

## 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

**Nationally Certified Massage Therapist**

**10032 US Hwy 150, West Terre Haute, IN**  
*5 minutes North of St Mary of the Woods College*  
*10 minutes North of Vigo Co. Courthouse*  
*20 minutes North of Honey Creek Mall*  
*15 minutes East of Paris, IL*  
*10 minutes South of Clinton, IN*

**(812) 230-0697**

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**H**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. March 2011, I relocated to my permanent location.

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, Terre Haute, Indiana.