

About Judy Murray

Judy Murray is a Licensed Certified Massage Therapist and is a member of the Association of Body work and Massage Professionals. She received her massage education and training at West Valley College in Saratoga, California. And Studied at the Chopra Center in Savannah Georgia. Judy has extensive training in prenatal and postpartum massage, and is available as a Massage Doula. Your massage session will be customized for your special needs using techniques including Swedish, Shiatsu, Acupressure, Aromatherapy, Reflexology, Myofascial Release, cranial Sacral Therapy, and Reiki Energy Healing. Judy will provide a calming nurturing touch and a safe place for you to feel completely relaxed and energized.

Massage Session Fees:

30 minutes: \$40

60 minutes: \$75

75 minutes: \$95

90 minutes: \$115

Massage Packages

30 Minutes

Package of 4 \$140

Package of 6 \$210

Package of 8 \$280

Package of 10 \$350

60 Minutes

Package of 4 \$280

Package of 6 \$420

Package of 8 \$560

Package of 10 \$700

- Payment is due at each session.
- Gift certificates available.

Disclosure as per the freedom of Healthcare Law which became effective 01/01/03: Pursuant to SB577: Client is aware that Judy Murray, is not a licensed physician. The treatment of massage therapy is alternative or complimentary to healing arts service licensed by the state. California does not license or regulate massage therapy. Client is aware that Judy Murray has completed a Certification for Massage Therapy program in the State of California.

To schedule a session, Please Contact:

Judy Murray CMT, CMD
408.656.4154

Integrative Medical Massage



Intero Building
Cambrian Yoga
Health Fitness Center
1900 Camden Ave.
Suite 201
San Jose, CA 95124

To schedule a session, Please Contact:

Judy Murray CMT, CMD

Massage

Massage is the oldest known healing art. It predates all orthodox medicine and all other complimentary therapies. Massage is healing touch therapy. Every massage is provided for the basic purpose of relaxation and relief of muscular tension. Massage should not be considered as a substitute for a medical examination, diagnosis, or treatment of any mental or physical ailment. Massage can help relieve or address many medical conditions and health issues such as:

- Migraines and Tension Headaches
- Carpal Tunnel Syndrome
- Reduced range of motion
- Arthritis
- Circulatory problems
- Digestive disorders, including spastic colon and constipation
- Insomnia
- Cancer
- Infertility
- Weight Loss
- PMS
- Fibromyalgia
- Pregnancy and Childbirth
- Postpartum

Benefits of Massage

- Reduces stress hormones.
- Lifts mood.
- Relieves pain.
- Improves circulation.
- Boosts immunity.
- Facilitates healing.
- Improves performance and fitness.
- Reinforces positive lifestyle habits.
- Enhances alertness and awareness.

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Massage has been used in cancer treatments for many years. Patients receiving massage report decreased pain, an increase in range of motion and a decrease in nausea and headaches, and relief from lymphedema. The massage therapist is sometimes an early warning system for potential problems. Patients are referred for massage by their physicians, or they self-refer.

“Pregnancy and childbirth can be the greatest and most fulfilling of a woman’s life experiences. It is important that their contribution to life be a time of strength, joy, and happiness. Incorporating body work and neuromuscular massage enables one to reduce physical and mental tension, increase strength and endurance, and experience ease and comfort during pregnancy, childbirth, and postpartum.”

William J. McKenzie, Jr. MD.
Diplomat American Board of
Gynecologic & Obstetrics

Prenatal Massage

Prenatal massage is an especially relaxing massage to alleviate the extra stress and tension that is placed on an expectant mother body. Extra care and attention is given to the comfort and stage of the pregnancy in order to nurture the mother and child.

Massage during labor alters the sensation of pain by stimulating skin receptors connected to the brain. Studies have shown that the length of labor, the use of oxytocin and pain medication, the need for forceps, and the number of requests for epidurals are all significantly reduced.

Prenatal massage is beneficial in the

second and third trimester of pregnancy. You will be asked to complete a health questionnaire at your first visit. Obtain a release form from your physician before beginning massage therapy. Weekly or bimonthly massage is recommended in the second or early third trimester of pregnancy. In the last 6-8 weeks of pregnancy twice-weekly massages have been shown to be extremely beneficial. Postpartum massage may start 2-3 weeks after vaginal delivery and 4 weeks after C-section.

Benefits of Massage During Pregnancy and Postpartum

- Massage helps the expectant mother’s body to eliminate waste products through the lymphatic and circulatory systems, which combats fatigue and helps her feel more energetic.
- By aiding circulation, massage eases the load on the expectant mother’s heart and helps to keep her blood pressure in check.
- Muscular discomforts, such as cramping, tightening, stiffness, tension, and knots, can all be alleviated.
- Massage can help relieve depression or anxiety caused by hormonal changes the expectant mother is experiencing.
- Massage can boost immunity
- Massage relieves many of the normal discomforts during pregnancy, such as backaches, a stiff neck, leg cramps, headaches, edema, and sore ankles and feet.
- Massage stimulates glandular secretions, which helps stabilize hormone levels.
- Massage increases local and general blood circulation, which brings more oxygen and nutrients to the cells of both the mother and fetus. This means greater vitality and less fatigue for the mother and better nourishment for her baby.

- Massage improves the lymphatic and circulatory systems, which helps to control the onslaught of varicose veins.
- Massage relaxes tense muscles and tones loose muscles, and can also increase muscular flexibility.
- Massage helps to soothe and relax nervous tension, which helps mom sleep more easily and more deeply.
- Massage helps to prepare the body for delivery by loosening the pelvis and ridding the body of excess tension prior to the onset of labor.
- Massage can be used during the birth to make it easier and more comfortable for mom, and after the birth as well, to help her regain her strength more quickly and ease postpartum stress.
- Reassurance, nurturing, and relaxation for the mother during pregnancy have shown to have far-reaching impact of her fetus. Studies indicate that babies sense and respond to their mother’s stress levels as registered by her increased heart-rate



Massage for Weight Loss

- Massage improves circulation
- It reduces mental and physical stress which is a reason people eat more and gain weight.
- It improves posture.
- It reduces blood pressure.
- It increases lymph flow to release toxins from the body.
- It stimulates glandular secretions, which helps stabilize hormone levels.
- 1 hour massage flattens out adipose globules located under the skin and makes the skin smoother; massage alters the shape and appearance of cellulite.
- Massage reduces norepinephrine and cortisol (stress hormones) levels by activation of the relaxation response.
- Massaged individuals possess an increase in dopamine and serotonin levels which acts to decrease stress levels and depression.

