

Spotlight on Maya Services: Massage

Posted on [June 18, 2012](#) by [Janet Muniz](#)

How can something that feels so good be so good for you?

It's not just a notion –massage continues to alleviate modern ailments using the ancient therapy of touch.



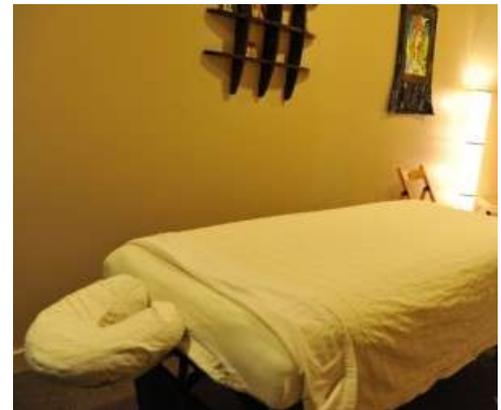
Wisdom and Research. For centuries, massage has been used for a variety of health conditions in countries such as China, and new western research is finding this type of bodywork not only [eases](#) muscle soreness after a workout (10 minutes can reduce inflammation, and help your body recover), it may [boost](#) the immune system, ease premenstrual syndrome symptoms, lower blood pressure, ease the pain of burns and surgery, and even help premature babies to gain weight.

Reduce Stress. Right here, right now - nearly no one is immune to the effects of stress on our minds, bodies and spirit; experts estimate at least 90% of all dis-ease is stress-related. But we're in luck: the soft-tissue manipulation techniques of massage are designed specifically to [reduce stress](#), with the added benefit of improving circulation -helping to provide that sense of clarity and emotional balance we may feel after a massage.

And the more massages you enjoy, the better the benefits are.

That's right - regularly scheduled massage can help you to achieve your goals for balanced health and wellbeing. As they say on [MassageTherapy.com](#), "Just because massage feels like a pampering treat doesn't mean it is any less therapeutic."

Call for an Appointment. Maya offers a [variety of massage options](#), including Swedish -circulatory work to increase blood recirculation and comfort- to deep tissue, hot stone to injury treatment; Neuro-muscular -interacting with the nervous system in a subtle and effective way- to on-site massage at events, workshops, fundraisers, birthday parties, and more -or a worksite perk for employees.
425.271.0200



Insurance Billing Available. Maya accepts several insurance plans for direct billing and can provide a superbill for others, so that you can get direct reimbursement Request more information when you call for an appointment.

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