

Name of business: Health Touch Heals

Business Type: Massage, Self owned Entrepreneurial Business

Name of owner of business/massage therapist: Shawna Conner, LMT, BCTMB

Years of experience: 30 years experience, Helping People Relax since 1995

Current place of business:

Business video: <https://youtu.be/3KdC1rltCqM>

Bio: She's a Licensed Massage Therapist and Nationally Board-Certified Practitioner in Therapeutic Massage & Bodywork (BCTMB).

Benefits of regular massage:

Physical benefits: relaxes the body, reduces swelling, calms the nervous system, lowers blood pressure, reduces heart rate, stretches connective tissue, reduces chronic pain, improves red blood cell count, relieves tired and aching muscles, improves muscle tone, speeds recovery from energy, reduces tension headaches, increases tissue metabolism, decreases muscle deterioration, speeds recovery from illness, increases range of motion, speeds elimination of metabolic waste, slows respiration, relieves cramped muscles, increases blood and lymph circulation, stimulates release of endorphins, strengthens the immune system, improves posture, improves skin tone.

Emotional benefits: reduces anxiety, relieves cramped muscles, provides a feeling of well being, enhances self-image, nurtures and stimulates emotional growth.

Mental Benefits: reduces mental stress, promotes quality sleep, improves productivity, induces mental relaxation.

Q&A:

Can I keep my clothes on? Shawna will work with you and fit to your needs, but massage is best enjoyed and benefits are found when skin is exposed for the massage.

How old do I have to be? To sign the consent form, 18 years old.

I have a health condition, can I still receive a massage? Shawna will determine an individual's ability to receive massage based on the intake form. Some examples of reasons individuals may not be at an adequate level of health to receive include: She holds the right to refuse massage to anyone and recommend alternate care.

How do I book with her? Text her at (615)308-5936

Testimonials:

"Shawna is an outstanding therapist who brings genuine care and expertise to every session, customizing her approach to meet your unique needs. Her ability to ask insightful questions and focus on specific concerns makes each massage deeply effective and restorative. I

wholeheartedly recommend Shawna to anyone seeking a truly personalized and healing experience." -Adam Conner

"Shawna brings healing energy into a space where your needs can be held both physically and emotionally. Her gift of massage brings an outstanding opportunity for healing that I recommend everyone take." -Hope

Photos:





RELAXING ROCKS

STONE THERAPY: massage carried to new level

By NANCY DE GENNARO
Staff writer

In a candlelit room, massage plays as massage therapist Shauna Deslatté carefully places naturally rounded river rocks onto a massage table.

Once she finishes arranging the heated rocks for a LaStone Therapy session, Deslatté instructs her client to curl up back onto the table. Only a thin cloth comes between the client and the rocks, allowing the wet warmth from the stones to permeate skin and muscle tissue.

Throughout the 1 1/2-hour treatment, stress is gently relieved with the application of hot stones, followed by invigorating surges from cooled .

"(LaStone)

It also allows clients to go into a deeper meditative state of being.

"LaStone is definitely a more spiritual treatment because the stones help people go deeper. It helps them relax deeper so healing can occur," she explains.

Barbara Savage, left, a massage therapist at Harmony Bodyworks, is shown with LaStone river rocks placed on specific areas of her back. Above, licensed massage therapist Shauna Deslatté lightly taps two rocks together as a part of her LaStone Therapy session.

DNJ photos by J. Intintoli



