

Benefits of Massage

Massage benefits the muscular system by:

- Relaxing or stimulating muscles
- Reducing fibrosis and adhesions in muscles and connective tissue
- Helping to keep muscles flexible and pliable
- Relieving soreness tension, and stiffness, and spasm
- Relaxes tight muscles
- Enhances tissue elasticity
- Removes muscle aches and stiffness
- Can improve muscle tone and helps prevent or delay muscular atrophy as a result of forced inactivity
- Relieves tired and sore muscles

Massage benefits the circulatory system by:

- Improving Oxygen supply to cells
- Improving supply of nutrients to cells
- Decreasing blood pressure

Massage benefits the nervous system by:

- Stimulating motor nerve points
- Relieving restlessness and insomnia
- Promoting a sense of well-being
- Deep relaxation and stress reduction
- Counteract body's response to stress
- Relaxing muscle tension and allowing heart rate blood pressure and circulation to return to a normal state
- Can stimulate release of endorphins, the body's natural pain killers, into the brain and nervous system

Massage benefits the Lymph system by:

- Increasing circulation of the lymph and blood which improves the delivery of nutrients, oxygen, and arterial blood components to the local area, which can also prevent edema.
- Cleansing the body of metabolic waste

Massage benefits the Immune System by:

- Enhanced immune function and disease

prevention

Massage benefits the athlete by:

- Relieving tired and sore muscles
- Helps improve flexibility
- Relaxes tight muscles
- Speeds recovery from strenuous physical exertion

Massage benefits the skeletal system by:

- Improving body alignment and posture
- Relieving stiff joints
- Improving range of motion

Other Benefits:

- Deeper easier breathing
- Relief of eye strain, sinus congestion and headaches
- Faster healing from surgery and injuries; reduced formation of scar tissue
- Improves energy flow
- Speeds recovery three to five times faster from physical exertion
- Reduces the anxiety of athletic competition

Massage benefits the skeletal system by:

- Improving body alignment and posture
- Relieving stiff joints
- Improving range of motion

Mental/Emotional Level:

- Improves your ability to relax on your own as the feeling of relaxation becomes familiar
- Reduced mental stress, a calm mind
- Improved ability to monitor stress signals
- Increased mental clarity
- Satisfies the need for nurturing and touch
- Reduction of anxiety, depress, confusion, anger, insomnia and headaches
- Enhanced body-mind awareness
- Feeling of well-being and harmony
- Daily aggravations seem less important and easier to cope with

Meet the Therapist



Body N Soul Massage Deborah Shahadey

634 E. Davis Drive
Terre Haute, IN 47802
(3 blocks East of Honey Creek Mall
in Health Quest Nutrition Center
Plaza— across from
T.H. South High School)

(812) 230-0697

www.bodydayspa.net

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i, my name is Deborah Shahadey. I grew up in Terre Haute, Indiana. At 18, I began exploring different states and countries. I lived in North Carolina, South Carolina, Nevada (Las Vegas), Florida (Fort Lauderdale), and Germany (Kaiserslautern).

I attended **Nevada School of Massage Therapy** (graduating in May 2000) studying a wide variety of healing modalities including Swedish massage, Acupressure, Anatomy & Physiology, Cranial Sacral Therapy, Deep Tissue, Facilitated Stretching, Hydrotherapy, Touch For Health, Shiatsu, Reflexology, Sports, Russian Sports, Seated Massage, Shiatsu, Infant Massage, Injury Massage, and Trigger Point Therapy.

After this, I was employed by the world-renowned **Canyon Ranch Spa Club**. I then moved to Fort Lauderdale, Florida where I received my Florida State massage license (#0035435) and began studying Thai Massage. I also completed the requirements to become a **Nationally Certified Therapeutic Massage Bodyworker** (NCBTMB #310314-00). While in Florida, I worked at The **Westin Diplomat Country Club & Spa** as well as **Marriott Harbor Beach - The Spa**.

On March 28, 2002, I was diagnosed with Acute Lymphocytic Leukemia (ALL) and underwent chemotherapy for one year. I moved back to Terre Haute, Indiana to do this. I completed chemotherapy April 23, 2003. I am in complete remission with a clean bill of health and no expected relapse.

I opened Body N Soul Massage June 2003 in Terre Haute, IN. I strive to keep up with the new products and techniques in the massage field by taking continuing education classes each year. I married Joe Shahadey on December 18, 2003 in Las Vegas, Nevada floating down the Venetian canal in the wedding gondola. March 2004, Body N Soul Massage bought Therapeutic Awareness Center in Terre Haute, Indiana, and merged the two companies.

August 2004, I completed my **Bachelor of Science in Psychology** from Indiana State University in Terre Haute, Indiana.

August 2005, I began attending **St Mary of the Woods College** pursuing a bachelor's degree in Equine Studies with a double major of Equine Studies Training and Instructing/Minor in Equine Science. I currently have a horse farm in New Goshen, IN where I focus on horse breeding, showing and boarding. I plan to become certified in Equine Sports Massage Therapy. After this, I will focus on both equine and human massage.

October 2007, I reopened Body N Soul Massage at the present Davis Drive location where I continue to focus on personal customer service.

If you have any questions about my training, techniques or massages, please don't hesitate to ask.



My Training & Experience

- May 2000 - Graduated **Nevada School of Massage Therapy**, 815.5 hours training (includes 24.5 hours in human cadaver lab)
- June 2000 - Massage Therapist, **Canyon Ranch Spa Club** (rated #6 Spa in North America), Las Vegas, Nevada,
- June 2000 - Professional Member of **American Massage Therapy Association**
- November 2001 - **Nationally Certified in Therapeutic Massage & Bodywork** (#310314-00)
- December 2001 - Massage Therapist, **Marriot Harbor Beach—The Spa**, Fort Lauderdale, Florida
- March 2002 - **Thai Massage** training, West Palm Beach, Florida
- June 2003 - Opened **Body N Soul Massage**, Terre Haute, Indiana
- January 2004 - Professional Member, **Indiana Chapter American Massage Therapy Association**
- July 2004 - Certified **Infant Massage Instructor**
- July 2004 - Certified in **Pregnancy Massage**
- August 2004 - **Bachelor of Science, Psychology**, Indiana State University, Terre Haute, Indiana
- August 2004 - **Adjunct Associate Professor**, Vincennes University, Massage Therapy Program, Vincennes, Indiana
- August 2005 - **Adjunct Associate Professor**, Ivy Tech Community College, Massage Therapy Instructor, Terre Haute, Indiana
- October 2007 - **Reopened** Body N Soul Massage at 634 E. Davis Drive, Terre Haute, Indiana