



Skillful Touch Massage

Rolfing Structural Integration®

Endermologie® Cellulite Treatment

Endotherapy

Body Detoxification

Cosmecanique

Reiki

Jin Shin Hi Touch

Cellulite Be Tamed!



Endermologie®

LPG

Endermologie is the systematic use of the LPG Key Module to reduce the appearance and girth of cellulite and is the only FDA-approved system for cellulite appearance reduction.

- Temporarily lose inches in treated areas and reduce the appearance of cellulite
- Painlessly reshape the body
- Non-surgically and non-invasively treat cellulite



Our mission is to provide connective tissue therapy sessions that complement existing exercise, diet and health programs; ensuring a sound investment toward a vibrant, healthy life.

**Serena Powell, M.A., NCMTB, CMT, IASI
Certified Rolf Practitioner, Owner**

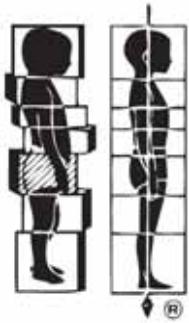
1000 North 9th Street, Suite 7
Grand Junction, CO 81501
970-254-1352
www.appliedintegratedbodyworks.com

Appointments

Appointments are scheduled during weekdays, with some availability on evenings and Saturdays. Please call to schedule a time convenient for you.

24-hour cancellation notice is required in order to avoid paying the full fee for a missed session.

Rolfing



Rolfing is an original and scientifically validated system of body restructuring and movement education. It releases the body's segments--legs, torso, arms, etc.--from life-long patterns of tension and permits gravity to re-align them--the result is a balanced body.

Skillful Touch Massage

Experience a renewing massage designed just for you. Skillful Touch Massage addresses your whole wellbeing, and each session is customized to meet your unique needs. A Skillful Touch Massage session may incorporate several styles; from gentle Swedish style to deep-tissue massage.



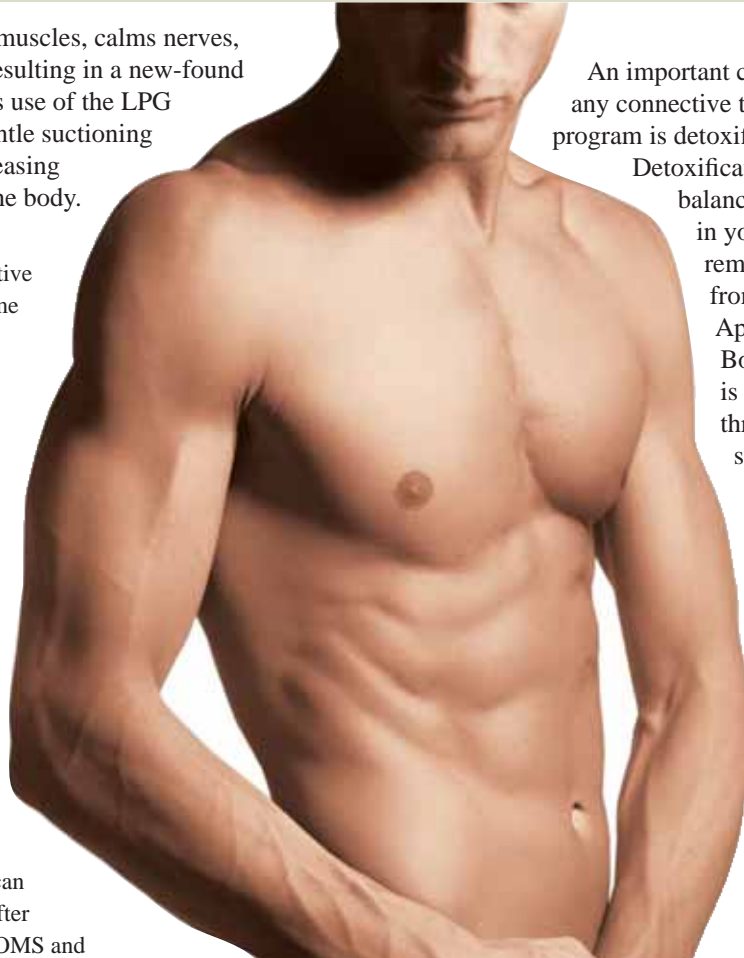
Endotherapy



Endotherapy soothes stiff, tense muscles, calms nerves, and reduces stress and anxiety, resulting in a new-found sense of wellbeing. This involves use of the LPG Key Module, with rollers and gentle suctioning that provide deep massage, increasing blood circulation to all parts of the body.

Benefits of Endotherapy:

- Before surgery: softens connective tissue and shortens recovery time
- After surgery: complements physical therapy and promotes increased range of motion
- Brings elastin to the surface, helping the skin return to a smooth, supple appearance
- Improves local circulation and, when authorized by prescription, can be used as part of burn rehabilitation
- Relieves delayed onset muscle soreness (DOMS), muscle spasms, and minor muscle aches and pains
- Sports Therapy—within a few hours of performance: warms up the muscles, makes stretching more effective, and can enhance sports performance. After sports performance: reduces DOMS and recovery time



Body Detoxification

An important component of any connective tissue therapy program is detoxification.

Detoxification energetically balances the energy in your body by removing toxins from the body. At Applied Integrated Bodyworks this is accomplished through Aqua Chi sessions which use water and electromagnetic frequencies to energize and balance the body, allowing harmful toxins to exit the body.

Cosmecanique



Cosmecanique is a non-surgical, non-invasive system that stimulates the underlying structure of the skin around your eyes, face, neck or neck line; resulting in smooth, firm, younger-looking skin.

