

RONDA CRARY

Bring Your Body Back to Center

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Massage

Remove restriction of muscles, fascia, joints, O2, blood flow, lymphatic system, nerve pathways, and energy thru:

Craniosacral Fascial Therapy
 Myofascial Release
 Swedish/Corrective Deep Tissue
 Manual Lymph Drainage
 Post-Mastectomy Massage
 Scar Tissue Release
 Reflexology

Reiki

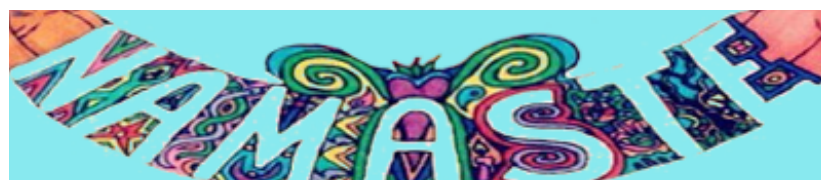
Eastern oriented EnergyTherapy that channels "Universal Life Force Energy",nourishes and supports the physical, mental, emotional, and spiritual bodies by balancing the Chakras, the bodies subtle energy system. Facilitate & expedite the healing process by strengthening energy flow from head to toe. Release stuck & stagnant energy.

Lymphatic Drainage

Lymphatic Drainage stimulates the actions of the immune system and removes metabolic waste, toxins, bacteria, excess water and proteins, and foreign substances from tissues. MLD helps the body heal more quickly from injury and surgery, and indicated for edema, lymphedema, other conditions.



Ronda is a Master's level professional whose lifelong career path has been dedicated to empowering people personally, educationally, and professionally to live with intention and to achieve one's purpose. Injuries led Ronda to the massage table and her yoga mat, and there she found not only healing, but also focus, clarity, and the will to make corrections in her own life to be more mindful of her own health and lifestyle.Great Gratitude for a shared journey with wonderful healers, teachers, clients, and students. Welcome to the table!





Provider of Oncology Massage, Reiki & Lymphatic Drainage

Complementary Care

Oncology massage is the adaptation of massage techniques to safely nurture the body of someone affected by cancer or its treatments.

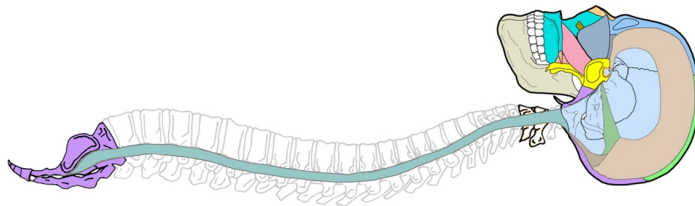
Oncology massage benefits can include:

- Reduced pain and fatigue
- Decreased anxiety
- Less nausea
- Improved sleep
- Eased isolation
- Enhanced body image

Essential aspects of an oncology massage therapist's skill set are an informed understanding of the pathophysiology of cancer; the side effects of cancer treatments, such as medications, surgery, chemotherapy and radiation; and the ability to modify massage techniques in order to adapt for these side effects, as well as for the disease. The goal is to support the immune response, increase relaxation and decrease stress to the body.

CranioSacral - What is it?

CranioSacral Therapy (CST) honors the body's self healing abilities. CST is a light hands on approach that helps release restrictions that are causing dysfunction. It supports healing of all the body's systems. It was pioneered and developed by osteopathic physician John E. Upledger



The Craniosacral System Diagram

- The CranioSacral System is comprised of the membrane layers and fluid that surround, protect, nourish, and cleanse the brain and spinal cord. It is interconnected with the entire body through the fascia.
- CranioSacral Therapy works by finding areas in the body that are not moving well and then using gentle techniques to help the body increase balanced motion. In Dr. Upledger words "motion is health and stasis is disease".
- CranioSacral Therapy releases restrictions in the connective tissue web to improve form and function of the CNS.
- CranioSacral work is recommended for: migraines and headaches, concussions, chronic neck and back pain, chronic fatigue, scoliosis, TMJ, stress, motor-coordination impairments, and CNS disorders. - Often symptoms you experience in one area of your body are caused by restrictions elsewhere that seem unrelated.

