

NOTES FROM YOUR

PLASTIC SURGEON

by Paul F. Vanek, Jr. M.D., F.A.C.S.



MASSAGE BENEFITS

From infancy to old age, therapeutic massage has been found to enhance general health and well-being. It promotes well-nourished and healthy skin, improves circulation of blood and lymph, and relaxes muscles and improve joint mobility. Therapeutic massage can be an important component of one's health maintenance or wellness plan. It is an important adjunct to a fitness or sports program. The hands-on approach of a licensed massage therapist to soothe aches and pains and facilitate the body's own healing powers is utilized in my practice. Classic European, Swedish and Russian styles are incorporated at appropriate times to promote healing and post-operative recovery on surgical regions.

Therapeutic massage helps balance the effects of stress in our lives. To schedule an appointment to enhance your appearance, call 205-5750 for an appointment with me in the Mentor Medical Campus, 9485 Mentor Ave., Suite 100, Mentor. My staff and I provide you with a private and relaxed environment, where you are given enough time to address all of your concerns. I am board certified by the American Board of Surgery and the American Board of Plastic Surgery.

P.S. Michele Kovalchik, Licensed Massage Therapist is now available by appointment in my office to serve your therapeutic massage needs.

*www.paulvanekmd.com
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