

## Healing Massage Therapy Services

We are pleased to offer massage therapy services right on our campus!

### Types of Massage Therapy

Massage therapy provides many benefits for seniors, such as reducing stress and improving mental health. It can be an amazing addition to your overall wellness regimen.

Massage professional Athena Coroneos of Hands2Heart in Norwalk, CT, will provide services, including:

- Swedish massage
- Trigger-point therapy
- Organic facials
- Reflexology
- Reiki
- Aromatherapy
- Deep tissue massage

### Massage Therapy Benefits

Often, seniors seek massage therapy to relieve the normal aches and pains that accompany aging. While there are no age restrictions for massage therapy, different conditions may dictate the type of therapy used.

Benefits of massage therapy for seniors include:

- Increased blood circulation
- Better sleep
- Reduction in anxiety
- Alleviated depression
- Increased joint flexibility
- Reduction of osteoarthritis pain
- Lower blood pressure

### About Athena

Athena Coroneos has been a licensed massage therapist for 24 years. She is also a certified esthetician and reflexologist, as well as a reiki master. She is licensed in Connecticut and New York and is a member of the National Certification Board for Therapeutic Massage and Bodywork.

She has worked with Boston and New York Marathon runners, Foreign Press members, athletes at the Olympics and members of the American Ballet Theatre.



### More Information

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