

Our Philosophy of WomanCare

WomanSafeHealth is a safe, respectful and compassionate practice in which each client defines and obtains Empowering WomanCare and Gynecology health services.

Eril Andes, CMT, APP

Eril is a graduate of the Ann Arbor Institute of Massage Therapy and The Polarity Center. She is a Certified Massage Therapist, practicing for 15 years, and is an Associate Polarity Practitioner. Eril offers massage and Polarity therapy as part of a total health care program and specializes in trauma recovery.

Emma Greene, CMT

Emma is a graduate of NIT, Dearborn. She is a Certified Massage Therapist practicing for over 10 years and specializing in pre and postnatal massage as well as deep tissue massage and myofascial release.

Elise Aikman, BA, LMT

Elise is a graduate of the Ann Arbor Institute of Massage Therapy with certifications in therapeutic massage, neuromuscular therapy, and myofascial release as well as a BA from the University of Michigan in political science. Excited by the growing integration and recognition of massage in health care, she is passionate about helping clients who face chronic illness or pain.

SelfCare Room

The SelfCare Room is designed to benefit women with a variety of conditions while enhancing the ability to learn about and care for themselves. The room includes a Migun thermal massage table, Migun Skinfive hand unit, full-spectrum therapeutic lamp, exercise and relaxation equipment and educational materials. The first visit is free. You may choose to combine a SelfCare visit with your massage or Polarity therapy for a deepened experience.

How Can Massage Reduce Stress?

Massage helps one become more aware of physical tension and relieves it by giving the body a state of relaxation and well being. Allowing therapeutic touch can give much needed emotional support in times of heavy stress. A therapeutic massage helps the nervous system to minimize stress, remove tension in soft tissue, returns heart rate, blood pressure, and circulation to healthy levels.

Massage greatly reduces stress, can address pain on many levels, and works best with other supportive health measures: rest, exercise, and a balanced diet. Having a regular massage is important maintenance for the body, providing an internal tune up and relaxed state of mind.



top: Elise, Mamie, Heather, Eril, Claire, Leah
bottom: Carisa, Elizabeth, Emma

Additional WomanCare Services

Empowering WomanCare & Gynecology

Elizabeth Shadigjan, MD

Integrative Psychiatry

Marnie Burkman, MD

Holistic Psychotherapy & Ayurvedic Consultation

Carisa Wilder, LMSW, RAP

Woman Advocacy

The Whole WomanSafeHealth Team

SelfCare Room

Benefits of Massage Therapy

MENTAL & EMOTIONAL

- Reduces mental stress
- Improves ability to monitor stress
- Enhances the ability to think more clearly
- Increases the capacity to be more creative
- Creates feelings of deep well-being
- Raises positive self image and self esteem
- Heightens awareness of mind/body connection
- Provides a relaxed state of alertness

PHYSICAL

- Allows the body to experience a deep state of relaxation
- Relieves muscle tension and stiffness
- Increases joint flexibility
- Helps fine tune athletic performance
- Promotes deeper and easier breathing
- Improves circulation
- Strengthens immune system
- Provides relief from headache and other body pain

Massage Options

Deep Tissue Myofascial Massage Therapy
Soft Tissue Rehabilitation Sports Massage
Polarity Therapy Pre & Post Natal Massage
Neuro-Muscular Therapy Traditional Relaxation

Polarity Therapy ~ Eril Andes

Polarity therapy is an East meets West modality that uses a vast awareness of anatomy and has deep roots in physiology, helping people to gain greater awareness of energetic blockages that can create physical issues and discomforts. Polarity can be helpful to people who are recovering from traumatic experiences, whether physical or emotional. Please call for additional information and rates.



We welcome women, girls, trans and gender nonconforming people of every age and ability, size, shape, color, sexuality and identity, from all social, spiritual and cultural backgrounds.

We provide a safe, family-friendly environment in which you can seek, explore, define and receive Empowering WomanCare and Gynecology health services.

WomanCare meets physical and psychological health needs through conventional and alternative approaches, and encourages and promotes self-care.

We welcome those who feel unwelcome in other medical settings and those who have experienced physical and/or sexual violence or disrespect.

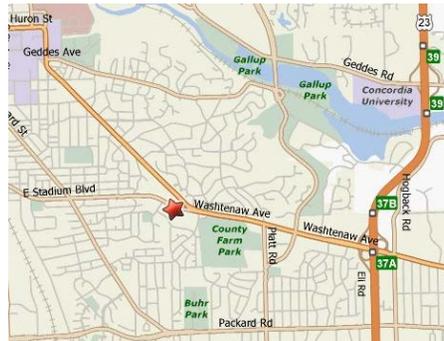
We provide a secure, private, barrier-free, fragrance-free, environmentally friendly office including cotton linens, bamboo cabinets and floors, and low VOC paints.

Please Contact Us

We are pleased to speak with you about the services we offer, our prices and payment policy, our philosophy of WomanCare, and to schedule an appointment.



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AATA Bus Route 4 or 14 ~ free parking



Therapeutic Massage Polarity Therapy



Emma Greene, CMT
Elise Aikman, BA, LMT
Eiril Andes, CMT, APP

Our Guiding Principles

- | welcome you
- | listen to you
- | believe you
- | protect your privacy
- | am accountable to you
- | respect "no"