

DO YOU SUFFER FROM HEADACHES?

By Deborah Karlan, L.M.T.



DO YOU WAKE UP WITH headaches or have tightness in your neck, shoulders and facial muscles or have a painful scalp? Do you grind your teeth? If so, you may have a trigger point or jaw problem. Restorative massage can help relax muscle tension and remove trigger points, areas that cause pain and muscle spasms. Trigger points in your shoulders, neck and face can cause headaches, which my therapy effectively relieves.

My restorative massage includes modalities and special techniques, which include manual lymphatic therapy, neuromuscular therapy, muscle energy, Craniosacral therapy and Myofascial release. Restorative massage can remedy headaches, neck and facial pain and tension. Manual lymphatic therapy helps remove waste fluids and decrease swelling. It gently, but effectively, speeds recovery. Neuromuscular therapy helps break the pain cycle, calming nerves and flushing deeper tissues. Ice and stretches can remove trigger points quickly without trauma and Myofascial release loosens connective tissue tension to release spasms and pain. My Touch One cold laser also helps repair tissue damage and relieves pain.

Sometimes your body needs help regaining balance. Successful massage therapy is not dependent on how deep the pressure is, but on how the muscles, tendons, ligaments, nerves and fascia are worked to help you regain balance and healing from within.

EDITOR'S NOTE: Deborah Karlan, L.M.T. has been a licensed therapist in Florida since 1982. Her Wellness From Within office is at 2158 Drew St. in Clearwater. Her information website is dkarlan.com. For questions and appointments and to find harmony and balance with massage, please call (727) 641-8979. FL License MA4487, Est. MM27138

ADVERTORIAL



Marlene Rose, internationally recognized cast glass sculptor of Clearwater, was thanked by stone sculptor Christina Bertoso of Dunedin for mentoring her in Creative Pinellas' Emerging Artists program, during an opening reception at the Creative Pinellas campus in Largo.



Patrick and Heather Donoghue of Dunedin enjoyed the VIP reception for members of the Dunedin Fine Art Center's Circle group, which he and his father Kevin Donoghue sponsored through their Heartfire Wealth as part of the center's fall exhibit openings.

Pippa Pelure of St. Petersburg....**Fricka Andrade** and **Nathan Carney** are co-chairs for Tropical Nights, the 29th anniversary benefit of Keep Tampa Bay Beautiful in Tampa....**Gayle Guyardo** of Tampa will be the emcee for PARC's 50th annual Black Tie Gala, which is being co-chaired by **Tonya Corder** and **Suzanne Kyker** in St. Petersburg....**Rebecca Malowany** and **Joy Rudnicki** are co-chairing the 62nd annual Queen of Hearts Ball in St. Petersburg, which will benefit Boley Centers and The Celma Mastry Ovarian Cancer Foundation....**Linda Turley** of Belleair is the chair, while **Roz** and **Dan Doyle**, also of Belleair, will serve as honorary chairs for Clearwater's Community Dental Clinic's fourth annual Reds Whites and Bites gourmet food and wine lottery benefit in Dunedin....**Diane Keane** of St. Petersburg will chair and **Carole Schwartz** of Pacific Palisades, California will be the honorary chair for Ronald McDonald House Charities Tampa Bay's

Beauty and the Beast-themed Storybook Ball 2020 in St. Petersburg.... **Sandra Nesbit** and her husband **Greg Willsey** have been selected as the honorary chairs for the Clearwater Free Clinic's upcoming Martinis and Matisse fundraising evening in Clearwater....**Briony Aaron Tomalesky**, Ph.D. of Dunedin, is the new president of the Dunedin Garden Club, which is celebrating its 90th anniversary celebration....**Alfred Andrews** of Clearwater was following in his late mother **Betty Jo Andrews'** footsteps when he was presented with The Salvation Army's annual "Others" award during its Doing the Most Good luncheon held on its Clearwater campus....**Susan Rolston** was proud to present the second annual Jim Rolston Memorial Professional Development Grant in honor of her late husband to potter **Wendy Durand** during the St. Petersburg Art Alliance dinner at The Birchwood in St. Petersburg. ❏