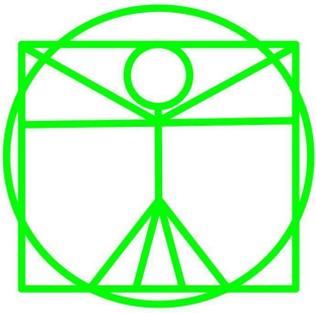


# Stacey Harris Body Therapeutics

July 24, 2017



THERE ARE  
CHANGES  
AFOOT!

## To my valued clients

Firstly a HUGE thanks for your ongoing support! You are a truly gorgeous bunch of people and I am honoured by your choice to come and see me for your body work needs.

## SPOTLIGHT ON: DRY NEEDLING

Dry needling involves very fine, single-use, sterile needles being gently inserted into 'trigger points' or hyper-irritable bands of muscle tissue. As the term 'dry' suggests, there are no fluids or solutions injected in this process. Instead, the needle stimulates the muscle tissue to prompt a "twitch" response, which helps the muscle to release and relax.

What can it help?

Dry needling may be able to provide relief for a range of musculoskeletal dysfunctions such as:

- Back/neck pain
- Headaches
- Tight hamstrings
- Shin splints
- General muscle tightness/strains
- Tennis elbow
- Sporting injuries
- Plantar fasciitis
- And many more

Read more on page 2 for further information

Since I first began working as a massage therapist in 2015, I have been using a spare bedroom at home as my 'clinic'. Rick, the owner of the house, whom some of you may have seen or met, has been very accommodating and tolerant of my business activities. However, it is time to move to more purpose built venues and stop intruding on his home space with all my clients! I will, as of now, be seeing clients at either the 'Body Central' clinic at the Corner of Fitzgerald Ave and London Street; or at Oxford Women's Health, in the gorgeous Forte Building on Kilmore Street (parking available off Peterborough Street). It's a very exciting move ahead and will provide a lot of opportunities to expand my skills and services. Due to the increased overheads in working within such fabulous settings, prices will also have to increase. This is also to reflect my graduation from student therapist to becoming a Massage New Zealand registered massage therapist. It also coincides with the increase of services available such as dry needling and manual lymphatic drainage, which have required separate independent courses for qualification.

### My days and hours of work will be as follows:

**Tuesdays - Oxford Women's Health - 10am - 6pm** . Phone the lovely receptionists there on 03 379 0555 to arrange your appointment with me there. Price for a 1 hour session is set at \$90.00. Oxford Women's Health is at 132 Peterborough Street, Christchurch Central.

**Wednesdays 10am - 6pm, Thursdays 5pm - 8pm; and Saturdays 9am - 3pm** - Body Central. Go to [www.bodycentral.nz](http://www.bodycentral.nz), click on Massage Therapy and select me as your therapist when prompted. Price for a 1 hour session (excluding spa style treatments) is set at \$85. Body Central is located at 304 Fitzgerald Ave - entrance off London Street.

**With these changes in mind, the old booking system at <https://bodyspace.youcanbook.me> will no longer be used for bookings.**



## In the spotlight continues....

### What to expect during a dry needling session.

Here are the basic steps of dry needling therapy:

When using dry needling techniques in your treatment the therapist will palpate the target muscle for a taut band (or area of tense muscles) and identify the hyper-irritable spot, thereby confirming the point that needs to be treated. The super fine, solid filament needle is typically in a tube and it is fixed with the non-needling hand against the trigger point using a pincer grip or flat palpation depending on the location and orientation of the muscle.

With the needling hand, the needle is gently loosened from the tube and the top of the needle is tapped or flicked by the therapist, allowing the needle to penetrate the skin - usually this is painless. The needle is guided toward the trigger point until the therapist feels resistance or notices that the patient has a local twitch response. A local twitch response is a spinal cord reflex that creates an involuntary contraction that can be triggered by penetration with a needle.

### After the session

After a session, you may feel a little achy, as can be the case after a therapeutic massage session. However, the great thing about dry needling is that results can be achieved much more quickly with much less discomfort for the client. This also means that a greater area of coverage can be achieved during your session.

If you experience any symptoms that concern you after a session, simply call me and we will have a chat about what you are experiencing.

Dry needling is very safe and is available as a standalone treatment, however it is best utilised as a part of a remedial session where a range of modalities are selected from to get the best overall result for you.



### More differences you will notice...

Along with the previously mentioned changes, I am re-branding the business previously known as 'Body Space Massage' to **Stacey Harris Body Therapeutics**. (I feel a bit like Prince with this move!) This is for a number of reasons - mainly that the variety of treatment types I am offering goes beyond just massage therapy. Already I am trained and certified in not only therapeutic massage, but also in Manual Lymphatic Drainage and dry needling. In the next few months I will also be commencing study with Fascial Kinetics, in Bowen Therapy, which will again be bringing a whole new element to treatment options.

### Currently, you can book and experience any of the following treatment types:

- Remedial massage (including optional dry needling and cupping work)
- Relaxation massage
- Pregnancy Massage
- Manual Lymphatic Drainage
- Sports massage
- Hot stone massage
- Spa style massage with exfoliation treatments, hot stone work and delicious luxury spa products, or
- Any combination of the above!

Above all, let me reassure you that I am, of course, always planning to offer the very best treatments I am capable of, delivered with even better style and charm than you have become accustomed to. And I am happy to chat if you have any questions!

Warmest regards

Stacey



Check out my facebook page at:

[fb.me/staceyharrisbodytherapeutics](https://fb.me/staceyharrisbodytherapeutics)