

Why Therapeutic Massage?

The benefits of Therapeutic Massage include freeing the flow of the energetic body, relieving muscle pain and dysfunction due to stress and injury, relief from long held muscular patterns, release of toxins from the body, heightened function of endocrine, lymphatic and circulatory systems, relaxation, release of stress, a general feeling of well being, and therapy for physical issues including fibromyalgia, chronic fatigue, neck, shoulder and low back pain, muscle stiffness and strain, and symptoms of muscular overuse.

This integrated, therapeutic technique combines Swedish deep tissue, Shiatsu/acupressure, neuromuscular massage, trigger point therapy, myofascial release and oriental bodywork methods into an incredibly therapeutic modality that is individually modulated to your specific needs!!



Testimonial:

"I know Katie from her therapeutic yoga class, but I've also been seeing her for massage. There are several reasons to recommend Katie as a massage therapist. First, when I tell her vaguely, "my shoulder hurts", her deep knowledge of anatomy gives her an amazing ability to locate trigger points and muscle spasms and to exert the right amount of pressure to release the tight areas. Second, she knows several different "schools" of massage: Shiatsu, Thai, Swedish and other techniques and adapts the techniques to whatever pain I'm feeling. Finally, Katie is a deeply compassionate person who really cares about her clients,. I look forward to her massages because I know that I'll leave both physically and emotionally refreshed.

– Lisa Moore, PhD

About Katie Tandon

Katie's massage techniques are informed by twenty-seven years of study in yoga and meditation, 500+ hours of musculoskeletal anatomy training for body work, physiology, pathology, training in NeuroEmotional Technique (applied Kinesiology), Craniosacral Therapy, teaching Therapeutic Yoga, Chinese Medical Theory, along with training and certification in Therapeutic Deep Tissue Massage, Reflexology, Thai Yoga Massage, Shiatsu, Chinese Medical Cupping, Chair Massage, Aromatherapy, Hot Stone Massage, Prenatal Massage, Sports Massage, Ayurvedic Head Massage.

Katie also enjoys a private practice as a Licensed Holistic Counselor, Addictions Counselor, Employee Assistance Professional and Child and Adolescent Psychotherapist. Katie affiliates at the Center for Optimal Health with board certified Holistic Physician Michael Cheikin, MD. As an EAP, Katie develops and delivers corporate seminars, both traditional and those combining Holistic Wellness and relaxation training with Organizational Development principles. She is a Nationally Licensed and Certified Functional Nutritionist. Extensive Yoga experience, initiation in Yoga, Sufi and Buddhist mystical schools, combined with certifications and licensure in both physical and mental health, uniquely qualify Katie to offer private, integrated, therapeutic sessions for physical, mental and spiritual issues, growth and balance.

- **Valley Forge Commons in Valley Forge**
- **Turks Head Yoga East in Exton**
- **Center for Optimal Health in**
Plymouth Meeting, PA. www.c4oh.org
- **Home Office, Phoenixville, PA**

Katie can be reached by phone at 484 995 9262
On the web at www.katietandon.net



Katie Tandon

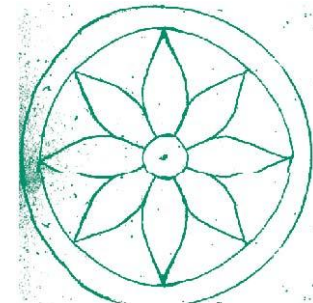
MA, CEAP, CACD, LPC, CCAP, RYT, LMT, CN

Phone: 484-995-9262
email: lighton@katietandon.net
www.katietandon.net

- Licensed Holistic Counselor
- Therapeutic Yoga Instructor
- Meditation Teacher
- Certified Massage Therapist
- Nationally Licensed and Certified Nutritionist

Integrated Therapeutic Massage

HARMONIZING EASTERN WISDOM
AND
WESTERN WELLNESS



In Addition to Integrated Therapeutic Massage, Katie Offers:

Shiatsu Massage

Ancient Chinese medical technique using acupressure and rhythmic massage to treat muscular and physiological dysfunction and clear the meridians to promote greater energy balance. Performed on a massage table but without oil and fully clothed. 45-50 minutes.

Thai Yoga Massage

Vigorous for the therapist, Thai Massage involves passive, relaxed stretching for the client combined with stimulation of meridian points and rhythmic massage. Performed on a massage table, fully clothed. Most appropriate for the relatively flexible, non-injured client who loves yogic stretching and wants more. **Approx. 75 minutes.**

Ayurvedic Head Massage

Wonderful Ancient Ayurvedic Technique for cranial and cognitive stimulation. Promotes healthy hair, stimulates meridians in the head and face, releases sinus cavities and jaw muscles as well as providing facial stimulation and natural face-lifting techniques—feels fabulous!! **Approx. 25-30 minutes.**



Reflexology

Ancient Chinese medical art of foot massage stimulates the entire nervous and meridian systems through strategic stimulating massage techniques. Extremely relaxing and wildly therapeutic. Great for those who are so tender as to not be able to tolerate full body-massage, or great as an adjunct or gift!! **25 to 30 minutes.**

Aromatherapy

Therapeutic oils added to any massage. Trained in Raindrop therapies and beyond!! Therapeutic for the body, mind and spirit!! Great addition to an integrated therapeutic massage. All oils organically grown and extracted at therapeutic dosages.

Hot Stone Therapy

Warming with hot stones increases relaxation of the muscles and stimulation of meridian points. Extremely wonderful and luxuriant if you tend to like warmth. YUM! Another great addition to Integrated Massage.



Chinese Cupping

Ancient Chinese medical technique for enhancing stimulation to meridian points and stressed muscles. Specially designed suctioning cups are applied strategically to muscles or meridians and left on during part of the massage for therapeutic benefit. Does leave round red marks that may persist a day or two, but greatly enhance therapeutic effects appropriately applied.

Sports Massage

Specific techniques to prepare the body for extreme muscular work such as marathons and races, and to treat the body after such events. Specific previous and post-event techniques employed. These relax and stimulate the musculature pre-event, and treat and release the muscles post-event. 40-45 minutes.

Prenatal Massage

Designed to treat the natural muscular stresses pregnancy presents, lessening pain and the (sometimes) lasting detrimental effects of pregnancy on the spine. Designed to be safe and comfortable for mom and baby. Therapeutic for mind and body, releases stress and enhances overall health. 50 minutes.

Chair Massage

A wonderful addition to parties, farmers markets, events, corporate wellness initiatives. Times vary; includes entire neck, shoulders and back with specialties as requested.

Pricing

60 Minute Integrated Therapeutic Massage	\$80
90 Minute Integrated Therapeutic Massage	\$110
75 Minute Thai Yoga Massage	\$100
45 Minute Shiatsu Massage	\$75
30 Minute Ayurvedic Head Massage	\$50*
30 Minute Reflexology	\$50*
45 Minute Sports Massage	\$70
50 Minute Prenatal Massage	\$75
Hot Stone Therapy	\$40 Add-on
Aromatherapy	\$25 Add-on
Chinese Cupping	Free
Chair Massage	Per Event

*** \$10 discount if added to any massage.**

Also trained in Bach Flower remedies, Chinese and Ayurvedic herbal therapies, pathology, craniosacral techniques, feldenkrais techniques as well as energy and breath therapies.



Testimonial:

"After my Shiatsu massage with Katie, I felt as if I had a chiropractic adjustment, a nap, and a yoga practice all at once! It was extremely relaxing and I felt like a baby being gently rocked to sleep. The chronic pain in my neck and shoulders disappeared and I slept through the night for the first time in weeks. Usually I feel the effects of massage for about a day but, in this case, I felt the effects much longer. I would highly recommend it to anyone!"

– Judith R. Curiel, Ph.D