



*Rebecca Kane
Licensed Massage
Therapist*

Rebecca has studied the technique of Hawaiian Lomi Lomi and Swedish massage in Dallas, Texas. She has been practicing therapeutic massage for over 20 years. Rebecca has worked for health clubs, Weight Watchers camps, as a member of a physical therapy team at Orthopedic Therapy in Waterville, for HealthReach Hospice, and for people with severe mental and physical disabilities. She can communicate to the Deaf and hard of hearing through ASL, PSE, and MCE.

She offers On-Site seated massage from the workplace to your family reunion, at any group setting. Rebecca also offers half hour, one hour and one and one half hour therapeutic massage at her Waterville office by appointment. Having an appreciation and wonder for the "human body", knowing it is a gift from God, her desire is to help people relax and give Him the glory!

In an area close to her heart, Becca uses therapeutic massage to minister to cancer patients before, during and after cancer treatment. As a cancer survivor herself, she understands and wants to share the benefits of massage with others touched by cancer.

**For on-site or full body massage appointments, or for more information, please call:
(207) 872-4586 Office
(207) 649-7711 Cell
Visit www.throughmyhands.com**

Testimonials

"I've never felt anything like it. The next morning the on-going neck pain was gone."

Jane Routhier, Jane's Place
Day Care Provider, Sidney



"Invigorating and refreshing"

James Boulette
Administrative Partner
Perry, Fitts, Boulette, Fitton
Waterville



"I spend a lot of time in cramped positions on the phone and the computer. I really look forward to our 'stress break'. It relaxes muscles and lets me start fresh. And I don't have so much pain in my neck any more."

Travel Agent



"It's really motivational. It's a great thing the company does for employees and it gives me a positive feeling about working here."

Data Processing Professional



*REBECCA KANE
LICENSED MASSAGE
THERAPIST
providing
ON-SITE & FULL BODY
MASSAGE*



A Simple Way to:

- ♥ *Relieve Stress*
- ♥ *Show Staff You Care*
- ♥ *Promote Wellness*



WHY CONSIDER MASSAGE?

Massage provides relief to people from all walks of life - the weekend or competitive athlete, the home gardener, the over stressed executive struggling to keep pace in today's economy, busy moms and dads. Secretaries, laborers, waitresses, anyone in the workforce - anyone can feel the need for massage at some point in time. The older population, as well, will benefit from massage, as it enhances flexibility and circulation.

With regards to general health, a therapeutic massage:

- ♥ Promotes well-nourished and healthy skin...
- ♥ Improves circulation of blood and lymph.
- ♥ Relaxes muscles and improves joint mobility...
- ♥ Improves energy flow throughout the body...
- ♥ Speeds recovery from strenuous physical exertion...
- ♥ Improves digestion, nutrient assimilation and waste elimination...
- ♥ Increases the detoxification functioning of the liver and kidneys...
- ♥ Improves nasal congestion and sinus conditions...
- ♥ Restores a state of balance to the body...
- ♥ Feels really great...



WHAT IS ON-SITE MASSAGE?



On-site massage is a hands-on seated massage using a portable chair like the one pictured. The chair is designed for comfort and support and is used and supplied by the massage practitioner. Set up of the chair is quick and easy, allowing massage to be done in most locations.

On-site massage:

- ♥ Is given by a professional massage practitioner
- ♥ Comes to you
- ♥ Is convenient
- ♥ Lasts from 5 to 30 minutes, uses no oil, and takes place with the individual fully clothed
- ♥ Usually covers the head, neck, shoulders, back, arms and hands and can be adapted to special needs
- ♥ Leaves individuals feeling relaxed, refreshed and ready to go

HOW CAN ON-SITE MASSAGE HELP IN THE WORKPLACE

For well over a decade, on-site massage has been effectively relieving stress in the workplace for everyone from CEOs to hourly workers. On-site massage works because it:

- ♥ Reduces muscle tension and the pain it causes
- ♥ Calms the nervous system and increases circulation, which boosts energy and alertness
- ♥ Helps employees identify and release tension on their own before it becomes a problem
- ♥ Provides a complete change of pace so the body and mind can relax and rejuvenate.

WHAT IS FULL BODY MASSAGE?

Therapeutic massage is one of the most cost effective health measures available. A full body relaxation massage will allow you to completely relax and "Escape the World". A typical full body session will include work on your back, arms, legs, feet, hands, head, neck, and shoulders. Your 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.

Full Body Massage:

- ♥ Relieves physical and emotional stress
- ♥ Boosts immune system
- ♥ Assists in reducing pain
- ♥ Supports lymphatic and nervous systems
- ♥ Improves circulation and body tone

COST EFFECTIVE? YES!

On-site massage:

- ♥ Can be offered with no up-front investment in equipment or facilities
- ♥ Cost is proportionate and can be paid for by the individual or offered as a benefit or incentive.

Full body massage provides:

- ♥ Physical and emotional well being
- ♥ Preventive health benefits

ON-SITE RATES	FULL BODY RATES
\$ 5.00 - 5 minutes	\$35.00 - 1/2 hr
\$10.00 - 10 minutes	\$55.00 - 1 hr
\$15.00 - 15 minutes	\$75.00 - 1 1/2 hr