

## About Judy Vanderbeck, CMT

Judy Vanderbeck, CMT, is a full-time professional massage therapist with an excellent reputation as a practitioner of holistic therapies. She is affiliated with the Hands-On Trade Association.

She obtained her first certification in Swedish Massage from the Pittsburgh School of Massage therapy in Jan. 1995.

Nationally and internationally she has completed more than 2,000 hours of additional training in Sports Massage, Reflexology, Healing Touch Therapy, Ortho-Bionomy, and the Meir Schneider Self-Healing Method.

Ms. Vanderbeck holds a Bachelor of Science in Business from Beaver College.

**Other interests include:** Alexander Technique homeopathy, numerous types of dancing and many out-door activities.

**Satisfied clients include:** home-makers, jewelry makers, stone carvers, landscapers, brick layers, construction workers, writers, doctors, research scientists, pharmacists, lawyers, librarians, teachers, college professors, students, computer users, entrepreneurs, members of clergy, CEO's, administrators; as well as professional athletes, dancers, actors, artists & musicians.



### Vanderbeck Massage Therapy, LLC

JUDY VANDERBECK, CMT

**Convenient Shadyside Location**  
**Operating out of Capristo Wellness Spa**  
5850 Ellsworth Ave., Pgh, PA 15232  
**Call . . . 412-362-9084**

Fax: 412-362-9084

[www.judyvanderbeck.com](http://www.judyvanderbeck.com)

JUDY VANDERBECK, CMT

Effective  
Integrative  
therapies  
Since 1995

*How About A Massage!*



Call... 412-362-9084

# Professional, Therapeutic Massage Therapy

Judy Vanderbeck combines a variety of therapeutic modalities to create a session specifically for your needs. Her focus is to create a dialogue with the muscle which guides her in applying the lightest or deepest pressure needed to facilitate release through relaxation.

Whether you seek massage therapy for relaxation, to recover more easily from injury or chronic pain, or to improve with limited functioning, Judy can develop a session for you.

## Massage & its Benefits

Massage therapy provides relief to people from all walks of life. Many research studies in the US, and around the world, show that massage therapy has a profound effect on every system of the body.

These results show that Massage reduces stress and its effects on the body, including chronic tension and pain. It relaxes fatigued muscles, relieves muscle strain and improves muscle tone, skin tone and joint functioning. Blood circulation is also stimulated by massage, as well as peristalsis, and the lymphatic system; and it can improve sleep patterns and nerve function.



It is shown that massage can help us to cope with acute and chronic problems, whether they may be on a mental, emotional or physical level. Receiving it regularly can create a feeling of empowerment and awareness which can put you on the path of self-discovery.

## modalities

**Swedish Massage** includes long, flowing strokes with kneading of the muscles with the hands. It can be done in a very slow and fluid style or, quite rigorously and deep, depending on your needs.

**Sports Massage** techniques involve a deeper, more rigorous touch to get tension to release. Massage on a regular basis during the months prior to a competitive event will greatly enhance performance during competition. Make it a regular part of your training program and compete at a higher level!

**Reflexology** is available for those who wish to focus thoroughly on the feet. It is an ancient Chinese system of "Zone Therapy" which stimulates nerve endings relating to all systems of the body. It has many of the same benefits as massage and is deeply relaxing.

**Ortho-Bionomy** is easily added into nearly every session. A system of very slowly performed repositioning of joints & muscles is used, with respiratory assistance that acts very subtly to induce spontaneous correct repositioning of the joint/muscles. It is a very gentle pain-free technique developed by Arthur Lincoln Pauls, DO. in the late 1970's. It can be used preventatively and it's helpful for chronic tension & pain, recent strains/sprains or injured body parts.

**Healing Touch Therapy** is a therapeutic energy-based hands off the body approach to healing. Various techniques are used to help balance energy in the body, mind & emotions. The Healing Touch program was developed by Janet Mentken, RN, and it is approved and taught through the Holistic Nurses Association.

### the need for touch

How often you receive massage depends mainly on your reason for it. The positive effects from one session for the purpose of relaxation may be quite lasting. However, many individuals report that they maintain a higher level of wellness and they recover better from chronic situations when they receive massage on a more regular basis. As you improve, you may require sessions less frequently.

**Self-Healing Techniques** are derived from an educational program which uses breathing, visualization, gentle massage and a system of non-strenuous movement. The benefits of this work are most effectively reinforced when an individual is committed to getting involved with their program on a daily basis. This work offers tools for learning better visual habits and a more balanced way of functioning with the body. These techniques were developed by Meir Schneider, LMT, Ph.D.

## Packages & Discounts

To recognize a commitment to receiving holistic therapies on an ongoing basis, discounts for packages of 3, 5, and 10 are available. Additional discounts are available for birthdays and to clients who refer others.

**Give the Gift of Massage  
for Holidays &  
Special Occasions!**

## Office Hours by appt.

1/2 hr. - 1 hr. - 1 1/2 hr. Sessions

M-TH 8 AM to 6:30 PM

F 8 AM to 5 PM - Sat 9 AM to 2 PM

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