

Catherine Rhoads is a 1999 graduate of The New York Institute of Massage and received her license in 2000.

Catherine has worked in a professional therapeutic setting since receiving her license and continues to work directly with Doctors, Chiropractors, Physical Therapists, Athletic Trainers, Rheumatologists and other members of the health care community.

She is a professional member of the American Massage Therapy Association as well as a certified Myofascial Therapist.

Throughout Catherine's career, she has taken several Continuing Education courses including: Myofascial Release, Pregnancy Massage, Mastectomy Massage and Trigger Point Therapy. Catherine is experienced in working with infants, the elderly, accident and chronic pain patients and people who just need to take some time for themselves to Relax.

Catherine M. Rhoads
Licensed Massage Therapist

585-749-6915
by Appointment Only

Swedish and Relaxation, Myofascial Release,
Trigger Point Therapy, Pregnancy Massage,
Mastectomy Massage, etc.

Catherine M. Rhoads
Licensed Massage Therapist
Certified Myofascial
Therapist



*Experience a form of healing
and relaxation that has been
around for centuries*

(585) 749-6915

www.catherinerhoads.com

3 West Avenue

LeRoy New York 14482

(LeRoy Physical Therapy & Village Fitness)

"Our big job is to get
people to accept
touching

in an increasingly
technological society.

Before drugs,

there was

Massage
Therapy

Dr. Tiffany Fields
Director Touch Research Institute
University of Miami School of Medicine

What Massage can do for you

- Everyone can benefit from a professional massage,
- provide anything from soothing relaxation to deeper therapy for specific physical problems,
- relieve symptoms of stress and anxiety,
- increase the nourishing blood supply to your tissues,
- improve energy and alertness,
- aid your recovery from pulled muscles or sprained ligaments,
- ease many of the uncomfortable stresses of child bearing, including edema, back aches, and exhaustion,
- relieve certain repetitive motion injuries related to on-the-job activities,
- greatly reduce your pain, if you suffer from such problems as temporal mandibular joint dysfunction (TMJ) or carpal tunnel syndrome,
- compensate in part for lack of exercise and muscular contraction if you're a person who, because of age, injury or illness, is forced to remain inactive,
- hasten the elimination of waste and toxins stored in your muscles,
- increase the interchange of substances between the blood and tissue cells,
- heighten the oxygenation of tissues,
- stimulate the relaxation response within your nervous system.

What you can expect

I will do everything possible to ensure that your experience is positive and rewarding. You'll be asked about your reasons for getting a massage, current physical condition, medical history, lifestyle, stress level, areas of pain and other pertinent topics. You'll be asked to undress in private and drape yourself with the sheet provided. You may leave your undergarments off or on, at your discretion. You'll lie down on a comfortably padded massage table. Only the part of the body being massaged will be undraped, ensuring that your modesty is respected at all times.

You should expect a peaceful and comfortable environment for your massage. Report distractions of any kind, whether from physical discomfort, room temperature, volume of music or any other source.

There are some instances when the use of massage might not be appropriate. Be sure to consult your physician before starting any massage program. An experienced licensed massage therapist will also be able to tell you when massage is not indicated.

Professional Fees



30 minutes.....\$35.00
60 minutes.....\$60.00

Gift Certificates Available

Accepting some private insurance

Cancellation Policy

If you are unable to keep your appointment, kindly give a 24 hours notice, otherwise, a \$30.00 charge will be incurred for the time reserved. \$30.00 return check fee

Catherine M. Orroads

licensed Massage Therapist, Certified Myofascial Therapist
Certified Herbalist

In ancient time, mankind was solely dependent on herbal plants to cure illness. Still now, they are very much in use in different parts of the world. Today, there is a resurgence of interest in herbs and their healing properties. It has been proven that healing will occur naturally in the human body if it is given what it truly needs, that is fresh air, sunlight, proper diet, pure water, exercise and rest.

I am dedicated to educating and providing you with a wide selection of products to fit individual needs. I provide sound, fundamental advice on subjects as varied as obesity, pregnancy, menopause to fatigue.

I serve a diverse clientele, however, the common thread is a need for quality information in a confusing marketplace. I will attempt to eliminate the confusion and get you on the path to a natural, healthy life.

Herbs assist in the improvement of:

allergies, anemia, anxiety, arteriosclerosis, arthritis, asthma, blood disorders, breast health, bursitis, chronic fatigue syndrome, common cold, constipation, depression, dermatitis, diabetes, ear problems, eczema, endometriosis, epilepsy, eye problems, fatigue, fibromyalgia, frigidity, gout, hair problems, headaches, heart problems, hemorrhoids, hepatitis, high blood pressure, high cholesterol, hot flashes, indigestion, insomnia, memory problems, menopause, menstrual issues, osteoporosis, p.m.s., prostate issues, psoriasis, rosacea, sinus problems, skin issues, stretch marks, tendonitis, tonsillitis, underweight, vaginitis, veins problems, yeast infections and the list goes on.

Please contact me at 585-749-6915 for
your Wellness Consultation or visit
www.catherineroads.com