

Massage

Why massage?

For centuries, Asian people have understood massage to be a proven method for correcting acute and chronic pain conditions and maintaining strong health and longevity.

Many people use massage to maintain optimal health. This system provides an insurance plan that prevents costly medical bills in the future. These systems are essential for helping you maintain the health you already have. Come in to experience this ancient and result-based healing system.

CBS's Style

Bryan relies primarily on the Anma tradition, one of the oldest and most effective massage techniques to date. This approach employs the traditional Chinese meridian system to help relax the body and relieve physical pain. It differs from other systems in that it does not incorporate oil and can be performed while clothes remain on the body. Also incorporating techniques from his studies of Japanese Shiatsu, Chinese Tui na and Thai massage, Bryan is able to create a synthesis of traditions that is incredibly therapeutic, providing quick and lasting results.

Benefits:

The relief of pain (acute or chronic) associated with the low back, whip-lash, knee injuries, sciatica, carpal tunnel, headaches, strains and sprains, herniated discs, and stress

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Preventative care

Recovery

time depends on a some individual factors including the self-healing potential of the individual's body (the healthier a person, the more quickly he/she will recover) and the healing potential of the symptoms (the length of time the symptoms have been occurring affects the amount of time necessary to heal the underlying problem).

On average, acute pain (occurring no longer than 6 months) can be completely relieved in 2-8 treatments and chronic pain (occurring anywhere from 6 months to many years) requires 8-16 treatments