

About Diane Blakemore:

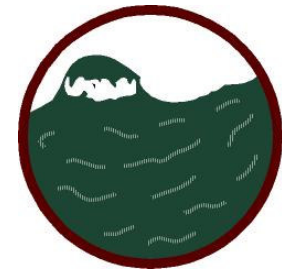
Credentials:

- > Earned Bachelor's Degree at Salem College
- > Graduated from Forsyth Technical Community College Massage Therapy Program
- > Nationally certified in Therapeutic Massage and Bodywork
- > NC State Liscensed Massage and Bodywork Therapist
- > Certified Yoga Teacher

Philosophy:

Chronic Stress in our daily lives can cause physical and psychological damage if untreated. The body, mind and spirit require constant rebalancing in order to maintain overall health and well being. By reducing stress levels and allowing you to achieve a deeper state of relaxation, I will facilitate the body's natural healing process.

Massage Therapy by Diane Blakemore, LMBT #3294



**Edward M. Armfield Sr.
Civic & Recreation Center
873 Old Highway 52 By-Pass
PO Box 1250
Pilot Mountain, NC 27041**

Please call for an appointment:

336-345-0328

Benefits of Massage:

Massage Therapy has been recognized for its health enhancing effects across all major cultures and civilizations both past and present. Scientific research supports many of the therapeutic effects of massage including:

- >improves circulation and immune system functioning
- > provides stress and anxiety reduction
- >relieves aches and pains associated with muscle tension.
- > increases flexibility
- > alleviates tension headaches
- >improves physical performance
- >promotes general well being.

For more information on health benefits and current research on Massage

Therapy, please consult
www.amtamassage.org

Services Offered:

Swedish Massage:

A therapy aimed to relax the client and reduce stress. Client will disrobe and lie under a sheet with only the area to be massaged exposed. Sessions may include candle light and soft music. Full body sessions last one hour.

Therapeutic Massage:

A treatment of specific muscular injury or dysfunction using a variety of techniques. Therapeutic Massage relieves pain associated with muscle tension. Clients disrobe and lie under a sheet as in Swedish Massage. Sessions may address one or several muscle groups and are tailored to fit the client's needs.

Seated Massage:

Ideal for groups in the workplace or at special events. Clients remain fully clothed and are seated in a special chair designed for massage. Sessions last about 15 minutes and focus on the head, neck, shoulders, back and arms.

Traditional Thai Massage:

A combination of passive stretching and gentle pressure along energy lines creates a uniquely relaxing experience. Sessions are performed on a floor mat with the client wearing loose, comfortable clothing.

Sports Massage:

Sports Massage has the athletic goals of reducing injuries and recovery time, lowering the rate of fatigue, and improving speed. Clients can wear workout clothes. Sessions last 30 or 60 minutes and include all major muscle groups.

Cost:	Members	Non-Member
15 Minutes	\$15	\$20
30 Minutes	\$25	\$30
60 Minutes	\$45	\$50
90 Minutes	\$70	\$75

Cash or check only
Gift Certificates Available