

For More information, or to
make an appointment, please
call:

Joanne Melby, LMT

(515) 223-9470

melbymassage@aol.com

Hands On conveniently
located in West Des Moines



Joanne has many years
experience in the field of
education, working with urban
youth, teaching life skills such
as nutrition, problem solving,
conflict management and self-
esteem. She has over 30 years
of active participation in
meditation and spiritual groups
whose study and practice
include Theosophy, Huna,
astrology and holistic living.



Joanne Melby, LMT
Hands On Therapeutic Bodywork
West Des Moines, Ia 50265

Hands On



THERAPEUTIC BODYWORK

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BENEFITS OF MASSAGE THERAPY:

- ◆ Relieve anxiety and stress
- ◆ Improve your energy and alertness
- ◆ Reduce blood pressure
- ◆ Increase blood supply to your tissues
- ◆ Partly compensate for lack of exercise if because of age, injury or illness, you are unable to remain active
- ◆ Alleviate repetitive motion injuries
- ◆ Provide deep therapy for specific physical problems
- ◆ Aids in recovery from sprained ligaments and pulled muscles
- ◆ Reduce pain from such problems as temporal mandibular joint dysfunction (TMJ) or carpal tunnel syndrome



HOLISTIC APPROACH TO HEALING

Modalities:

- ◆ Therapeutic Massage Using techniques including Swedish, deep tissue, Shiatsu and Myofascial massage to assist the body in releasing tension from blocked areas and restore normal functioning.
- ◆ Reflexology Working on the pressure points of the feet that correspond with each area and organ of the body, leaving your entire body feeling relaxed and grounded. This method carries many of the benefits of a full body massage, and is an excellent alternative for those who would prefer not to disrobe, or are uncomfortable lying down.
- ◆ Meridian Based Therapy Utilizing energy streams of the body and certain points to allow the Chi (life force energy) to flow freely and facilitate the integration of body, mind and spirit. Meridian therapies combine Shiatsu, Jin Shin Do and other energy systems.

- ◆ Hot and Cold Stones Offers a complimentary health care modality. A form of thermotherapy that can stimulate and help regulate the autonomic nervous system (ANS), help strengthen respiratory and immune systems; encourages resilient circulation, tonifies skin and muscle.

Intentional integration of the body, mind and spirit through therapeutic bodywork.

A holistic approach to nurturing the self.