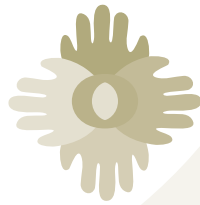




MASSAGE
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Neuromuscular Massage

Deep Tissue Massage

Swedish Massage

Sports Massage

Pregnancy related Massage

Fertility Massage

Lymphatic Drainage Massage

Myofascial Release

Lyossage Therapy



I am delighted to describe my experience with Diane because she is the most professional, experienced, and truly gifted massage therapist I have ever worked with. After many years as a psychotherapist, and consumer of massage, I recognize high quality health support. Diane manages to be focused and strategic while being very kind and gentle.

~Byron Fiman, PhD

The Whole Body Approach To Massage Therapy

Massage Solutions is dedicated to helping you feel better—our mission is to relax tense muscles, ease pain, improve circulation, mobility, pain management and healing.

Before beginning a massage regime you will be asked questions to help assist in tailoring a therapy program that addresses your particular needs. No two patients are the same and all therapeutic care is customized for each patient.

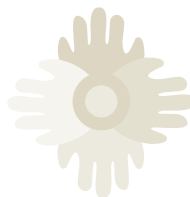
All our massage therapists are Certified Massage Therapist in the state of Georgia and hand chosen by Diane Vecchiarelli. Diane is an established and respected Certified Neuromuscular Therapist, Certified Massage Therapist, Certified Chair Massage Therapist, and Certified Lypossage Therapist. She is frequently referred by physicians' offices, physical therapists' offices, and chiropractic practices throughout Atlanta.

The Science Behind Massage

"One of the things about massage that helps pain is that it goes down to the heart of where people feel their pain," Brennan tells WebMD. "There is the overall sense of well-being one can get from the massage approach. And the stress responses in the body associated with pain, such as elevated cortisol, are reduced through massage."

Tiffany Field, PhD, director of the Touch Research Institute at the University of Miami School of Medicine says massage can be used to treat many types of pain. She recommends massage for chronic pain syndromes such as arthritis and diabetes; chronic fatigue, fibromyalgia and other autoimmune disorders even HIV-associated diseases. She also finds depressive disorders and ones that involve addictions such as eating disorders respond well to massage.

Massage Solutions offers all modalities of massage therapy, all of which promote wellness. Some are designed for pain relief and healing. Others for increased flexibility or relaxation.



Diane Vecchiarelli is the founder and manager of Massage Solutions LLC.

She is a Certified Neuromuscular Therapist, Certified Massage Therapist and Certified Lypossage Therapist. She has also trained in Pregnancy, Fertility and Post Partum Massage. Diane earned her Bachelor of Science degree from Southern Connecticut State University. She then attended the New Life Institute. Diane has years of experience offering customized therapeutic massage, and she is frequently referred by doctors and physical therapist.

Member of the American Massage Therapy Assoc.
LMT Licensed Massage Therapist, CNMT Certified Neuromuscular Therapist, and Certified Lypossage Therapist



A Full Range Of Services For A Full Range Of Movement & Health

- **Neuromuscular Massage Therapy**

Neuromuscular massage therapy uses static pressure on specific points in the body to relieve pain. Pain has a few possible causes. Neuromuscular therapy is designed to address five of them:

- 1- Ischemia, or a lack of blood flow
- 2- Trigger points or irritated muscle tissue that refers pain to other parts of the body
- 3- Nerve pressure or compression
- 4- Poor posture
- 5- Pain caused by exertion



- **Myofascial Release**

A form of massage that uses stretches and long strokes to release tension in the body's fascia or connective tissue.

- **Deep Tissue Massage**

During a deep tissue massage, your massage therapist either follows or works against the grains of muscles, tendons and fascia to release chronic patterns of tension in the body.



- **Prenatal Massage**

At least one study has found that prenatal massage can reduce the level of stress hormones in the body. Like other forms of massage,

prenatal massage relaxes tense muscles, eases pain, improves circulation and mobility. Unlike other forms of massage, however, it's tailored specifically to the needs of pregnant women and their changing bodies.



- **Sports Massage**

Sports massage uses strokes and touches that are familiar to other forms of massage. Unlike other forms of massage, however, it is designed to focus on the muscles used for a particular sport.



- **Swedish Massage**

Swedish massage incorporates long, gliding strokes, kneading of specific muscles, friction, tapping, and vibrations.

- **Lymphatic Drainage Massage**

A lymphatic drainage massage uses gentle touch to stimulate the body's lymphatic system, allowing it to naturally circulate fluids and boost the body's immune system and metabolism.

- **Lypossage™ Therapy**

A non-invasive, massage-based treatment that reduces the appearance of cellulite. Lypossage™ is a blend of massage modalities derived from physical therapy, lymphatic drainage and deep tissue massage.

- **Chair Massage**

Tight muscles caused by stress and sitting behind a desk all day, especially at a work station can impede blood and lymph flow. The result is mental fatigue, less energy and susceptibility to repetitive stress injuries, like carpal tunnel syndrome. Sitting in a massage chair opens up the back muscles, and relieves strain on the neck. Even 15 minutes of massage to the neck, back, arms and hands can help restore energy levels, help keep the body injury free, and provide an appreciated break for employees.



Talk about feeling better...

I have been Diane's client for over three years. During that time, I have had a complete non-laparoscopic hysterectomy, a bilateral mastectomy, and breast reconstruction. Diane has made an enormous difference in my ability to recover—mentally and physically—from these surgeries. She is a consummate professional, and always puts the needs and comfort of her clients first.

~Candace

For anyone battling infertility, the testing and procedures can be stressful and tough. Western medicine has made many strides in recent years, however I was searching for other treatment to complement my medical doctor. In my search I found Fertility Massage and Diane. Not that stress alone causes infertility, but it made sense that when the mind and body (hormonally and physically) work together, that is definitely most optimal. Her calming spirit makes you feel relaxed and comfortable as if you're with an old friend. I used her services the day before an assisted reproduction procedure and I could instantly tell that Diane's method of massage helped increase blood flow to the reproductive organs. I would definitely recommend Diane to others looking to prepare the mind and body for fertility. Thank you, Diane!

~LaTanya S.

I have been a client for almost 4 years. During this past year, I was pregnant with my first child. I had consistent upper and lower back pain. Diane performed several prenatal massages and helped alleviate the pain I was experiencing. I can't thank her enough for her help during those tough few months. I have and will continue to recommend her to anyone experiencing back pain.

~Ann Simpson

The arthritis in my neck had gotten so painful I was having trouble moving my head and I had a terrible shooting pain in my right arm. My doctor suggested I see Diane. Within a few sessions I was much improved and back on the computer for hours at a time. I try to see Diane once a week or every ten days, otherwise the pain returns.

~Cindy Perego Erni

Diane has been a godsend, especially improving the problems I experience with my neck and shoulders. Diane is focused and committed to making the most of each session. She targets the areas that need the most attention and then uses the right mix of power and focus, always with great concern for my comfort. Diane's heart is present in her work, I benefit from her desire to give her best.

~Judy Womack

She has extensive knowledge of anatomy and an intuition for which muscles are causing the problem — Diane is a truly a wonderful person who I am privileged to know. She is passionate about her work and genuinely concerned about others. I highly recommend her to anyone seeking relief for muscle pain & tension.

~Allison Sweenie

I am a physical therapist and have great confidence and appreciation in Diane's knowledge and understanding in the human body. Anytime I have a soft tissue issue I see Diane and end up walking out feeling like a new person, with definite relief of my symptoms. I recommended her to all of my patients that would benefit from her services.

~Michelle Hamby, MPT



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Schedule A Massage And Start Feeling Better

Individual Therapeutic Massage

One-on-one massage

Corporate, Office, Hospital, Therapeutic Massage

*A great way to reward a stressed workforce
—an inexpensive perk that results in better morale
and better health.*

"Diane provided chair massages for our Doctors' Day celebration and I found her to be very professional. The doctors were obviously impressed with her skill and knowledge. I would definitely use Diane (Massage Solutions) again at future events."

~Judy Womack, Regional Manager, Physician Services

Chair Massage

*An inexpensive way to work on a large group—
doesn't require a separate work space and can be set-up anywhere, anytime.*

Wedding Parties, Birthdays, Showers, etc...

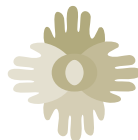
Even a happy occasion can be stressful. Relax and enjoy!

For Pricing Information
Or To Schedule An Appointment

Call 404-660-4190

email: dianev501@hotmail.com

For More Information About The Benefits Of Massage Therapy Visit
massagesolutionsllc.com



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