

Business Notes

Stressed? New Day Massage will leave you...aahhh, oh, relaxed!

Ahhhh, what feels better than a massage for tired, stressed, aching body parts? New Day Massage and Bodyworks opened on August 1, offering therapeutic and relaxation massage to take care of those times when you need an Ahhhh... massage.

Heather Lewis, L.M.T. (Licensed Massage Therapist) has been in the healthcare field for many years. While working for a Chiropractor/Naturopathic office and doing some chiropractic assistant work., she saw other ways (massage wise) she could aid patients and went back to school to get her license in massage. Then, she started looking for a place to open her own office and found Vernonia.

In July, 2003, Heather and her husband, David, moved to Vernonia and now the office is open. "Since our first day in Vernonia, we have felt at home," said Heather.

New Day Massage is a preferred provider for Providence, doing rehabilitation massage. The majority of Heather's non-referred patients are looking for relaxation massage. All massages include upper hot packs and aromatherapy to help facilitate the relaxation.

When visiting New Day Massage for the first time, there is an intake interview before a vis-

it to the massage area where Heather explains what to expect. The goal is for patients to be comfortable with the whole



Heather Lewis

process so the massage can provide maximum benefit.

Services available include chair massage (focusing on neck, head, shoulders, perhaps upper back), foot and hand massage, table massages (for both therapeutic and relaxation). Massage can take place in the office or at your home, as she has a portable massage table available. Also offered are spa parties at your home, where you and up to five friends can have treats, music, aromatherapy, and massage.

Heather's satisfaction comes from the gratification of seeing someone feeling better and the glow on their face. "You know you've been of benefit to another human being," she said.

New Day is open from 8:00

a.m. to 8:00 p.m. by appointment on Monday, Wednesday and Friday. Saturday appointments are available from 10:00 a.m. to 6:00 p.m. On Tuesday and Thursday, Heather does quality of life massage outside of the office for patients with

pain, cancer or other medical conditions.

New Day Massage and Bodyworks is located at 847 Madison Avenue in Vernonia. For appointments or more information, call 503-709-4677.

According to Heather, mas-

sage is so important to people's health and well-being it would be great if everyone could have a massage every day. Even if you can't get a massage every day, New Day Massage is worth checking out when you are ready to have a massage.

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