

Business Spotlight for March 2010

In Harmony Massage

255 Edison Street, Waterloo

Owner: Sigrid Dralle-Allen

Does this sound like you: stress in your life or muscle/joint pain from arthritis, overuse or repetitive motion? Then you should be calling In Harmony Massage for an appointment! Massage could relieve your pain! Regular therapeutic massage strengthens the immune system and relieves symptoms of stress, anxiety and depression.

In Harmony has a smorgasbord of massage techniques- one should be perfect for you! All the modalities are listed in detail on their website. If you are not sure which is right for you, talk to Ms. Dralle-Allen and she will develop a wellness massage program with you. Along with professional massage, techniques include craniosacral massage, a gentle manipulation of the fluid in the spine and head that can help fibromyalgia and TMD sufferers; acupressure, which stimulates the body with gentle finger pressure to restore the natural flow of energy; lymphatic massage, light, slow massage to gently move lymphatic fluid more efficiently through the lymph nodes; and Reiki, an energy-healing system to promote healing and spiritual balance.

Ms. Dralle-Allen is a Wisconsin Certified Massage Therapist. She has completed 826 hours of training, graduating from Blue Sky School of Professional Massage. Her specialty is in the Energy track which concentrates on oriental modality and acupressure. She also became a "Reiki Master Teacher".

In Harmony Massage has been in business for a year and a half. The business is located at 255 Edison Street in Waterloo. Ms. Dralle-Allen also has hours at several satellite locations in Sun Prairie and Watertown. You can call her at 920.988.6727 to schedule an appointment. Check her website at www.inharmonymx.yolasite.com for pricing and a detailed list of techniques.

