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Professional, Licensed Massage and Reflexology Therapies

Massage is a natural and gentle therapy that helps improve and overcome stress, pain, muscle aches, and promotes a better sense of well-being and body awareness.

People respond to massage in ways; however there are universal physical and psychological benefits experienced by people who receive frequent massage.

The physical benefits of massage:

- Increases relaxation;
Mitigates stress and anxiety's effects on the body
Refreshes sore and fatigued muscles;
Increases circulation of nutrients and oxygen in the blood stream, improving the skin and boosting the immune system;
Speeds recovery of injured muscles and tissue;
Improves or increases range of motion in the joints;
Aids in pain management of a variety of medical conditions.

The psychological benefits of massage:

- Massage reduces the negative effects of stress and restores energy back to the body by calming the nervous system, relaxing tense muscles and removing toxins stored in tense and fatigued muscles.
Improves quality of sleep
Reduces the heart rate
Releases endorphins which are the body's own natural pain killers.

Contact

402-850-6259

Location Click on address for Map

931 South Washington Street
Papillion, NE 68046

Send an Email

Email Dawn!

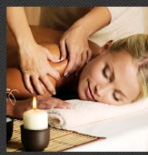
Papillion Massage



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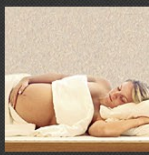
Massage



Reflexology



Pregnancy Massage



Thai Massage





Artistic Handz

LICENSED MASSAGE THERAPY

Studios **Behind** Our Home for Your Privacy & Personal Comfort

About Artistic Handz Licensed Massage Therapy

Usually on a bio page you might find a life story or a list of academic accomplishments. However, I want to use this space and your time to answer the three questions I am most often asked but not covered by the FAQs.



Dawn M. Peterson, LMT

The first question is, **"How long have you been doing massage?"** — As of 2014, I have been a licensed massage therapist for 10 years.

The second most often asked question is, **"What made you want to become a massage therapist?"** — Throughout my life I have always had a fascination with "folk medicine," Eastern medicine, alternative healing therapy and massage therapy. I studied and worked in a variety of different industries (TV News, legal assistant, executive assistant, retail stores, customer service call centers) None of those worked out for me.

My friends got really tired of constantly providing job references for me and told me that I should strongly consider pursuing my passion for massage therapy. One friend even gave me a brochure for the Omaha School of Massage Therapy (now known as Omaha School of Massage and Health Care).

Since the first day of class at and continuing to this very day, I can wholeheartedly say I have found my true calling. I know, that sounds really corny but since I started doing the work I love, I don't have any bad days on the job. I can't imagine doing anything else but I can imagine doing even more

within the field of massage and alternative therapy.

The third question I am most often asked is, **"Don't your hands ever get tired?"** — No, my hands do not get tired. Part of being a massage therapist is taking care of how my muscles are feeling. I make sure that I use good body posture and positioning so that I don't over extend or over exert my muscles while trying to work on my clients. I get massages frequently, I visit a Chiropractor often. I make sure I drink at least one gallon or more of water daily. I also make sure that I get the rest that I need in order to be available for my clients.

If you're still curious about me and why I founded and own Artistic Handz, feel free to ask during your next visit! Here are a few extra bits of info on me.

- I spent the first 15 years of my life living on the East coast. My dad was a Navy man.
- I graduated from Westwood High School in Sloan, Iowa
- I graduated from Morningside College in Sioux City, Iowa
- I have identical twin teenage daughters
- I proudly live and work in Papillion, Nebraska

Thank you for taking time to visit my website. I hope to see you soon!

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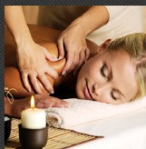
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Papillion Massage

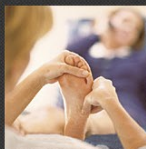
Massage Papillion NE



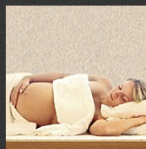
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