

**Barbara J. Johnson**  
Massage Therapist, N.C. LMBT 6612  
**252-725-1621**  
Morehead City, NC

Both massage therapy and Reiki treatment are modalities that may allow your body, mind, and spirit to relax so your whole being can do what it does best— take care of itself! Sessions are by appointment. Read on to get answers to your questions: “How might massage therapy help me?” “What is Reiki and how might it help me?”

**Massage Therapy**

Massage therapy awakens muscle cells, making it easier for cells to receive oxygen and flush out toxins or waste. Even at your first massage therapy session, your body’s muscles may make you aware of areas of tension in your body. Sometimes just being aware of such tension can help you begin to intuitively anticipate and thus reduce the stresses that cause imbalances. A massage session can be for general stress reduction/relaxation or specific areas of concern can be addressed. For example . . . tight arms and shoulders from a day of not-so-calm sailing, tight hamstrings from dancing, a tight upper back from sitting at a computer or doing a lot of driving.

**Reiki**

Originating in Japan, Reiki (universal life force energy) therapy is based on the belief that energy disturbances can cause imbalances. Placing my hands lightly on or near your body, the flow of Reiki can improve, thus giving your body a chance to balance energy in a beneficial way. Reiki recipients have reported increased energy, reduced pain, deep relaxation, and a general feeling of well being. Although how Reiki works is not understood, scientific studies have been conducted and Reiki treatments have proved helpful for many people. I am a certified level II Reiki practitioner.

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Massage therapy and Reiki sessions are available in 60 or 90 minute sessions. I also offer 15- to 30-minute seated massage or chair Reiki sessions, traveling to homes, offices, or event settings for groups.

Some people enjoy massage, while others prefer Reiki; still others may prefer other modalities. Choose what works best for you! Call if you have any questions or to book your massage therapy or Reiki appointment.

North Carolina Massage and Bodywork Therapist license #6612  
Level 2 Reiki certification  
Nationally Certified in Therapeutic Massage and Bodywork  
American Massage Therapy Association member, [www.amtamassage.org/](http://www.amtamassage.org/)  
Whole Health Resource Network member, [www.wholehealthresource.com](http://www.wholehealthresource.com)