

**Lakeside Rehab also Offers  
Wellness Programs Such As:**

- Open Gym & Gym Plus
- Open Swim & Pool Plus
- Bio-Detox – Bio-Cleanse is an ionic foot spa that uses charged aqua ions for bio energy detoxification and cleansing of the body.

***Specialty Courses:***

- Tumbling
- Swim Lessons
- Martial Arts
- Personal Training
- Physician Wellness
- Massage

***To schedule an  
appointment, please  
call either location.***



***Find us at:***

***Lakeside Comprehensive Rehabilitation***

601 E Main Street  
Hart, Michigan 49420  
P: 231.873.3577 • F: 231.873.3557

***Lakeside Rehabilitation Family Fitness***

39 S State Street  
Hart, Michigan 49420  
P: 231.873.3566

***www.lakesiderehab.com***

***Like us on Facebook***



***Are you in need of  
some relaxation?***



## About our Therapists:

### Marnee Furman, LMT

Marnee graduated from the Blue Heron Academy of Healing Arts and Sciences in 2007. She is National Board Certified and a member of the AMTA, and Licensed Medical Massage Therapist. You can expect the finest quality care as one of her patients, your improved quality of life is her priority. Marnee guarantees you will be treated with the utmost respect. Patient-therapist communication is key in the healing process. Marnee will also provide you with the tools and knowledge needed to make your treatment enjoyable and successful. She looks forward to being a part of your health care plan.



### Samantha Cole, LMT

Samantha joins Lakeside as a Medical Massage Therapist. She has brought with her nine years of experience in many different areas of massage. Samantha is a graduate from Blue Heron Academy for Medical Massage in 2007, manual massage in 2008 and paramedical skin care in 2013. Samantha has also specialized in hands, feet and takes a whole team approach to patient care and makes her patients priority. Education of the client is key to helping in the healing process and recovery.

While Samantha is not working she enjoys spending time outside, reading and riding horses with her daughter.



## What Types of Massage are Offered?

- **Medical** – Using post operative procedures to achieve range of motion and alleviate pain.
- **Manual** – Using bones to stretch muscle, tendons or ligaments to get range of motion.
- **Relaxation/Swedish** – Relaxing massage, full body; soft hand.
- **Prenatal** – Pregnancy, full body massage which focuses on back, hips and joints.
- **Hot Stones** – Rubbed or placed on the body. The heat of the stones relaxes the muscles to help with range of motion.
- **Paraffin** – This is done using hot wax-treatment that can be placed on the body increasing blood flow and bringing moisture to the skin.
- **Sports** – Stretching to help muscles, ligaments and tendons which are sports involved.
- **Facials** – Face, neck and scalp massage. Cleaning of the face to get rid of things such as acne or wrinkles.
- **Lymphatic Massage** – is a type of gentle massage which is intended to encourage the natural drainage of the lymph, which carries waste products away from the tissues.
- **Trigger Point Therapy** – is specifically designed to alleviate the source of the pain through cycles of isolated pressure and release of discomfort.
- **Massage Therapy** – Helps to reduce pain and muscular strain in all populations and ages. Includes arthritic and geriatric.

**Benefits of Bio-Energizing Detox:** *The Bio-Energizing Detox starts the process of rebalancing your body's bio-energy by rebalancing the cells equilibrium of positive and negative ions. This process 'kick starts' the dispersal of the unwanted toxins. The renewed rebalancing of the cells ensures rehydration and results in optimum efficiency extracting nutrients and disposing of unwanted waste. Having a massage prior to a detox treatment can increase toxin release, as well as give renewing energy levels (both physically and mentally) which can result in an overall feeling of well-being.*