



Shelly Wilken

L.C.M.T., N.C.B.T.M.B.

586 William Latham Dr., Suites 3 & 4
Bourbonnais, IL 60914

815.936.1992 • Fax 815.936.0940
www.jojosayson.com



Jojo Sayson's
Physical Therapy
&
Rehabilitation

DEEP TISSUE MASSAGE
MYOFASCIAL RELEASE



RELAX & SOOTH



CLINICAL MASSAGE THERAPY

Shelly offers a massage that incorporates a combination of:

- Deep Tissue
- Myofascial Release
- Sports Massage
- Reflexology
- Hydrotherapy
- Aromatherapy with Essential Oil

SHELLY IS AVAILABLE ON:

Tuesday • Wednesday • Thursday
– *By Appointment Only* –

QUALIFICATIONS:

Shelly is a Licensed Clinical Massage Therapist in the State of Illinois and licensed by the National Certification Board for Therapeutic Massage and Bodywork. She graduated from The Soma Institute – a National School for Clinical Massage Therapy in Chicago, Illinois. The Soma Institute is the only school in the nation to offer a diploma in Clinical Massage Therapy. Clinical Massage Therapy is a highly specialized healthcare modality that focuses on both the evaluation and the treatment of soft tissue dysfunction through manual manipulation. The purpose of Clinical Massage Therapy is to develop, maintain, rehabilitate, or augment the physical function of her massage clients. Shelly has over 750 hours of training and education from The Soma Institute. Experience from volunteering at the Chicago Half Marathon 2011, Chicago Marathon 2011 and The Rehabilitation Institution of Chicago 2011, gives her the ability to work with diverse clients.



rejuvenate your body, mind & senses

Leave all your troubles behind & feel refreshed and energized . . .

COST PER TREATMENT

SPOT TREATMENT

\$40.00 for 30 minutes

FULL BODY

\$60.00 for 60 minutes

FULL BODY

\$85.00 for 90 minutes

MISSION STATEMENT

I will provide my clients with a therapeutic massage for the enhancement of health and well being.

I am dedicated to providing my clients with soft-tissue mobilization treatments and continuing education to promote relaxation, muscle release and self-healing. My success is built on trust, expertise, professionalism and a personal touch that always puts the health and well-being of my clients first.

A UNIQUE EXPERIENCE

Shelly's work is built on a solid foundation of Deep Tissue, Myofascial Release Techniques and Structural Awareness designed to each client needs. Tailored treatment protocols help aid in the structural release of muscle tension, toxic buildup and improves circulation so that the body can enhance normal fluid flow. Shelly's approach to massage therapy is practical and focused. She is careful and sensitive to the concerns of her clients and offers them a variety of alternatives for care both in the office and at home or in the work place. She helps to alleviate stress and tension which builds up in the body's soft tissues

due to daily physical activities. Shelly's clinical massage techniques may also help in the relief of muscle tension and minor injuries from overuse and/or overexertion by offering a combination of modalities and techniques such as Deep Tissue Release, Myofascial Release, Sports Massage, Reflexology, Rain Drop, Aromatherapy and Hot Stone. She remains a student of her profession by pursuing additional skills and advanced techniques in the field of wellness and healing. Shelly believes that by applying a combination of any/or all of these modalities will help aid in a deeper release of fixed structures.

LOOKING FOR DEEP TISSUE AND MYOFASCIAL RELEASE?

Well, you've come to the right place!

Here at Jojo Sayson's Physical Therapy & Rehabilitation, our massage therapist Shelly Wilken offers the best in therapeutic massage and bodywork in Kankakee County.

