

# Life Happens.

*Therapeutic massage from Gifts of Healing makes it better.*

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*Your body takes the brunt of what life throws at you. Therapeutic massage relieves aching muscles, loosens stiff joints, and helps you relax.*

## Pain Relief and Better Health

Therapeutic massage helps your body heal itself. While relaxation and stress relief are often a result of therapeutic massage, they are not the primary goal. Instead, therapeutic massage works to relieve pain in the body such as a stiff neck, sore back, or chronic tension headaches.

Whether you're a weekend warrior, an athlete at the top of your game, an expectant mother, or a senior citizen, massage from Gifts of Healing will help you live your best life. Gailey Westlund is an experienced and gifted healer who specializes in helping people eliminate pain and enjoy their lives through massage.

## About Gailey Westlund

Gailey is a Certified Massage Therapist. She has performed more than 20,000 massages for clients of all ages since 1996—and counting!

## Hours of Operation

Tuesday: 9 AM–7 PM

Wednesday: 9 AM–5 PM

Thursday: 9 AM–7 PM

Friday: 10 AM–3 PM

Saturday: 10 AM–1 PM

Sunday and Monday: Closed

## 8 Kinds of Therapeutic Bodywork

Gailey offers eight types of therapeutic massage and bodywork including:

- **Deep Tissue Massage.** Bodywork for muscles that are tight and painful from overuse or chronic tension.
- **Sports Massage.** Take your game to the next level with a Chinese sports massage.
- **Connective Tissue Massage.** Uses myofascial therapy to address acute and chronic tension in the fascia.
- **Prenatal Massage.** Don't suffer through a sore back, stiff legs, and swollen feet!
- **Relaxation Massage.** A combination of Swedish and gentle therapeutic massage techniques, relaxation massage calms the nervous system and relieves stress.
- **Neuromuscular Massage.** Addresses muscle spasms using alternating levels of concentrated pressure to “reprogram” contracted muscle tissue to fire properly.
- **Structural Integration.** Works the entire fascial system to balance the body and counter the effects of time and gravity.
- **Massage for Seniors.** Massage is a non-invasive way to combat aging. Regular massage sessions can reduce pain and improve your quality of life.

**Experience the difference that 21+ years of experience makes. Call 952-948-0420 to book a massage with Gailey today!**