

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.

Your WomanSafeHealth Team



top: Elizabeth, Marnie, Kristin, Emma, Leah
bottom: Andrea, Rachel, Elise, Claire

WomanCare Services

Empowering WomanCare & Gynecology

Elizabeth Shadigian, MD

Adult Integrative Psychiatry ~ Marnie Burkman, MD

Acupuncture & Oriental Medicine

Kristin Whitfield, LAc, Dipl OM, MAOM

Holistic Psychotherapy & Wellness Coaching

Andrea Hill, LLMSW

Woman Advocacy

Rachel Dick, MA & Emma Greene, CMT, Claire Collins, BA

Payment Policy

WomanSafeHealth is a fee-for-service medical practice. You are responsible for paying in full at the time of service.

We welcome clients without and with insurance. We will provide you a receipt at the time of your visit that you can submit to an insurance company for possible reimbursement

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.

How Can Massage Reduce Stress?

Massage therapy is one of the effective treatments for PTSD. By lowering cortisol levels and de-activating the fight or flight stress response, massage can help one to feel at ease in their body. Massage can help to restore a healthy mind-body connection, known as re-integration, helping to ease a client gently out of the numbed dissociated state that often follows trauma, so they feel more fully inhabiting their body. Always, you the client are in charge of the session - what areas to work on, pressure level, etc. I listen to you. I respect no.

Myofascial cupping

In contrast to the downward pressure of regular massage, cupping lifts and separates tissue layers to allow for greater ease of movement, tissue hydration, and a reduction of scars and adhesions. Cupping can be used in place of regular massage, or can be incorporated into a traditional therapeutic massage session. Red or purple skin marks may be present temporarily afterwards and fade within days.

Fibromyalgia and other pain

Research shows massage can be an effective treatment for managing many aspects of fibromyalgia and other pain. Massage which is sensitive to the particular needs of tissues prone to inflammation, and a nervous system on high alert, can help with sleep, relaxation, and reducing body pain. I am cautious with the application of pressure, and incorporate active and passive movement so your tissues loosen and soften comfortably.

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

Cupping

Pre & Post Natal Massage

Neuro-Muscular Therapy

Traditional Relaxation

Communication

I apply the "I listen to you" and "I respect 'no'" in my approach to each treatment session. You are in charge. It is ok to ask for more pressure or less, and to say what you do and do not want to work on. I want to work with your nervous system, not just your muscles and soft tissues. While I want to accomplish more than relaxation, I always want relaxation to be a significant part of every massage. What level of pressure is appropriate is a very individualized matter. I will check in with you during the session, and encourage feedback. Telling me if anything does not feel good or you need more pressure is crucial.



WomanSafeHealth

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.

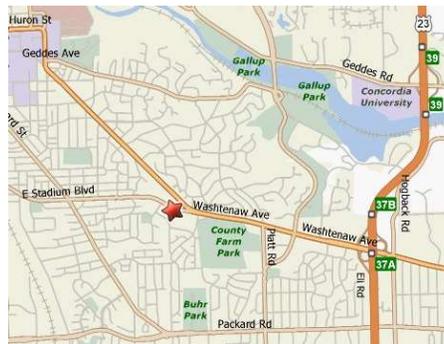
We provide a secure, private, barrier-free, fragrance-free, environmentally friendly office including cotton linens, bamboo cabinets and floors, and low VOC paints.

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



WomanSafeHealth

Therapeutic Massage



Elise Aikman, BA, LMT

Our Guiding Principles

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