



# BEAUTIFUL MOON *Health & Wellness*

Q2 NEWSLETTER | 2026

## Your Body Keeps the Score, and We Can Help You Understand It.

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Hey Beautiful Moon Health & Wellness community!

Spring tends to get framed as a season of brightness — fresh starts, open windows, renewed energy. For many people, that's true, but for those carrying grief, complex trauma, or the kind of exhaustion that doesn't lift after a good night's sleep, spring can also stir things up. Old pain can surface, and the contrast between what's blooming outside and what feels stuck inside can be sharp.

This edition is for those who want or, dare we suggest *need* a new start this Spring. It's for those who know things aren't working the way they want them to be but maybe aren't sure where to start to change that. And for those who are aren't benefitting from traditional talk therapy or typical massages anymore. We have something for you.

### WHAT'S NEW:

We've opened a new location and launched a partnership with Thrizer to help make both psychotherapy and massage more financially accessible through your out-of-network insurance benefits. We're also celebrating our Grand Opening with **\$25 off** all massage services throughout the month of June. Keep reading for more information!

### WHAT WE'RE SEEING

#### The Body and Mind Partnership

Trauma-informed bodywork is one of the most talked-about areas in integrative health right now, and for good reason. There's growing clinical recognition that unprocessed stress and trauma don't just live in the mind — they live in the body. We see it in the way shoulders stay braced,

chronic tension doesn't respond to stretching, the startle response activating too easily, or the flatness that sets in when the system has been on alert for too long.

Massage therapy, when practiced with a trauma-informed lens, isn't just about muscle relief. It's about creating conditions where the nervous system can begin to process what talking alone sometimes can't reach.

#### FROM DON — WHAT TRAUMA-INFORMED BODYWORK ACTUALLY MEANS

### Safety First, Always.

Trauma-informed massage begins with one question: Does this person feel safe? Not just comfortable, but safe. There's a difference.

In practice, that means I'm paying attention to more than technique. My pace and communication matter. Consent doesn't end at intake; it's an ongoing conversation throughout the session. For clients who carry trauma in their bodies, touch that feels controlled, predictable, and respectful is the clinical foundation on which everything else is built.

I work with a lot of people who have had bodywork feel overwhelming or intrusive in the past. That doesn't mean bodywork isn't for them; rather, they needed a personalized approach, which is exactly what they get when working with me.

#### FROM JAVONNI — WHY WE'RE DIFFERENT

### The Advantage of Working Under One Roof

Here's something I really want our clients to understand: when you work with both Don and me, you're not getting two separate providers who happen to share a name. We operate from the same clinical framework, and that integration is what makes us unique.

In psychotherapy, I'm working with the narrative — the meaning you're making of your experiences, the patterns showing up in relationships, the grief that hasn't had a name yet. In massage, Don is working with the physical expression of those same experiences. When both are happening within the same treatment approach, the whole person is being treated.

For clients dealing with complex PTSD, prolonged grief, chronic stress, or somatic symptoms that don't have a clear medical explanation, this kind of integrative care isn't a luxury; it's a real path to sustainable, comprehensive wellness.

### What We Offer

#### WE HAVE A NEW HOME

We are thrilled to welcome clients to our new location at 2821 S. Parker Rd., Suite 2-0025. Our new space is designed to support the integrative, whole-person care that has always been central to Beautiful Moon Health & Wellness, with dedicated space for both psychotherapy and neuromuscular massage, and a clinical environment built around safety, comfort, and therapeutic intention.

## GRAND OPENING SPECIAL

To celebrate our new location, we're offering **\$25 off** all massage services for the entire month of June. Whether you're scheduling your first session with Don, returning after a break, or trying massage for the first time, June is a great time to get started. Book directly at [Beautiful Moon Wellness](#). Availability is limited, and June dates will fill quickly.

## OUR SERVICES:

- **Talk and Somatic therapy** with Javonni Henderson-Ingram, LCSW, ADHD-CCSP, CMHIMP — individual sessions using evidence-based, trauma-informed approaches, including sport social work practice. Out-of-network benefits are accessible through Thrizer.
- **Neuromuscular, Swedish, Deep Tissue, & Sports Massage** with Don Ingram, LMT/CNMT — including trauma-informed bodywork. **\$25 off** all sessions throughout June. Out-of-network benefits are accessible through Thrizer.
- **Integrative Care** — coordinated services when clinical goals benefit from both modalities working in tandem. Contact us to discuss what combination makes sense for you.

New clients are welcome to begin with a free 15-minute consultation. Visit [Beautiful Moon Wellness](#) to book.

## WHAT TO EXPECT

If you're curious but hesitant, here's what a first session at Beautiful Moon Health & Wellness actually looks like:

- A thorough and collaborative intake conversation.
- A clear explanation of what we're doing and why, before we do anything.
- A session paced entirely around your comfort and capacity.
- A check-in at the end, and a plan for what comes next, if you want one.

You're the driver, we are the GPS. You tell us where you want to go, and we'll design options for how to get there.

**Book a session at [beautifulmoonwellness.com](#), and we'll figure out the right fit together.**

With care,

**Javonni Henderson-Ingram, LCSW | Don Ingram, LMT/CNMT**

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