

About The Therapist

Therapy Designed for You, LLC is a professional organization that provides therapeutic massage and aroma therapy to its clients. Our mission is to provide every client with an individualized treatment plan that helps them optimize the physical, emotional and spiritual benefits of therapeutic massage. We seek to educate clients in these benefits and to aid them in finding other wellness providers to meet needs that exceed our areas of expertise.

Therapy Designed for You is owned by Jeanie Gorski, LMT, NCMT. She is, and the therapists who work with her are, licensed and nationally certified with a multi-disciplined approach to massage and bodywork.

Ms. Gorski received her Muscular Therapy Training at the Muscular Therapy Instituted in Cambridge, Massachusetts.

She went on to achieve her Aromatherapy Training through the Eclectic Aromatherapy Institute at their seminars in Marblehead, Massachusetts and is studying towards a diplomate in Cranio-Sacral Therapy with the Upledger Institute.

Therapy Designed for You provides treatment across Southern New Hampshire. Treatments are provided by appointment at your office or hers.

Therapy Designed For You
603-721-9326
therapydesignedforyou@msn.com



Therapeutic Massage & Aromatherapy

Exploring

the wonders
of nature

and the wisdom
of the body

to heal . . .
one client at a time.



Therapeutic Massage

Our professional policy is to focus on individual assessment. We listen; we educate; we give you the attention you need.

It's important to know that the massage process may range from a particular area to the entire body. Treatment itself varies from light massage to deep work into muscles and other body fibers.

As therapeutic massage therapists, we use a holistic approach:

1. Why is a particular area of your body experiencing discomfort?
2. What can we do to resolve this discomfort?
3. What can we do to prevent the discomfort from returning?

We teach you about the effects that various activities have on your body. Once you learn to make subtle changes in those activities, you will be amazed at the dramatic impact. You will feel better - both physically and mentally.

We educate you about your body.

"Your massage therapy has consistently been a big hit with our employees [at our annual Charity Challenge], the evidence being that there is always a line of employees waiting at the end of the day - the line never ends. We are most appreciative of your efforts on our behalf.

Many thanks."

- Lisa Bruckert, BAE SYSTEMS

Client Participation

A corporate client recently told us:

"It's amazing how much more productive I've become since I started my muscular therapy treatment. I should have done it sooner!"

Working with your therapist, you will learn to:

- ~ gain maximum stretch of a particular muscle,
- ~ move certain parts of your body in order to facilitate tension release, and
- ~ even become aware of how you're breathing!

You may be surprised when you learn where tension and resistance reside in your body. Part of our job is to help you understand the origin of your discomfort.

Because each body is different, we customize your treatment plan to suit your body and your needs. We design each treatment plan based on your lifestyle and the demands you place on your body.

We facilitate your wellness.

"As a realtor, I am in the car or behind a computer most of the day. So I can really build up stress and tension in my neck and shoulders. Since starting regular massage therapy with Jeanie about 2 years ago, I can honestly say that the stress is under control. Jeanie's knowledge of the body and muscular system has allowed her to really get at the root of my aches and pains. Helping me to be relaxed and pain free for weeks at a time."

- Charlene Reinauer, Nashua, NH

Aromatherapy

Based in the use of therapeutic grade essential oils, aromatherapy is a natural method used to aid your body's healing power.

Our oils come from nature. And we use the gentlest methods possible to obtain these oils. These methods ensure a purer oil - one that qualifies for therapeutic use.

Aroma is a strong point of memory.

Remember the fragrance of fresh flowers? The sweet smell of cookies baking? Or the odor of sour milk that prevents you from tasting it? Aromatherapy works through this sense of smell (the olfactory system) to trigger our memories. And, it works through the skin to enhance healing.

Working on an individual basis, we consult with you to select the essential oils that best suit your needs, blending them for your use. Choose the most practical method for you - massage, foot bath, air freshener - and many more.

We help you in a natural way.

"... I am an active competitive race walker and always feel that my muscles are more relaxed after my massages. This enhances my performance and makes me feel better... As someone who is an active athlete I have always preferred the increased pressure of a sports massage. Jeanie is very adept in this regard and always manages to find the right spots...."

- Bob Ullman, Nashua, NH