

essential wellness bodywork massage llc

Unwind and Rejuvenate: Your Guide to Essential Wellness Bodywork & Massage LLC

Are you feeling stressed, tense, or just plain worn out? Do you crave a deep sense of relaxation and rejuvenation? Then you've come to the right place! This comprehensive guide dives into the world of Essential Wellness Bodywork & Massage LLC, exploring the services offered, the benefits you can expect, and why choosing them is a smart investment in your overall well-being. We'll cover everything you need to know to decide if Essential Wellness Bodywork & Massage LLC is the perfect fit for your wellness journey.

Understanding Essential Wellness Bodywork & Massage LLC: More Than Just a Massage

Essential Wellness Bodywork & Massage LLC isn't your average massage parlor. It's a sanctuary designed to address your individual needs through a holistic approach to bodywork and massage therapy. They go beyond simply relieving muscle tension; they aim to restore balance, improve circulation, and enhance your overall physical and mental health. This commitment to personalized care sets them apart. We'll explore the various techniques and services offered to give you a complete picture.

A Spectrum of Services: Tailored to Your Needs

Essential Wellness Bodywork & Massage LLC offers a wide array of services to cater to diverse preferences and health goals. These may include, but are not limited to:

Swedish Massage: This classic massage technique uses long, flowing strokes to promote relaxation and relieve muscle tension. It's perfect for those seeking stress relief and improved circulation.

Deep Tissue Massage: For those with chronic muscle pain or tightness, deep tissue massage targets deeper layers of muscle tissue to release knots and adhesions. This technique can be more intense but offers significant long-term relief.

Sports Massage: Designed for athletes and active individuals, sports massage helps prevent injuries, improve performance, and accelerate recovery. It focuses on addressing specific muscle groups and addressing potential imbalances.

Prenatal Massage: Specifically adapted for expectant mothers, prenatal massage helps alleviate common pregnancy discomforts like back pain, leg cramps, and swelling. It promotes relaxation and reduces stress during this important time.

Hot Stone Massage: This luxurious treatment uses smooth, heated stones to

gently melt away tension and promote deep relaxation. The warmth of the stones penetrates deep into the muscles, enhancing the therapeutic benefits.

Other Specialized Modalities: Essential Wellness Bodywork & Massage LLC likely offers other specialized modalities depending on the therapists' expertise. These might include trigger point therapy, myofascial release, or aromatherapy. It's always best to check their website or contact them directly for the most up-to-date list of services.

The Benefits Beyond Relaxation: A Holistic Approach to Wellness

The advantages of choosing Essential Wellness Bodywork & Massage LLC extend far beyond simple relaxation. Regular massage therapy has been scientifically shown to offer numerous health benefits, including:

Stress Reduction: Massage therapy is a powerful tool for managing stress and anxiety. It helps lower cortisol levels (the stress hormone) and promotes a sense of calm and well-being.

Pain Relief: Whether it's chronic back pain, headaches, or muscle soreness, massage can effectively alleviate pain by reducing muscle tension and improving circulation.

Improved Sleep: By reducing stress and promoting relaxation, massage can significantly improve sleep quality, leading to increased energy levels and overall better health.

Increased Circulation: Massage techniques stimulate blood flow, improving oxygen and nutrient delivery to tissues throughout the body. This can aid in healing and promote overall cellular health.

Enhanced Flexibility and Range of Motion: Regular massage therapy can increase flexibility, improve range of motion, and reduce stiffness in joints and muscles.

Boosted Immune System: Studies suggest that massage therapy can positively influence the immune system, potentially improving the body's ability to fight off illness.

Choosing Essential Wellness Bodywork & Massage LLC: Your Path to Well-being

When choosing a massage therapist or bodywork professional, it's essential to consider factors like experience, qualifications, and the overall atmosphere of the establishment. Essential Wellness Bodywork & Massage LLC likely prioritizes a comfortable and relaxing environment, fostering a sense of trust and well-being. Their commitment to personalized care ensures that you receive the most appropriate treatment for your specific needs.

Finding the Perfect Fit: Booking Your Appointment

Ready to experience the transformative power of Essential Wellness Bodywork & Massage LLC? Visit their website (insert website address here) to browse their services, view therapist profiles, and book your appointment. You can

also contact them directly via phone or email to answer any questions you may have. Remember to mention any specific concerns or health conditions when scheduling your session to ensure the therapist can tailor the treatment to your individual needs.

Conclusion:

Investing in your well-being is an investment in yourself. Essential Wellness Bodywork & Massage LLC offers a holistic approach to wellness, providing a range of services designed to promote relaxation, relieve pain, and enhance your overall health. By taking the time to prioritize your physical and mental well-being, you're setting the stage for a healthier, happier, and more fulfilling life. Take the first step towards self-care today!

FAQs:

1. What forms of payment do you accept? (Answer: This will depend on the specific business. Check their website or call for details.)
1. Do you offer gift certificates? (Answer: Many massage businesses do; check their website or inquire directly.)
1. What should I wear to my appointment? (Answer: Comfortable clothing is usually recommended. They may provide disposable underwear for certain treatments.)
1. Is there parking available? (Answer: This will vary; check their website or call for details.)
1. What is your cancellation policy? (Answer: This will be detailed on their website or provided upon booking.)

essential wellness bodywork massage llc: Thai Massage Ananda Apfelbaum, 2004-01-05 Thai Massage, Sacred Bodywork is a complete guide to an ancient practice that benefits body, mind, and spirit. Interest in Thai massage has been growing rapidly. This is no surprise given its unique multifaceted approach to the body. Thai massage combines acupressure, stretching, reflexology, assisted yoga postures, herbal compresses, prayer and meditation. It benefits everyone. Sometimes called the lazy person's yoga, Thai massage stretches and relaxes the muscles, increases the joints' range of motion, and balances energy flow throughout the body. Thai Massage, Sacred Bodywork

provides fully illustrated, step-by-step instructions which enable the reader to use this integrative and interactive therapy with a partner at home or with a client. The book explains the historical and philosophical background of Thai massage as well as its religious origins. Throughout the book, Ananda always reminds us of the deeper meaning of this sacred modality—compassion in action. A must for all those interested in the healing arts.

essential wellness bodywork massage llc: The Illustrated Guide to Holistic Care for Horses Denise Bean-Raymond, 2009

essential wellness bodywork massage llc: Mosby's Fundamentals of Therapeutic Massage Sandy Fritz, 2004 In this update of the 2000 edition, Fritz, the owner and head instructor of a school of therapeutic massage and bodywork in Michigan, treats touch as a form of communication and expands coverage of ethical and legal issues, contra/indications for massage, and condition assessment and management. The treatment of medical terminology, core principles, and techniques is enhanced by color illustrations, case studies, review questions, resources and other appended information. The first edition was published in 1995. Annotation : 2004 Book News, Inc., Portland, OR (booknews.com).

essential wellness bodywork massage llc: Aromatherapy for Bodyworkers Jade Shutes, Christina Weaver, 2007 As aromatherapy gains in popularity among complementary medical modalities, more bodywork professionals now integrate essential oils into their practices. Aromatherapy for Bodyworkers embraces the expansion of knowledge and presents a complete and authoritative source of information for health care workers and spa professionals.

essential wellness bodywork massage llc: Massage Mastery Anne Williams, 2012-02-15 Massage mastery: from student to professional, presents the theory (why) and practice (how) of massage therapy in an engaging, accessible way for today's adult and young-adult learners. Chapters are organized into manageable topics that facilitate incorporation into any massage curriculum.--Publisher.

essential wellness bodywork massage llc: The Trigger Point Therapy Workbook Clair Davies, Amber Davies, 2013-09-01 Trigger point therapy is one of the fastest-growing and most effective pain therapies in the world. Medical doctors, chiropractors, physical therapists, and massage therapists are all beginning to use this technique to relieve patients' formerly undiagnosable muscle and joint pain, both conditions that studies have shown to be the cause of nearly 25 percent of all doctor visits. This book addresses the problem of myofascial trigger points—tiny contraction knots that develop in a muscle when it is injured or overworked. Restricted circulation and lack of oxygen in these points cause referred pain. Massage of the trigger is the safest, most natural, and most effective form of pain therapy. Trigger points create pain throughout the body in predictable patterns characteristic to each muscle, producing discomfort ranging from mild to severe. Trigger point massage increases circulation and oxygenation in the area and often produces instant relief. The Trigger Point Therapy Workbook, Third Edition, has made a huge impact among health professionals and the public alike, becoming an overnight classic in the field of pain relief. This edition includes a new chapter by the now deceased author, Clair Davies' daughter, Amber Davies, who is passionate about continuing her father's legacy. The new edition also includes postural assessments and muscle tests, an illustrated index of symptoms, and clinical technique drawings and descriptions to assist both practitioners and regular readers in assessing and treating trigger points. If you have ever suffered from, or have treated someone who suffers from myofascial trigger point pain, this is a must-have book.

essential wellness bodywork massage llc: Sports Performance Massage Steve Bedford, 2021-09-30 Sports Performance Massage instructs the student and practising therapist to use a combination of experience and scientific evidence to inform their sports massage practice, particularly when working with athletic populations. Strength and conditioning coaches, managers and athletes frequently ask questions about the best use of sports massage in order to recover quicker from injury and fatigue and improve performance. Sports Performance Massage empowers the therapist and gives them greater confidence by improving their scientific understanding when

working with injured or competitive athletes. The exciting new volume covers all the aspects required to make a highly skilled, confident and employable sports massage therapist. Working with high-level athletes requires an additional skill level compared to working with the general public. Furthermore, advanced massage skills taught in this book, such as soft tissue release and trigger point therapy, are essential when working on muscular adhesions and injured areas. Pregnant athletes, those with disabilities, contraindications and athletes with special requirements have also been considered. Sports Performance Massage is a learning and research aid for those studying vocational sports massage courses as well as those studying other courses where massage forms part of the undergraduate and postgraduate degree, such as sports therapy, sports rehabilitation, osteopathy and physiotherapy. Unlike other sports massage books, Sports performance Massage has a strong academic focus, allowing the graduate therapist to stay up to date with the latest research in their respective field.

essential wellness bodywork massage llc: Amma Therapy Tina Sohn, Robert C. Sohn, 1996 Amma is an ancient Chinese healing art, together with acupuncture and herbalism it forms the foundation of traditional Chinese medicine. This is a comprehensive textbook for students of Oriental bodywork.

essential wellness bodywork massage llc: Fascia in Sport and Movement, Second edition Robert Schleip, Jan Wilke, Amanda Baker, 2021-03-30 Fascia in Sport and Movement, Second edition is a multi-author book with contributions from 51 leading teachers and practitioners across the entire spectrum of bodywork and movement professions. It provides professionals from all bodywork and movement specialisms with the most up-to-date information they need for success in teaching, training, coaching, strengthening, tackling injury, reducing pain, and improving mobility. The new edition has 21 new chapters, and chapters from the first edition have been updated with new research. This book is an essential resource for all bodywork professionals - sports coaches, fitness trainers, yoga teachers, Pilates instructors, dance teachers and manual therapists. It explains and demonstrates how an understanding of the structure and function of fascia can inform and improve your clinical practice. The book's unique strength lies in the breadth of its coverage, the expertise of its authorship and the currency of its research and practice base.

essential wellness bodywork massage llc: Positional Release Therapy Kerry J. D'Ambrogio, George B. Roth, 1997 The most up-to-date professional reference text on positional release therapy, this high-quality clinical text is applicable to the entire musculoskeletal system and easily integrated into physical therapy, chiropractic and osteopathic curriculums. With more than 600 illustrations and photos, this reader-friendly book clearly demonstrates tender point locations, treatment positions and other key topics. Written by clinicians who studied under the technique's inventor, this is a must-have for students and health care professionals who practice manual medicine.

essential wellness bodywork massage llc: Body by Breath Jill Miller, 2023-02-28 In the hierarchy of life, breath always wins. It persists 22,000 times daily, but you get to decide whether the way you breathe is to your benefit or detriment. Breath becomes compromised by stress, disease, and the environmental trappings of progress; you can still breathe under this pressure, but it leads to poor breathing habits that slowly whittle away at your health. In Body by Breath, bestselling author Jill Miller takes you on a journey through your breathing body and presents more than 100 step-by-step techniques and practices to help you master the body-breath connection and reset your physiology. This book explores four primary types of resilience-building exercises—breathwork, movement, rolling, and non-sleep deep rest—to help you achieve • Greater power, endurance, and recovery ability • Enhanced self-regulation skills • Supercharged executive function • Relief from pain, injuries, and chronic conditions • Freedom to feel, connect, and express stored emotions Jill shares her scientifically supported methods so you can Train and modulate your body and nervous system for reduced stress, improved mobility, and whole-body resilience Discover the latest findings in breath and fascia research and get the most out of breathwork practice by including more of your body's parts in the mix Map the vast reach of the diaphragm and feel how it intermingles with everything in your body. You'll travel the pathways of the vagus nerve and trace

miles of fascial intersections beneath your skin to unlock your body's regenerative reservoir. If you have struggled with traditional meditation practices because remaining still spikes your anxiety and leaves you feeling agitated and fidgety, *Body by Breath* presents innovative alternatives designed for your unique nervous system. This inclusive approach allows you to reap the benefits of relaxation, restoration, and regeneration. Take these practices into your life and renew the way you embody breath.

essential wellness bodywork massage llc: Mosby's Stretching Pocket Guide Sandra K. Anderson, 2013-11-25 From basic static stretches to advanced techniques like the pin-and-stretch, *Mosby's Stretching Pocket Guide* defines and explains stretching and flexibility in a way that is both applicable to manual therapy professionals and easily understood by manual therapy students. Presented in an atlas format with over 200 illustrations, this convenient reference has Spotlight boxes with salient points, and general assessment and stretching guidelines available in a clear, easy to understand format that is immediately applicable to manual therapy practice. Over 200 detailed line drawings and photos demonstrate basic and advanced stretching techniques. Atlas format helps you quickly and easily find the stretching technique and pertinent information you need. Coverage of basic information on stretching, flexibility, and range of motion gives you just the right amount of background information to help you understand the body mechanics involved in stretching techniques. Spotlight boxes highlight key concepts so you can check and reinforce facts at a glance. Glossary of stretching terms helps you to understand the language of the body in terms of stretching. List of references helps you obtain more detailed information when necessary.

essential wellness bodywork massage llc: Facial Reflexology Lone Sorensen Lopez, 2008-01-01 The success and effectiveness of Facial Reflexology lies in its ability to identify the root cause of imbalances in health and its ability to stimulate a healing process within the individual. Devised by Lone Sorensen Lopez, this book has been devised to heal the individual on both the levels; physical and psychological. As the treatment is performed on face, there is increased blood circulation, lymphatic drainage and nerve stimulation that leads to improvement of health in all aspects along with glowing complexion. The content of this book is based on author's clinical experience gained over the last decade. The text is enriched with self explanatory diagrams.

essential wellness bodywork massage llc: The Migraine Miracle Josh Turknnett, 2013-12-01 If you suffer from migraines, you know from experience that prescription medication can only do so much to help relieve your suffering. You also know that your next headache could still strike at any time, and as a result, you may lead a life of fear and trepidation, never knowing when the responsibilities of work and family will once again fall victim to your throbbing skull. Unfortunately, despite the many advances in medicine, there is still no real cure for the migraine headache. In *The Migraine Miracle*, a neurologist with a personal history of migraines offers readers the revolutionary dietary cure that has worked for him and continues to work for his patients: a diet low in wheat, sugar, and processed foods, and high in organic, protein-rich animal products. The book also explores the link between inflammation, diet, and migraines, and contains a 21-day meal plan to help readers change the way they eat. By following this easy meal plan, millions of sufferers will discover a life free from symptoms—once and for all. The book includes comprehensive, research-based information that explains what the brain goes through during a migraine headache, the phases of the migraine, and how a diagnosis is made. It also explores the risks and benefits of migraine medication, natural remedies for migraines, dietary migraine triggers, and detailed, specific instructions for a migraine-free eating plan. If you have tried migraine medicine but have not found real relief, it's time to try something new. By changing the way you eat, and understanding what foods can trigger your migraine, you can start feeling better longer, without the threat of a migraine always looming over everything you do.

essential wellness bodywork massage llc: Orthopedic Massage Whitney W. Lowe, 2009-04-08 Fully updated and revised *Orthopedic Massage* has been written for those interested in understanding and applying massage as an intervention for soft-tissue disorders. Recent research into the physiological effects of massage has strengthened the justification for its use in the

treatment of soft-tissue pain and injury conditions. Orthopedic soft-tissue problems are common among the general population, whether from sports, occupational activities, or chronic pain. This text presents a comprehensive and in-depth look at the physiological nature of these conditions and the massage treatments most effective for their relief. A particular contribution this text makes is its validation for the role of massage in treating orthopedic conditions. In addition, it aims to help the clinician understand the relationship between the soft tissues to which they apply their techniques and the overall orthopedic disorder affecting their clients. Although written chiefly for massage practitioners, the lessons it teaches are relevant to any practitioner who is concerned with the treatment of soft-tissue injuries. Includes detailed technical information, extensive illustrations, and reliable reference material essential to everyday practice. Provides a comprehensive approach to treatment of common soft tissue pain and injury. Explains common orthopedic problems in detail, addressing biomechanics, kinesiology, and anatomy. Provides an in-depth discussion of the physiologic rationale for soft tissue treatments and explains those most effective for each condition. Integrates treatment approaches from across the field and gives detailed, easy-to-follow steps for their application. Compares traditional treatments with soft tissue manipulation for each problem discussed. Clearly links anatomy, physiology, and biomechanics with clinical practice. Designed for quick and easy reference with more than 200 high-quality full colour illustrations and numerous photos of treatment techniques. New clinical case studies and tips illustrate the techniques discussed. Now presented in full colour. New step-by-step photographs depict the techniques described in full detail. Increased artwork and photographs make learning more visual. Case studies demonstrate techniques and management in clinical practice Clinical hints and tips throughout. Greater guidance in treatment strategies to include 'Treatment Approaches' and 'Rehabilitation Protocol Considerations'.

essential wellness bodywork massage llc: Crystal Wands Ewald Kliegel, 2012-06-01

Supported by easy-to-understand descriptions and illustrations, this compendium demonstrates the effects and uses of crystal wands as a major therapeutic tool for well-being and good health. From simple-to-perform massages to specialized reflexology uses, the featured techniques depict the multitude of possibilities for using crystal wands in tandem with massage, including specialized programs for beauty, vitality, purification, and relaxation. Different types of crystals are described in detail, along with methods for cleansing and testing them. By focusing on producing stronger, faster, more targeted, and longer-lasting effects, this book will revolutionize the approach to massage for all alternative-health professionals, whether interested in crystal healing, reflexology, acupressure, shiatsu, or chakra balance.

essential wellness bodywork massage llc: Nine Designs for Inner Peace Sarah Tomlinson, 2007-12-13

A complete guide to creating planetary yantras to access their healing and centering benefits • Provides easy-to-follow instructions to create the yantras • Serves as an introduction to active meditation, which focuses the mind while the body is engaged in a meditative activity The tantric art of drawing or painting the nine designs known as yantras is an ancient practice of active meditation that releases positive healing and centering effects. Each of the nine designs corresponds to one of the nine qualities of body and mind essential to well-being: radiance, nourishment, passion, intellect, expansion, bliss, organization, uniqueness, and spirituality. From the basic elements of the square, the circle, and the triangle, dynamic visual meditations unfold as the practitioner works clockwise from the outer elements inward toward the central point of stillness, or bindu, the source of happiness within. An accompanying mantra is recited while preparing each yantra to fully engage the senses in the meditative process. Creating the design that “speaks” most to the practitioner enables its unique healing quality to be transmitted. For example, working on the yantra named “Radiance” cultivates optimism and the self-confidence to succeed in one’s endeavors, while “radiating,” or imparting, one’s inner light to others. This workbook provides an important resource for active meditation, a practice revered for its effectiveness in revealing the spiritual underpinnings of everyday life. The active participation of the body in meditation while creating the nine planetary yantras raises to the level of spiritual ritual the practitioner’s intention toward wakefulness and

gives access to profound states of healing integration.

essential wellness bodywork massage llc: Encyclopedia of Thai Massage C. Pierce Salguero, David Roylance, 2011-12-01 Drawing from Thai history, cultural studies, Buddhist religion, and yogic practices, as well as a modern understanding of anatomy and physiology, this guidebook bridges the gap between theory and practice while presenting bodywork as it is understood in Thailand--as a therapeutic medical science. Presenting detailed analysis of each step in a Thai massage routine, the history, spiritual traditions, and ethical codes are offered in an engaging, informal style. Numerous photographs and diagrams illustrate the variety of techniques used, and examples of routines for treating specific disorders are discussed. Updated with new layout, photos, and expanded text, this exhaustive handbook is complete with a section on the main energy meridians and diagrams of acupressure points, making it the perfect tool to accompany anyone studying this popular healing modality.

essential wellness bodywork massage llc: The Uterine Health Companion Eve Agee, 2010-02-23 The uterus is a remarkable organ—it is our first home, contributes to women’s sexual pleasure, houses some of the strongest muscles in the body, and even helps prevent heart disease and high blood pressure. However, in the West, the uterus has generally been viewed as insignificant beyond reproduction and rarely receives our attention except when it becomes problematic or when we focus on getting pregnant or giving birth. Even though health-promoting strategies for organs like the heart and lungs have become common knowledge, preventative measures for lifelong uterine health have been largely absent from Western medical care. Consequently, one-third of all women in the United States will have a hysterectomy--the highest rate in the world. In *The Uterine Health Companion*, anthropologist and holistic health expert Eve Agee reveals that women in many non-Western societies do not share our high rates of benign uterine problems or our negative attitudes about the uterus. Drawing on her research with women in the United States and abroad, Agee shows how traditional practices from other cultures can help create lasting health so that issues such as PMS, fibroids, and endometriosis do not have to be our destiny as women. Through poignant narratives as well as global insights, the book inspires us to develop new understandings about health and healing that affirm all women. *The Uterine Health Companion* demonstrates why the uterus matters and how we can take care of it, from menarche to menopause—and beyond. A comprehensive holistic plan including nutrition, exercise, and visualization guides us to promote uterine wellness and enhance conventional medical therapies. Chapters dedicated to specific uterine issues illustrate how to support our health through simple daily practices and fundamental attitude shifts in our relationship to our bodies. The book also includes strategies for women who have had hysterectomies. This empowering resource offers a prescriptive, balanced approach to developing and maintaining optimal uterine health, for every woman at any stage of life. Award-Winner, Health: Women's Health category, 2011 International Book Awards

essential wellness bodywork massage llc: The History of Massage Robert Noah Calvert, 2002-04 Covering the development of massage from prehistory to today's golden age, the founder of *Massage Magazine* helps to explain the evolution of this popular therapy.

essential wellness bodywork massage llc: Thai Yoga Massage Kam Thye Chow, 2002-02-01 An authentic guide to Thai yoga massage, a unique therapy that combines stretching, breath work, assisted yoga postures, and pressure point therapy. • Includes more than 80 illustrations, 30 charts, and a complete series of postures for a two-hour full-body massage. • Author Kam Thye Chow has taught massage in Thailand and throughout Europe and North America. Until recently Thai yoga massage was virtually unknown in the West. It has its roots in both the ancient healing traditions of Ayurveda and Thai Buddhism. In this unique practice, the therapist gives a full-body massage that combines palming and thumbing along the Thai energy lines and pressure points with gentle stretching, movement, and breath work reminiscent of tai chi. Using his or her own hands, feet, arms, and legs, the practitioner gently guides the recipient through a series of yoga postures, creating a harmonious and therapeutic “dance” that leads to greater physical awareness, grace, and

spiritual energy. In this comprehensive guide for practitioners, Kam Thye Chow leads readers through every aspect of this dance--from its history and philosophy to a detailed presentation of a complete Thai yoga massage session. This important reference includes more than 80 illustrated postures, 30 charts and drawings, and a complete series of postures for a two-hour full-body massage that focuses attention on both the upper and lower body, which receive equal stress in the Western lifestyle. Information on contraindications, anatomy, and physiology integrates Western medical knowledge and theory with this ancient tradition. Massage therapists, physical therapists, nurses, and other medical professionals will find Thai Yoga Massage an important and innovative complement to their practice.

essential wellness bodywork massage llc: Acupressure's Potent Points Michael Reed Gach, PhD, 2011-11-09 With your hands you have potential to relieve everyday aches, pains and ailments without taking drugs, to improve your health, and to increase your vitality. Acupressure is an ancient healing art that uses the fingers to stimulate key points on the skin that, in turn, activate the body's natural self-healing processes. With this book, it is a skill you can learn now--and use in your own home. In *Acupressure's Potent Points*, Michael Reed Gach, founder and director of the Acupressure Institute of America, reveals simple techniques that enable you to relieve headaches, arthritis, colds and flu, insomnia, backaches, hiccups, leg pain, hot flashes, depression, and more--using the power and sensitivity of your own hands. This practical guide covers more than forty ailments and symptoms, from allergies to wrist pain, providing pressure-point maps and exercises to relieve pain and restore function. Acupressure complements conventional medical care, and enables you to take a vital role in becoming well and staying well. With this book you can turn your hands into healing tools--and start feeling good now.

essential wellness bodywork massage llc: Deeper Still JOHN. STIRK, 2021-01-25 Deeper Still is the next stage of an ongoing process and a consequence of further inquiry into the yoga experience from author John Stirk. Following on from *The Original Body* this book invites an even deeper immersion into the reality of practice and the totality of personal experience in accessing the power of our inner teacher. As the theme of this book unfolds the reader is invited towards a sensory understanding leading to profound insight. Teachers using this book will be able to share with their students the clarity, mental space and basic wisdom that emerges as a result of their awakening physiology. We may frequently acknowledge that we are there with the group. Experience may tell us that 'there-ness' is not fixed, that it is based on an unknown element upon which all creativity is founded. Deeper Still goes beyond current experience and invites teachers to write their own story, develop their own script, ride the uncatchable wave that might be called yoga, and open up creativity to the next level. Deeper Still enables teachers to take their students to a deeper dimension. It also: provides a basis for off the chart experiences appeals to the depth mind through a deepening physical experience invites a more profound contact with groups brings out the essence of yoga in students as a consequence of a deeper creativity highlights emergent insight as a feature of group work blends an ancient concept with modern western yoga draws attention to the relationship between soft tissue sensitivity and the quality of consciousness examines the potential for abundant resonance in group work and the so called 'universal experience'

essential wellness bodywork massage llc: Food Over Medicine Pamela A. Popper, Glen Merzer, 2013-06-11 Includes recipes from Chef Del Sroufe, author of the bestselling *Forks Over Knives—The Cookbook* and *Better Than Vegan* Nearly half of Americans take at least one prescription medicine, with almost a quarter taking three or more, as diseases such as diabetes, obesity, and dementia grow more prevalent than ever. The problem with medicating common ailments, such as high blood pressure or elevated cholesterol, is that drugs treat symptoms—and may even improve test results—without addressing the cause: diet. Overmedicated, overfed, and malnourished, most Americans fail to realize the answer to lower disease rates doesn't lie in more pills but in the foods we eat. With so much misleading nutritional information regarded as common knowledge, from “everything in moderation” to “avoid carbs, the average American is ill-equipped to recognize the deadly force of abundant, cheap, unhealthy food options that not only offer no

nutritional benefits but actually bring on disease. In *Food Over Medicine*, Pamela A. Popper, PhD, ND, and Glen Merzer invite the reader into a conversation about the dire state of American health—the result of poor nutrition choices stemming from food politics and medical misinformation. But, more important, they share the key to getting and staying healthy for life. Backed by numerous scientific studies, *Food Over Medicine* details how dietary choices either build health or destroy it. *Food Over Medicine* reveals the power and practice of optimal nutrition in an accessible way.

essential wellness bodywork massage llc: The Body Heals Itself Emily A. Francis, 2017-12-08 Listen to the Emotional Wisdom of Your Muscles and Experience a Deeper Level of Healing You know a lot about the emotions in your mind and heart, but you probably don't know much about the emotions in your muscle body. The muscles are storehouses of emotion, and pain in those muscles is how your body reveals what needs to be healed—both emotionally and physically. Organized by muscle groups, *The Body Heals Itself* is your ideal guide to understanding the link between your emotions and muscle bodies. This book acts as a road map for the energetic journey within your own body, showing you how to recognize and release stored emotions to let go of pain. You'll discover which emotions are often paired with a specific muscle area and how muscles speak of everything from past traumas to current celebrations. Using stretches, affirmations, visualizations, and more, Emily A. Francis teaches you to unite your mind and body for better health and emotional well-being. Praise: Readers interested in holistic treatments and therapies will find this a solid reference.—Library Journal Emily Francis' work is an important offering in the maturation of the emotional body. I believe the future of the planet depends on books like hers.—Katie Silcox, New York Times bestselling author of *Healthy Happy Sexy* [*The Body Heals Itself* features] new awareness and understanding of what our bodies have to teach us and, most importantly, how we can become masterful listeners.—Thom Rutledge, psychotherapist and author of *Embracing Fear* and *The Self-Forgiveness Handbook* *The Body Heals Itself* is a fascinating read. It takes us into the emotions and deep wisdom of our body in surprising ways. This book gives us tools to understand this hidden part of ourselves—one that may have formally been an acquaintance now becomes an intimate friend.—Dr. Paulette Kouffman Sherman, psychologist and author of *The Book of Sacred Baths*

essential wellness bodywork massage llc: Healing Trauma Peter A. Levine, 2008 Medical researchers have known for decades that survivors of accidents, disaster, and childhood trauma often endure life-long symptoms ranging from anxiety and depression to unexplained physical pain and harmful acting out behaviors. Drawing on nature's lessons, Dr. Levine teaches you each of the essential principles of his four-phase process: you will learn how and where you are storing unresolved distress; how to become more aware of your body's physiological responses to danger; and specific methods to free yourself from trauma.

essential wellness bodywork massage llc: CranioSacral Therapy: Touchstone for Natural Healing John E. Upledger, 2001-05-31 In *CranioSacral Therapy: Touchstone for Natural Healing*, John E. Upledger, DO, OMM, recounts his development of CranioSacral Therapy. He shares poignant case studies of restored health: a five-year-old autistic boy, a man with Erb's palsy, a woman with a fifteen year history of severe headaches, and numerous others. And he offers simple CranioSacral Therapy techniques you can perform at home on yourself or loved ones.

essential wellness bodywork massage llc: NASM Essentials of Corrective Exercise Training Micheal Clark, Scott Lucett, National Academy of Sports Medicine, 2010-09-21 *NASM Essentials of Corrective Exercise Training* introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum, a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury. This textbook includes several new chapters that were not included in NASM's previous corrective exercise materials, including the rationale for corrective exercise training, assessments of health risk, static postural assessments, range of motion assessments, and strength assessments (manual muscle testing) as well as corrective exercise strategies for the cervical spine, elbow, and wrist. There are more than 100 corrective exercise techniques in the categories of self-myofascial

release, static stretching, neuromuscular stretching, isolated strength training, positional isometrics, and integrated dynamic movements included in the text. These, along with corrective exercise strategies for common movement impairments seen in each segment of the body, make this text the premier resource for learning and applying NASM's systematic approach to corrective exercise training.

essential wellness bodywork massage llc: Integrative Medicine: Principles for Practice

Benjamin Kligler, Roberta Anne Lee, 2012-09-01 By integrating complementary and alternative medicine (CAM) with traditional medical treatment, this volume represents the next generation in the evolving field of integrative medicine. Features a unique approach and case studies immediately applicable to clinical practice. Far more than a review of CAM modalities, this is an evidence-based and clinically authoritative guide for family medicine and primary care providers.

essential wellness bodywork massage llc: Integrative Reflexology(r) Claire Marie Miller,

2017-01-28 Integrative Reflexology(R) Theory and Practice offers an innovative and in-depth four theory approach and program for integrating reflexology into massage and bodywork. Claire Marie Miller's comprehensive approach has been developed over her last 37 years of practice and teaching.

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