

Arrowhead Massage Therapy Offers Services At New Facility In Maumee Marketplace

BY NANCY GAGNET
MIRROR REPORTER

Mary Ann McGill believes that the road to better health and overall wellness begins with a gentle, relaxing massage.

"I think everyone needs a massage," said McGill, who enjoys them twice a month to keep her immune system in check. "I don't get the flu; the therapy sessions help build my immune system."

McGill, a licensed massage therapist, says massage therapy offers key physical, mental and emotional benefits and helps prepare the body for the inevitable stress that occurs with daily living.

"Massage therapy is preventative preparatory stress management medicine," she said.

Her belief in the effectiveness of massage therapy and her commitment to helping others in this therapeutic way has prompted her to open Arrowhead Massage Therapy in the Maumee Marketplace at the corner of Reynolds and Dussel Roads.

"I want to help people," she said. "I'm just so gratified every time I work on someone and I see how much better they feel."

McGill has staffed the new facility with 10 experienced licensed massage therapists who are able to provide a variety of therapy techniques including cranio-sacral, Reiki, hot stone therapy, neuromuscular techniques, deep tissue and aromatherapy.

She said Ohio is the only state that requires medical board certification for massage therapy, and she is excited about the diversity of her staff.

"We have six women and three men on the staff from a



Licensed massage therapist Mary Ann McGill opened Arrowhead Massage Therapy to help make therapy services as convenient as possible for area residents. The new facility, located at the Maumee Marketplace, is open seven days a week with reasonable hourly and package rates.

MIRROR PHOTO BY MICHAEL MCCARTHY

wide age range, and I'm really feeling fortunate for who I have here," she said.

The center is equipped with four treatment rooms, allowing couples, friends, wedding parties or co-workers to receive a treatment at the same time.

Clients may also enjoy receiving a facial, and the center offers Arbonne products as well as Nature's Sunshine Products for purchase.

According to McGill, massage therapy is typically only used as a special pampering session; however, the Chinese employed the technique over 3,000 years ago as part of the healing process.

Ancient Romans, who also regularly used message therapy, lived up to 20 years longer than their counterparts, according to McGill.

Massage therapy is slowly becoming part of a more accepted method of maintaining overall health and recent studies have revealed its benefits.

The University of Miami School of Medicine, Nova Southeastern University of Florida and the Touch

also stimulates the release of endorphins, the body's natural painkiller, into the brain and nervous system.

"The body wants balance, and massage helps to attain balance," she said.

Angela Richter, a project manager suffering from back pain, says massage therapy helps reduce her pain.

"The massage has given me more relief from my back pain than any other therapy I've tried," she said.

Prior to opening the facility, McGill enjoyed a busy massage therapy practice from her home and spent one day a week working at the Center for Sacred Living, in Ann Arbor, Mich.

She said that experience, coupled with her work in a financial institution, a construction company, the Anthony Wayne athletic department and a neurosurgeon's office, has led her to open the facility.

"Everything I've done prior to this has led me to this," she said.

Although she enjoyed working from home, she enjoys the thought of helping other people and other therapists on a larger scale.

Arrowhead Massage Therapy is open seven days a week and is located at 1514 Reynolds Rd. in the Maumee Marketplace. The facility is certified by workers' compensation for medical treatment of approved injuries.

One-hour therapy sessions cost \$50.00, 1.5-hour sessions cost \$72.50 and a package of three sessions costs \$145. Gift cards are available for purchase in any amount and may be used toward any product or service.

Benefits of Massage

Massage helps normalize our circulatory, muscular and nervous systems. It can assist in the healing process and is often used in conjunction with other methods of healing and healthcare management. Benefits of massage include:

- Tension relief – Helps muscles become relaxed and better able to contract and move
- Breathing – Promotes the drainage of fluids
- Healing of injuries – Reduces inflammation, relieving pain and eases muscle fatigue
- Flexibility – Breaks up scar tissue and adhesions, loosens stiff joints
- Circulation – Assists blood flow through the veins, aiding circulation
- Well Being – Releases tension and anxiety

Source: Mary Ann McGill, Licensed Massage Therapist

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