

MY WORK IS MY  
PASSION AND JOY

I have been a Massage Therapist for over 15 years. I find great pleasure in helping my clients to relieve their aches, pains, stress, and tight muscles. No matter what age, anyone can benefit from a massage.



Make an appointment today. I have an office in downtown Brevard, in my home in the mountains or, for a slightly higher fee, I'll come to your office or home.

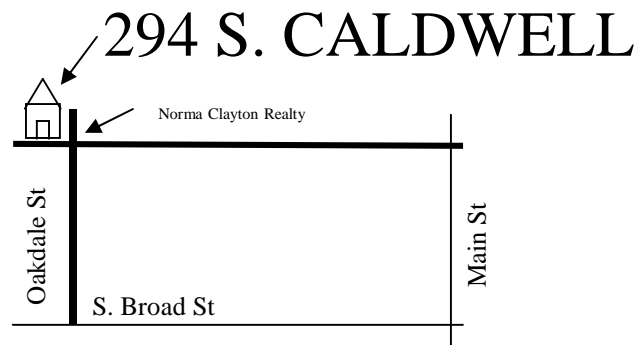
Table Massage  
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828-577-1451

**NEW DOWNTOWN  
OFFICE**

**294 S. CALDWELL**

**CORNER OF OAKDALE  
& S. CALDWELL ST.**



Office downtown: 877-2535  
Home office: 884-9294  
Cell: 828-577-1451

Massage  
Therapist



John F. Gale

Trigger Point  
Deep Tissue  
Connective Tissue  
Pain Management  
Relaxation  
Swedish  
Reiki

Licensed Massage  
and  
Bodywork Therapist

NC Lic. # 496 SC Lic. # 1285 Member: AMTA

Phone: 828-577-1451

# Description of my work

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I put as much quality, nurturing and attentiveness as I have in me, into each massage that I perform.

I have 15 years experience as a full time professional massage therapist. I have taken many classes and workshops, exploring several modalities, and have performed over 5,000 massages. I have also learned from my clients, by paying attention to what they want and need, and to innovations that occur to me as I am working.

I use a combination of massage modalities in each massage: Swedish massage relaxes the body overall and aids me in accessing where special work is needed; Trigger Point or Neuromuscular type work to relieve pain from knotted up tissue in muscles; Connective tissue massage (similar to myofascial release) that relieves tension and pain in skin and connective tissue, and helps release stubborn trigger points or knots in deep muscle; and Reiki which is a method of working with the energy field in and around the body to restore the self-healing

wisdom of the mind-body-spirit continuum. Reiki also helps release stubborn trigger points in muscles.

I begin a session by having the client complete a form that tells me about their needs and expectations, and then we discuss it. I usually begin the massage with strokes that go the length of the body from fingertips to toes. This helps the client to begin to relax, but more importantly, it helps me to access where the tissues are tight and need attention. I get a feeling of where more time and focused work will be needed. Then I go into a Swedish massage format, systematically relaxing each part of the body. To address the

Trigger Point  
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Swedish  
Reiki  
Connective Tissue  
And more

areas that are showing reluctance to release, I use Trigger Point / Neuro-muscular, connective tissue, Reiki, some Cranial Sacral techniques and my version of positional release.

I get feedback about the client's relative sensitivity to pressure, so that I can work within their pain tolerance. Everyone is unique, so I pay attention and treat every one differently, according to their desires, and how they respond to my work. With the clients permission, I use essential oils to reduce inflammation and pain sensitivity and coconut oil to revitalize the skin and connective tissue.

I bring these techniques and my experience together to produce an enjoyable, relaxing experience for my clients. I take the time and effort to sandwich any potentially un-

comfortable techniques between relaxing massage and energy work. My clients come away relaxed and refreshed and with a pain free or pain reduced body.

Call me for an appointment today !

John Gale, LMBT

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Additional Education Courses Taken:

Pain Management Soft Tissue Techniques  
27th Regional Symposium on Fibromyalgia  
Neuro Muscular Therapy I and II  
Integrative Neuro Muscular Therapy for  
Headaches  
Connective Tissue Massage  
Myofascial Components of Low Back & Leg Pain  
Myofascial Components of Neck & Shoulder Pain  
Clinical Applications of Structural Release  
Techniques  
Cranial Sacral Therapy Level I, II  
Reiki Level I, II  
Medical Chi Gong  
Chi Gong Healing  
Advancements in Event & Clinical Sports Massage  
Self study: nutritional aspects on health  
use of essential oils in massage