



Harmony Works Therapeutic Massage



at Malik Chiropractic Center, Attleboro, MA

401-749-8149

By Susan Flynn
The Hometown News

Now that the holidays are over, are you feeling some lingering negative effects on your sense of well-being? Are you exhausted from the hectic schedule you kept?

If you are feeling out of balance, there's a place you can go to get back into balance, it's called "Harmony Works" and the owner Jacqueline (Jackie) Deschamps, a therapeutic massage therapist will be pleased to educate you about a variety of therapies available to help you to de-stress!

Jackie has been performing massages since she was five years old! She stood on a stool and massaged her father's back every night after dinner! When he became aged, his body retained fluids. By massage, Jackie was able to reduce the fluid to the extent he could sleep without his oxygen! This amazed the doctors, but not Jackie. "I always knew that massage could really help people." Her conviction prompted her to attend "Spa Tech Institute" from which she graduated and received her certification.

Jackie practices at Malik Chiropractic in downtown Attleboro where she has her own private room with earth tones colored walls, a trickling, sparkling waterfall and soft music to promote relaxation.

You will learn about therapeutic massage and its benefits some of which include relief of pain for migraine sufferers,



**Jacqueline Deschamps,
Licensed Massage Therapist,
Rehabilitation Specialist**

stimulation of the lymph system which promotes immune functions, increase in joint flexibility and the release of endorphins, the body's natural painkiller. These are just a few!

Reflexology is also available. It is a specific form of foot massage during which pressure is applied to the feet generating signals through the nervous system to the brain and internal organs. "to allocate adjustments of fuel and O2", according to Jackie's brochure. This writer has had reflexology treatments and I can testify to how relaxing they are!

Reiki - a "laying of hands" therapy is for the whole person - body, emotions, mind and spirit. According to Jackie's brochure, it is a "simple, natural and safe method of spiritual healing."

Then there is hydrotherapy, aromatherapy and even heated stone massage using heated basalt stones which are placed on your "chakra" energy centers! You can even have ear wax removed by ear coning - a technique your great

grandmother may have used.

People were so stressed out that Jackie had a steady stream of clients the day after Christmas!

She says "stress causes a lot of illness and diseases." Not only does she enjoy helping people to distress but she also likes to "help them to feel good about themselves."

Why not stop by and see if there is a therapy which may help you? Fees are the same for most therapies and clients are charged by the half hour. "You can have one therapy for 30 minutes and a different one for another 30 minutes," she explains.

"I have the best job in the whole world! People leave here smiling!" That makes her feel good. How about you? Want to feel good this new year? Call Jackie at 401-749-8145. For more information visit www.harmonyworkstherapy.com. She is located at 29 North Main St., (Rt. 152), Attleboro (behind Beachcombers Hair salon).

Jackie lives in Seekonk, MA and is a massage therapist in our Attleboro office. Jackie is certified in sports, pregnancy, Swedish, hot stone and deep tissue massage techniques as well as reflexology and ear coning. Jackie loves to garden, kayak and go camping with her husband, Joel. Jackie has been working closely with Dr. Malik to help patients with various soft tissue injuries. Jackie also runs the rehabilitation department in Attleboro.