

Practitioners



Lynn Schafer, OSF

Type of Practice: Healing Touch

Email: lynschafer@att.net

Phone: 630-433-7982

Sessions: I am available on Mondays, Tuesday evening and Wednesdays at Tau Center Holistic Room 5. Sessions are 45-75 minutes depending on the techniques used.

Healing Touch is an energy-based approach to health and healing. It uses touch to influence the human energy system, specifically the energy field that surrounds the body and the energy centers that control the energy flow from the energy field to the physical body. These non-invasive techniques utilize the hands to clear, energize and balance the human and environmental energy fields thus affecting physical, emotional, mental and spiritual health and healing. Client remains fully clothed.



Judy Walejeski

Type of Practice: Swedish, Neuromuscular, Orthopedic, Pregnancy massage and Lymphatic Drainage Therapy

Email: judywmassage@att.net

Phone: 630-853-3153

Days: Monday/ Wednesday/ Friday

Sessions: 30-minute, 45-minute, 60-minute, and 90-minute

I have been a National Certified massage therapist and a member of American Massage Therapy Association (AMTA) since 1997. I am also a registered nurse with 18 years experience in pediatrics having previously worked at Children's Memorial Hospital in Chicago.

My goal is to provide a massage personalized for your pain and stress reduction needs. I incorporate essential oils and electro therapeutic point stimulation (ETPS) when needed. Ninety percent of disease is stress related. Taking care of yourself with a regular massage isn't a frivolous, self-indulgent luxury. It is responsible stress and pain management. Self care should not be confused with selfishness.



Joy E.M. Rudnicki

Type of Practice: Massage Therapy

Email: bjrudnicki@comcast.net

Phone: 630-661-2742

I graduated from the Chicago School of Massage Therapy August 1987. I have been Nationally Certified in Therapeutic Massage & Bodywork since 1991 as well as having my Illinois State Licensing in Massage Therapy. A general description of my practice & technique in my words would be "Therapeutic Full Body Massage". I feel the body is a whole unit so one must address the whole body for good health, healing, and an overall feeling of wellness and relaxation. When I give a massage I will individualize the massage with a combination of firm to gentle pressure as well as some energy techniques.



Theresa Puchley, ND

Type of Practice: Advanced Holistic Body Work, including Advanced Lymphatic, Lymphatic Massage, Reiki, Naturopathic Consultations

Email: tpbeemer@yahoo.com

Phone: 630-779-1969

Theresa Puchley, N.D., is a Wheaton Franciscan Covenant Member, Naturopathic Doctor, and has advanced certification in lymphatic drainage and lymphatic breast massage. She offers naturopathic consultations and lymphatic drainage therapy. The lymphatic system is the first line of defense for the immune system. Lymphatic drainage treatments help to remove toxins, allowing the body to heal itself.



Diane Barango

Type of Practice: Therapeutic bodywork/whole body health and wellness

Website: www.dianebarango.amtamembers.com

Email: barango77@hotmail.com

Phone: 630-235-2126

My practice consists of providing my clients whole body health and wellness in a quiet, peaceful and safe environment. The bodywork modalities I use include Esalen style massage where long, flowing strokes give you a feeling of whole body connectedness and CranioSacral Therapy which is a non-invasive type of bodywork used to detect and correct restrictions and imbalances in your craniosacral system.

Recently I have added Face Toning Massage, a luxury face massage where I use gentle, upward strokes to help tone your facial muscles. For those who are serious about their health, I offer a whole food product to help insure you of getting more fruits and vegetables in your diet.



Karen Carlson, LMT

Type of Practice: Therapeutic Massage

Website: www.bewellandrenew.com

Phone: 630-542-7573

Be Well Massage has been serving clients for over 14 years and moving them ever closer to optimal health. I believe wellness is a partnership between client and practitioner. Therapeutic massage combines the power of sensitive touch with a thorough knowledge of anatomy and physiology to create a personalized treatment.

I love having a location at the Tau Center, as I also worked at Marianjoy Rehabilitation Hospital from 1996-2002 (both on the same campus). The peacefulness of the space and the grounds permeate everyone, as expressed by many of my clients. My other location is in North Aurora. For more details about Be Well Massage, please pick up a brochure in the hallway or Tau Center display racks.

Be Well Massage creates a safe, nurturing space to escape life's stresses and over-commitments.

Please visit my website and subscribe to my newsletter that provides simple and useful information about health and healing.

I look forward to offering you a time out, one hour at a time!



*A spirituality ministry of the
Wheaton Franciscans*