

What to expect during your Massage session

A full body massage is done on a padded table with sheets and a blanket. Most people undress completely, while some leave some clothing on such as underwear. Your privacy is respected at all times. You will be covered with a clean sheet and a blanket (for extra warmth). Only the part of the body that is receiving the work will be exposed while the rest of your body remains covered.



We use light oils and/or lotions to lubricate the skin during the massage to allow for smooth strokes. These oils and lotions



may have different scents added to increase your

overall relaxation. Music is also played softly in the background to aid in the relaxation process of your mind and nervous system.

Natural Health Solutions Mission

“To assist our clients establish vibrant health by integrating innovative, high quality, natural products, nutrition, lifestyle, self care, tests, natural treatment plans, medical treatment plans and professional service.”

Products and Services:

- Natural Treatment Plans
- Vitamins, Minerals & Herbs
- FirstLine® Therapy
- Meridian Stress Assessment
- Cancer Support
- Detoxification and Assessment
- Massage Therapy
- Cardiovascular Support
- Weight Management
- Nutrition Physicals
- Many More... Call and ask



HEALTH NUT Rx

NATURAL HEALTH SOLUTIONS

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Health Coach©*

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Business Hours

Natural Care Consultations, Assessments, Massage Therapy
By Appointment Monday-Friday

Supplement Center

Monday-Friday 10:00 a.m. - 6:00 p.m.
Saturday 10:00 a.m. - 1:00 p.m.

Massage Therapy



HEALTH NUT Rx™

NATURAL HEALTH SOLUTIONS

Brittany Johnson

*Certified Massage Therapist
Certified Trainer Candidate
FirstLine Therapy Coordinator*

Integrating Natural Health Solutionssm Since 1998

Massage therapy is used as a means of treating painful ailments, decompressing tired and overworked muscles, reducing stress, rehabilitating sports injuries, and promoting general health. This is accomplished by manipulating your soft tissues in order to improve the body's circulation and remove waste products from the muscles.

A massage is given to relax or rejuvenate the person being massaged. It is important to note that this massage is not intended for a medical purpose, and provides medical value only through general stress reduction and increased energy levels. Massage therapy is provided with your medical health in mind.

We use special techniques for elderly clients, athletes, clients with injuries and clients seeking relaxation.

We work by appointment. Before beginning your massage therapy session, we will conduct an informal interview to find out about your medical history and desired results from the massage. This gives us a chance to discuss which techniques could be beneficial for you.



Documented Physical Benefits of Massage Therapy

- Helps relieve stress and aids relaxation
- Helps relieve muscle tension and stiffness
- Alleviates discomfort during pregnancy
- Fosters faster healing of strained muscles and sprained ligaments; reduces pain and swelling; reduces formation of excessive scar tissue
- Reduces muscle spasms
- Provides greater joint flexibility and range of motion
- Enhances athletic performance; Treats injuries caused during sport or work
- Promotes deeper and easier breathing
- Improves circulation of blood and movement of lymph fluids
- Reduces blood pressure
- Helps relieve tension-related headaches and effects of eye-strain
- Enhances the health and nourishment of skin
- Improves posture
- Strengthens the immune system
- Treats musculoskeletal problems
- Rehabilitation post operative
- Rehabilitation after injury



Based on the your goals, ailments, medical history, and stress- or pain-related problem areas, we will conclude whether a massage would be harmful, and if not, move forward with the session while concentrating on any areas of particular discomfort. While giving the massage we may alter our approach or concentrate on a particular area as necessary.

Documented Mental Benefits of Massage Therapy

- Fosters peace of mind
- Promotes a relaxed state of mental alertness
- Helps relieve mental stress
- Improves ability to monitor stress signals and respond appropriately
- Enhances capacity for calm thinking and creativity
- Emotional benefits
- Satisfies needs for caring nurturing touch
- Fosters a feeling of well-being
- Reduces levels of anxiety
- Creates body awareness
- Increases awareness of mind-body connection



Massage Therapy Fees

30 minutes: \$35
60 minutes: \$65
90 minutes: \$90