



MIND BODY

BENEFITS

MENTAL BENEFITS:

- IMPROVES RELAXATION
- EXPERIENCE PEACE OF MIND
- GAIN HEIGHTENED AWARENESS
- REDUCES STRESS & ANXIETY

PHYSICAL BENEFITS:

- REDUCES PAIN & SWELLING
- INCREASES RANGE OF MOTION
- REDUCES BLOOD PRESSURE
- REDUCES MUSCLES SPASMS
- STRENGTHENS IMMUNE SYSTEM
- IMPROVES POSTURE
- RELIEVES MUSCLE TENSION & STIFFNESS
- ALLEVIATES PREGNANCY DISCOMFORT
- FOSTERS HEALING OF STRAINED MUSCLES
- RELIEVES TENSION RELATED HEADACHES

kachmann
*mind***BODY**
institute

ENRICH AND

INSPIRE LIVES

THROUGH THE

MIND BODY SPIRIT

CONNECTION

260-420-YOGA (9642)

KachmannMindBody.com

Downtown Fort Wayne:

1301 Lafayette Street, Fort Wayne

Lutheran Hospital:

7900 West Jefferson Boulevard, Fort Wayne

HEALING TOUCH
THERAPIES

RELAXING

SOOTHING
HEALING

Health professionals are now recognizing the positive effects of massage and body work. Healing Touch Therapy relieves stress, improves circulation, and promotes overall wellness.

Enjoy the healing benefits of these therapies at the Kachmann Mind Body Institute.

Call today to schedule your appointment.
260.420.YOGA (9642)



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HEALING TOUCH THERAPIES

AROMATHERAPY

Aromatherapy is the use of essential oils to enhance your massage by stimulating or relaxing the muscles depending on the oils used on the body. Oils are chosen for individual needs.



DEEP TISSUE MASSAGE

This technique uses deep muscle massage administered to affect the sub-layer of musculature and fascia. It helps ease chronic muscle pain and aids in injury rehabilitation. This therapy is often integrated with other massage techniques.



JIN SHIN DO® BODYMIND ACUPRESSURE™

“Benefits of Asian Healing Without the Needles” The practitioner uses gentle yet deep pressure on points in areas of tension and on distal points that share the same or related energy flow. Jin Shin Do differs with acupuncture due to the absence of needles and because the client is touched in a highly supportive way. Though acupuncture is a very helpful therapy for many conditions, acupressure is more effective for stress related problems.

MYOFACIAL RELEASE

Myofacial Release consists of deep stretching and intense soft tissue mobilization. Each session is tailored to the patient’s needs, and enhances mobilization. This therapy helps with chronic pain and injuries and is therapeutic for scoliosis and other skeletal disorders.

ONCOLOGY MASSAGE

Specialty therapy for patients going through cancer treatment or in remission, customized to each patient’s needs and restrictions.

PRENATAL MASSAGE

Prenatal massage helps reduce pregnancy discomfort while also enhancing the physiological and emotional well being of both mom and baby. A physician’s referral is required prior to this massage treatment.

REFLEXOLOGY

The use of reflex points on the feet or hands pressed to release the “blocked” area. Reflexology assists in releasing toxins and stimulates the circulatory and lymphatic systems.

REIKI

Reiki is a light touch, healing therapy from Japan that supports the whole person. This technique lowers anxiety, enhances well being, relieves stress and fatigue and provides a sense of healing. Enjoy a wonderful meditative state and deep sense of relaxation with this healing touch therapy.

RELAXATION MASSAGE

This massage employs a smooth and flowing style that promotes general relaxation by relieving muscle tension.

SHIATSU

Japanese style meridian based acupressure that stimulates circulation, flow of lymphatic fluid, and releases toxins and deep seated muscle tensions. Shiatsu also stimulates the hormonal system and the immune system, and acts on the autonomic nervous system, allowing the recipient to relax deeply and induce healing.

SPORTS MASSAGE

This massage includes techniques designed to alleviate inflammation, minimize injury or provide warm up before, during or after training regimens.

THAI MASSAGE

This flowing therapy uses yoga-based stretches, rhythmic pressure and gentle twisting. Each session is designed to meet your individual needs and abilities.

THERAPEUTIC MASSAGE

This type of massage uses specific treatments appropriate for working with clients who are recovering from or living with disease or injury.

HEALING TOUCH THERAPY RATES

15 MINUTE CHAIR MASSAGE	\$25
30 MINUTES	\$40
1 HOUR	\$65
1½ HOURS	\$95

HEALING TOUCH THERAPY PACKAGES

SIX 30 MINUTES SESSIONS	\$215
SIX 1 HOUR SESSIONS	\$345
SIX 1½ SESSIONS	\$510

OUR EXPERIENCED THERAPISTS HAVE BEEN CAREFULLY SELECTED FOR THEIR SKILL AND SENSITIVITY TO PROVIDE THE MOST SATISFYING HEALING EXPERIENCE.

CALL 260-420-YOGA (9642) TO SCHEDULE YOUR APPOINTMENT TODAY!

- ~ PACKAGES CAN BE USED AT ALL LOCATIONS
- ~ FOR YOUR FIRST VISIT, PLEASE ARRIVE TEN MINUTES EARLY TO COMPLETE PAPERWORK
- ~ WE REQUIRE 24 HOUR NOTICE FOR CANCELLATIONS OR APPOINTMENT CHANGES
- ~ ALL THERAPIES ARE SCHEDULED BY APPOINTMENT
- ~ GIFT CERTIFICATES AVAILABLE

