

Revitalizing Women With The Healing Touch of Massage *WHY MASSAGE? WHY NOW?*

Provided By Adrienne Perl, Licensed Massage Therapist,
Calming Comfort Massage Therapy LLC

Since I began serving as a Licensed Massage Therapist in 1989, I've come to better understand why it's not only something we can do to pamper ourselves. It's true that it is a great way to relax, but the effects go far deeper.

Massage creates physiological changes and benefits in the body, including:

- The Circulatory System
- The Nervous System
- Musculoskeletal System
- The Digestive System
- Respiratory Function



It's incredible something so simple can be so profound! Our sense of touch begins in the womb, it's actually the first one to form in development. So much of what goes wrong in our bodies relates to stress and lack of care. It's hard enough not to feel good day to day, but it's worse to find out that years of that can lead to serious and chronic illness.



"I felt Divinely led to be a Massage Therapist after graduating college with a degree in Advertising. I quickly realized I wasn't cut out for that field but I started feeling the desire to help alleviate the pain of people who were feeling stressed. After working many years as an LMT in Chiropractic offices and a large Silicon Valley tech company, I finally have a place of my own, and a place that feels like home. Calming Comfort Massage Therapy LLC is a space where women who are ready to take time to be taken care of can get relief from aches and pains. It's somewhere they can feel relaxed and revived. I invite you to come and discover what massage can do for you. My hope is to bring calming comfort in a world of stress and strain." Adrienne Perl



Adrienne listens and really cares about helping me feel better. Her approach in moving slow and methodically has proven to be both medically beneficial and extremely relaxing. Her studio is clean, soft and comfy. – Margaret S.



Calming Comfort Massage Therapy LLC



Relief and Relaxation for Women

SERVICES INCLUDE:

- Deep Tissue Relaxation Massage
- Hot Stone
- Prenatal
- Senior Massage

Please feel free to get in touch to discuss what you may need and find appointment times to fit your schedule.

Call/Text Adrienne: 330-679-8858

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Find on LinkedIn

NEW CONVENIENT LOCATION

122 Watrusa Avenue Downtown
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www.calmingcomfortmassage.com