



Feel Great with Bodywork and Fitness Services at IBCI!

www.ibodycare.com

We promote positive transformation through innovative, practical and effective services and products that improve the way people handle their health. We do this through massage therapy, personal training & coaching, workshops and speaking, and healthy products.

Why See Us?

We have a special interest in person-to-person service, and are skilled at relieving pain, muscle and biomechanics problems, improving daily performance, increasing awareness, and building self-care skills in our clients. Our Nationally Certified staff supports the development of healthier living and long-term solutions. Our staff is knowledgeable and keeps up with industry standard information and research, uses current and innovative technology in the industry, and works effectively as a team. Therefore, your experience here is integrated, friendly, and exacting.



Services:

MASSAGE THERAPY

The practitioner applies manual techniques and may apply hot or cold packs, pain relieving gels or lotions, and stretching methods, with the intention of positively affecting the health and well-being of the client.

- Stress Reduction Massage Therapies for healthy people and for pregnant mothers
- Injury Treatment and Prevention through Neuromuscular Therapy, Myofascial Release Therapy, Trigger Point Therapy, and Lymphatic Drainage
- Sports Massage for all levels of athletes – recreational to professional

PERSONAL TRAINING & PILATES

Through the use of weights, bands, balls, Pilates, and other methods, one-on-one fitness coaching and personal training sessions are available for

- Weight Loss, Maintenance or Gain
- Toning and Improving Fitness
- Building Strength and Improving Flexibility
- Recovery after an Injury
- Improved Sport Performance

ENERGY THERAPY

Based on the work of Donna Eden, this type of therapy can help you to use your body's energies to:

- Strengthen your immune system
- Sharpen your mind
- Address pain, physical illness and emotional or mental disorders
- Achieve a balanced lifestyle with an understanding of your own natural rhythms and lifestyle choices
- Improve your health, joy and vitality

Energy medicine is both a complement to other approaches to medical care and a complete system for self-care.

WORKSHOPS & SPEAKING TOPICS

- My Hips Are Doing What? Postural Analysis Workshop
- Ergonomics in the Office Presentation and/or Workshop
- Stress Reduction Techniques Presentation and/or Workshop
- Stress Reduction for the School Worker Presentation/Workshop
- Pregnancy Massage Workshop
- Practical Massage Workshop

More detailed brochures are available for most services. Please inquire.