

CranioSacral Therapy

*CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

Using a soft touch generally no greater than 5 grams, or about the weight of a nickel, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.

By complementing the body's natural healing processes, CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction, including:

- Migraine Headaches
- Chronic Neck and Back Pain
- Motor-Coordination Impairments
- Colic
- Autism
- Central Nervous System Disorders
- Orthopedic Problems
- Traumatic Brain and Spinal Cord Injuries
- Scoliosis
- Infantile Disorders
- Learning Disabilities
- Chronic Fatigue
- Emotional Difficulties
- Stress and Tension-Related Problems
- Fibromyalgia and other Connective-Tissue Disorders
- Temporomandibular Joint Syndrome (TMJ)
- Neurovascular or Immune Disorders
- Post-Traumatic Stress Disorder
- Post-Surgical Dysfunction
- Whiplash Injury

* from www.upledger.com

About Synergy Massage

syn·er·gy *n.*

1. the working together of two or more things, people, or organizations, especially when the result is greater than the sum of their individual effects or capabilities.

Jenya Lemeshow

has been practicing massage therapy in Eugene since the spring of 2002. She received her degree in Cultural Anthropology from Wesleyan University, and studied Massage Therapy at Lane Community College in Eugene, Oregon. She incorporates various massage techniques into her practice, considering the the specific needs of each client. Modalities she practices include Therapeutic Deep Tissue and Sports Massage, PNF (Proprioceptive Neuromuscular Facilitation), CranioSacral Therapy, Pregnancy Massage, Lymphatic Massage, Chi Nei Tsang Abdominal Massage, and Reiki Energy. Her clients cover a broad range, from those wanting to relax from stress and tension, gain relief from chronic or acute pain and repetitive motion injuries, and those recovering from automotive accidents.

Jenya's practice is centrally located in downtown Eugene. She will also bring a massage table to your home upon request.

"I have been getting massages for over 20 years in places such as Seattle, WA and Boulder, CO. Jenya is by far the most intuitive, skilled, and respectful LMT I have ever been to. She is able to assess and implement treatment to address a variety of physical and emotional concerns that I have had."

– N.M., Eugene, OR

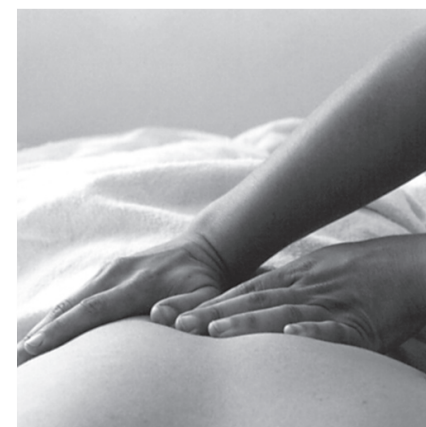


Synergy Massage

Integrated Body Work

Jenya Lemeshow

Licensed Massage Therapist



Therapeutic Deep Tissue

CranioSacral Therapy

Lymphatic Massage

Chi Nei Tsang Abdominal Massage

Pain & Stress Relief

Charnelton Wellness Center
1245 Charnelton Street, Suite 6
Eugene, Oregon 97401

541.684.0066

jenya@efn.org

Lic#8121

What is Chi Nei Tsang?

Also known as Taoist Abdominal Massage or CNT, the name literally means “organ chi transformation.” This form of bodywork is a combination of ancient and new healing techniques which promote emotional, physical, and mental well-being. CNT serves to increase the *chi*, or life-force energy, of the internal organs by applying pressure, energy, and massage techniques to the abdominal area.

In CNT, there is a focus on the navel center, where emotions, stress, and tension accumulate. The practitioner works on the abdomen, encouraging the organs to work at their highest efficiency. CNT addresses the vital bodily systems: digestive, endocrine, integumentary, lymphatic, muscular, nervous, reproductive, respiratory, and urinary. Furthermore, unprocessed emotions stored in the digestive system are a major cause of illness. CNT helps to release these stored emotions, thereby affecting a person’s mental and emotional experience. Sessions also include coaching in breathing, nutrition, and self-massage, promoting education, awareness, and self-care.

Benefits of Abdominal Massage

- Detoxifies the body and relieves stagnation
- Improves elimination
- Stimulates lymph and circulation
- Strengthens the immune system
- Corrects posture via visceral balancing
- Releases emotions stored in the viscera
- Is deeply relaxing

“Jenya has a commitment to helping her clients... it’s not just that she is skilled in her field it is also that she is dedicated and engaged in what she is doing and this comes through in her touch.”

– J.G.W., Eugene, OR

Why Deep Tissue Massage?

Through slow, deep compression along the “belly” of a muscle, one can obtain muscle relaxation that is otherwise difficult to achieve through stretching or light massage. Muscles become fatigued from overuse and everyday activities, such as sitting, repetitive motions, and stress. Fatigue can lead to a state of “rigor,” or chronic, severe tension in the muscle fibers. Rigor causes blood vessels in the muscle to constrict, thereby cutting off the supply of essential nutrients and oxygen to some of the muscle fibers. This causes varying degrees of pain, and an eventual loss of strength and function. Since all of the muscles in our bodies are connected to other muscles through fascial layers, rigor in one area can greatly affect another area. We usually accumulate rigor over time, often without knowing it until we suddenly pull a muscle that has become compromised.

Deep tissue massage forces the rigor in tight muscles to release, thereby allowing more blood to flow into the area. This increases the supply of nutrients and oxygen needed to begin the healing process. Though it may take some concentration to relax while receiving deep tissue massage, the benefits are long-lasting!



Lymphatic Massage

Lymphatic Massage is a gentle rhythmical technique used to accelerate the normal functioning of the Lymphatic system. It stimulates the elimination of tissue stagnation (edemas) and quickens the flow of body fluids. It is an extremely gentle type of massage which works upon lymph vessels and nodes. Lymphatic Massage and Drainage was developed in the 1930’s, and its physiological benefits have been documented over the past 50 years. Lymphatic Massage is commonly practiced in hospitals and clinics in Europe.

Lymphatic Massage supports relaxation, where healing begins. It reduces pain by decreasing inflammation and relaxing the nervous system, and boosts the immune system by moving lymph, a main agent of detoxification.

Some Indications for Lymphatic Massage:

- Sprains • Strains • Fractures • Dislocations
- Post-Surgery • Arthritic Joints • Bursitis
- Fibromyalgia • Gout • Tendonitis
- Chronic Constipation • Ulcerative Colitis

Rates:

- \$60.00 for a one hour massage
- \$70.00 for a one and a quarter hour massage
- \$80.00 for a one and a half hour massage

Package Special: Purchase a bundle of five or more massages at \$50 per hour

Insurances accepted:

- Motor Vehicle Accident
- Healthnet
- ODS • OEA
- Providence • & more!

Gift Certificates Available!

Table & Chair Massage at your home or business