

## **Why Add Massage to my Adjustment?**

Massage and Chiropractic are compatible holistic therapies that share the goal of our total well-being, not simply an absence of illness. These are both natural, hands on, drug free techniques. They can be used as preventative as well as restorative therapies. Massage and Chiropractic both work to resolve the cause of your pain rather than treat the symptoms. Used together, Massage and Chiropractic can help maintain optimum health and help you enjoy life to the fullest.

Massage addresses the soft tissue problems that may accompany a misalignment of the spine. Tight muscles and shortened fascia can reverse the good effects of an adjustment. Massage Therapists use a variety of techniques to address soft tissue problems, often increasing range of motion and reducing pain even further after an adjustment.

Natalie Van Rooy is a Licensed Massage Therapist, experienced and successful in using Massage to treat a wide range of conditions. Use this **Health Pass** to meet Natalie and experience how massage can help you today!!!

**10 Minutes of Massage Free with Your Adjustment!!!**

**\*\*one time offer per patient\*\***

**\*Call today to book your Appointment (928)680-9500. Mention this Ad.**