

SERVICES OFFERED

Canine Myotherapy and Massage

Myotherapy, which literally means muscle therapy, is a method for relieving pain based on manipulation of trigger points in the body. Using Trigger Point Myotherapy can help relieve pain, swelling and stiffness, improve range of motion and flexibility, increase muscle tone, increase circulation and promote healing.

Canine massage is the application of hands-on techniques to restore and/or maintain a dog's physical capabilities. Massage can be used to help dogs relax, to condition the canine athlete, to assist in recovery from injuries and to ease chronic pain.

Benefits of Canine Massage:

- Helps calm and relax so your dog's natural healing ability is enhanced
- Conditions your dog to be receptive to touch and more accepting of handling by others including your veterinarian and groomer
- Decreases chronic pain patterns as in cases of arthritis and degenerative disease
- Relieves muscle soreness from overuse, compensation or inactivity
- Tones muscle tissue and promotes muscle health
- Reduces muscle tension caused by arthritis
- Increases flexibility and enhances movement
- Increases the flow of blood and oxygen to muscle tissue and organs
- Releases endorphins for natural pain relief
- Provides early detection of health changes and problems
- Improves condition of the skin
- Boosts the immune system

When to provide a massage:

- To provide relaxation and stress relief during boarding or hospitalization
- To aid the healing of injuries
- For general physical maintenance
- For pain relief from arthritis
- To reduce the aches and pains associated with aging
- To reduce muscle soreness after strenuous exercise

Reiki

Reiki is a form of therapy that uses simple hands-on, no-touch, and visualization techniques, with the goal of improving the flow of life energy in a person. Reiki (pronounced ray-key) means "universal life energy" in Japanese, and Reiki practitioners are trained to detect and alleviate problems of energy flow on the physical, emotional, and spiritual level. Reiki complements and supports traditional veterinary treatments.

Benefits of Reiki:

Reiki provides many of the same benefits as traditional massage therapy, such as reducing stress, stimulating the immune system, increasing energy, and relieving the pain and symptoms of health conditions. Reiki maintains health, facilitates healing on all levels, and can ease the transition between life and death.

Reiki and massage are two different healing modalities, both in intention and in practice. Reiki is a spiritual healing system intended to affect the energy fields around the human body. Massage therapy deals with physical healing and is more of a “manipulative system” for the physical body. Combining Reiki and massage therapy has a synergistic effect: each enhancing the effects of the other. Together they can produce a remarkable effect.

When to provide Reiki:

- During times of stress
- During hospitalization
- To reduce the trauma and facilitate recovery from surgery
- To aid in healing
- To calm and reassure those suffering from severe or fatal conditions

Essential Oils and Raindrop Technique

The use of essential oils dates back to ancient times. After years of research and clinical application, oils are being used today by practitioners to relieve pain, promote healing, reduce stress and anxiety, and enhance immunity. They can help to reducing discomfort in muscles and joints, calm nerves, relieve digestive issues and allergies, comfort respiratory ailments and speed up healing from wounds.

Raindrop Technique integrates massage with essential oils to bring the body into structural and electrical alignment. It uses a sequence of highly anti-microbial essential oils designed to reduce inflammation and kill viral agents.

Young Living essential oils are offered in conjunction with massage treatments and for purchase.

One-on-One Instruction

Jan offers personalized instruction on basic techniques customized for your dog's specific needs.

She also conducts workshops on canine massage techniques for pet parents.

SmartTouch canine myotherapy, therapeutic massage, Reiki, and essential oil guidance are provided by appointment at Healthier Pets Naturally. Contact Jan by email jan@smarttouchcanine.com or call 630-247-3378 to schedule an appointment.