is recommended you drink plenty of water following your massage. Since toxins are released from your soft tissues during a massage, it will help calm your nervous system and relax exterior muscle tension. As your body becomes relaxed, pressure will gradually be increased to relax specific areas and relieve areas of muscular tension. Often, a light oil or lotion is used to allow your muscles to be massaged without causing excessive friction to the skin. You should communicate immediately if you feel any discomfort so that another approach may be taken. Massage and bodywork techniques are traditionally performed with the client unclothed; however, it is entirely up to you what you want to wear. You should undress to your level of comfort. You will be properly draped during the entire session.

**What Will the Massage or Bodywork Feel Like?**

It depends on the techniques used. Many massage therapists use a form of Swedish massage, which is often a baseline for practitioners. In a general Swedish massage, your session may start with broad, flowing strokes that will help calm your nervous system and relax exterior muscle tension. As your body becomes relaxed, pressure will gradually be increased to relax specific areas and relieve areas of muscular tension. Often, a light oil or lotion is used to allow your muscles to be massaged without causing excessive friction to the skin. You should communicate immediately if you feel any discomfort so that another approach may be taken. Massage and bodywork are most effective when your body is not resisting.

**What Should I Do During the Massage or Bodywork Session?**

Make yourself comfortable. The practitioner will either gently move you or tell you what is needed throughout the session. Many people just close their eyes and completely relax. Others like to talk during their session. Feel free to ask the practitioner questions about massage and bodywork in general or about the particular technique you are receiving.

**How Will I Feel After the Massage or Bodywork Session?**

Most people feel very relaxed. Some experience freedom from long-term aches and pains developed from tension or repetitive activity. After an initial period of feeling slowed down, people often experience increased energy, heightened awareness, and greater productivity which can last for days. Since toxins are released from your soft tissues during a massage, it is recommended you drink plenty of water following your massage.

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**Massage Facts**

Where Will My Massage or Bodywork Session Take Place?
Your massage or bodywork session will take place in a warm, comfortable, quiet room. Soft music may be played to help you relax. You will lie on a table especially designed for your comfort.

Must I Be Completely Undressed?
Most massage and bodywork techniques are traditionally performed with the client unclothed; however, it is entirely up to you what you want to wear. You should undress to your level of comfort. You will be properly draped during the entire session.

What Parts of My Body Will Be Massaged?
You and the practitioner will discuss the desired outcome of your session. This will determine which parts of your body require massage. A typical full body session will include work on your back, arms, legs, feet, hands, head, neck, and shoulders.

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**Massage Modalities**

**Swedish** – A gentle treatment using long, slow strokes to melt away any trace of tension.

**Deep tissue** – A more specific treatment offering a deeper release based on the pain threshold per client.

**Hot stone** – The ultimate muscle and stress melter. If you like the relaxing benefits of heat, you will love the magic of these volcanic stones.

**Prenatal** – Gentle, relaxing massage for expecting mothers using comfortable bolstering and much needed pampering.

**Reflexology** – The art and science of stimulating the body’s own healing forces by locating and stimulating points on the ears, hands and feet which in turn stimulate every organ, gland and muscle in the body.

**Sports** – Excellent treatment, pre or post event, using techniques to warm muscles, pump out lactic acid and increase range of motion. Helps recovery by 50% post event and can increase efficient power by 3-5%.

**Thai Yoga** – Involves stretching and deep massage. This type of massage is performed on the floor and the client is encouraged to bring or wear loose, comfortable clothes.

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**Meet Our Massage Therapists**

**Diana Goforth** is a graduate from Butler County Community College with an Associates Degree in Massage. She specializes in, but is not limited to, Swedish Massage. Her other abilities include pre-natal massage, sports massage, some treatment massage, and deep tissue. Diana’s capable hands and calm demeanor will relax whatever ails you!

- Swedish, Deep Tissue, Prenatal, Sports and Hot Stone.

**Kaci Vannaman**, CMT, has over 10 years experience with therapeutic massage and alternative healing modalities. Kaci was certified and instructed at one of the top accredited massage programs in the Midwest. She has worked with physical therapists, chiropractors, fitness centers, sports medicine and world class spas. She can offer the ultimate therapeutic stress relief experience.

- Every massage modality except Thai yoga.

**Spencer Rosebraugh**, CMT, brings over ten years of experience to the Heskett Center. He graduated from Butler County Community College with an Associates Degree in Applied Science for Massage Therapy, giving him 653 contact hours of training. He also has eighteen years of energy work training from a Native American Shaman. Spencer currently holds membership in ABMP (Associated Bodywork and Massage Professionals).

- Swedish, Reflexology, Deep Tissue, Sports & Healing

**Becky Hunter**, MA, LMT, NCTMB brings ten years of bodywork experience as well as a broad educational background. She has completed over 1400 hours of anatomy and physiology coursework, including 400 hours spent in the gross anatomy lab. She studied osteopathic medicine at OSU College of Health Sciences and therapeutic massage and bodywork at Healing Mountain Massage School in Salt Lake City. Craniosacral Therapy, Structural Realignment, and Thai Yoga Massage are the center of her practice. She works to align the body by relieving strain patterns in muscles and fascia, opening the flow of fluid, and balancing the nervous system. She can help you to decrease pain, increase flexibility and fluidity, improve posture, decrease the effects of stress, and increase ease.

- Every massage modality except Hot Stone

**Katelyn Delvaux** studied Massage Therapy at the Metro Business College in Jefferson City, MO and in 2007 was certified by the National Certification Board for Therapeutic Massage and Bodywork. Katelyn has worked in the medical field alongside doctors and other therapists to aid clients in injury recovery, stress management, and promote health and wellness.

- Swedish, Deep Tissue, Reflexology, Hot Stone, Sports, & Prenatal