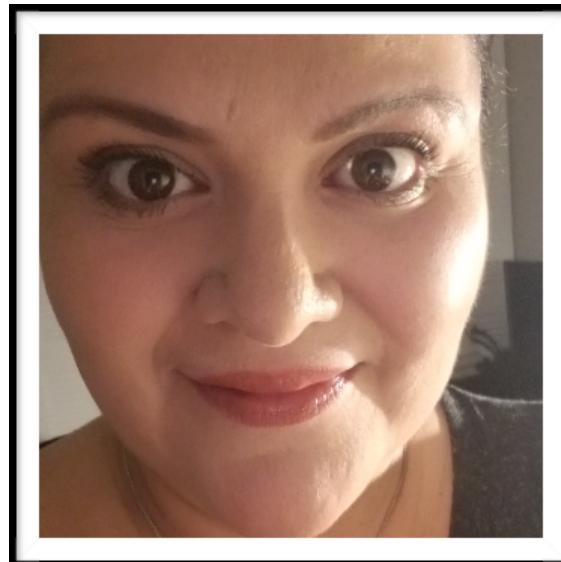
Generally speaking a collaboration between chiropractor and massage therapist can help healing take place faster in an injured area. Chiropractic and massage therapy can also be combined as part of a wellness plan to keep your body operating in a relaxed and well state.

We are looking forward to being able to work even more closely to provide you the best care to feel your best!

- Dr Chris



About Adryanna



About Monica

**About Adryanna:**

*Specializations:*

I specialize in structural bodywork, deep tissue, trigger point therapy, swedish massage, sports therapy, soft cupping treatment, and hot stone massage (will be adding neuromuscular cupping therapy to this list soon when I'm certified!)

*Depth:*

My pressure lands somewhere between medium-deep.

*Style:*

I tackle a wide range of wellness goals using integrative structural bodywork techniques to correct muscle imbalances, enhance neuromuscular efficiency, and help relieve chronic pain, addressing tissue that is often restricted due to injury, overuse, or simple inactivity, causing pain and discomfort.

*Days Available:*

Sunday, Monday & Tuesday

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**About Monica:**

*Specializations:*

I incorporate deep flowing Swedish massage techniques with stretching to target specific muscle groups & increase range of motion. This leaves clients feeling like tension & pain is completely alleviated, walking away from sessions feeling refreshed and renewed.

My recent education in nursing has helped to expand my knowledge in human anatomy & physiology, deepening my understanding of therapeutic bodywork.

*Depth:*

My incorporation of deep tissue work with broad & firm pressure allows clients to feel perfectly balanced without feeling sore.

*Style:*

My massage is best described as firm, yet gentle as well as fluid, yet specific.

*Bonus:*

I am bilingual and able to communicate with clients fluently in both English & Spanish.

*Days Available:*

Wednesday, Thursday & Saturday

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