

healing hands massage wellness

Healing Hands Massage & Wellness: Your Journey to Relaxation and Renewal

Are you feeling stressed, tense, or simply overwhelmed by the demands of daily life? Do you crave a sanctuary where you can escape the pressures of modern living and reconnect with your body and mind? At Healing Hands Massage & Wellness, we understand. We believe that true well-being encompasses more than just the absence of illness; it's about nurturing your physical, mental, and emotional health to achieve a state of vibrant equilibrium. This comprehensive guide will explore the transformative power of massage therapy and the holistic wellness services offered at Healing Hands Massage & Wellness, helping you discover the perfect path to rejuvenation and self-care.

Understanding the Healing Power of Touch: The Healing Hands Difference

Massage therapy isn't just about feeling pampered; it's a powerful tool with proven therapeutic benefits. At Healing Hands Massage & Wellness, we go beyond the typical spa experience. We offer a personalized approach, tailoring each session to meet your individual needs and goals. Whether you're seeking relief from chronic pain, stress reduction, improved athletic performance, or simply a moment of deep relaxation, our expert therapists will guide you on a journey towards holistic wellness.

Our philosophy centers around the belief that touch is a fundamental human need. A gentle touch can soothe anxieties, a firm touch can release tension, and a skilled touch can unlock the body's natural healing potential. Our therapists are highly trained professionals, deeply committed to providing a safe, comfortable, and effective massage experience. They utilize a variety of techniques, including Swedish massage, deep tissue massage, sports massage, hot stone massage, and aromatherapy massage,

allowing them to address a wide range of client needs.

A Range of Services Beyond Massage: Holistic Wellness at Healing Hands

Healing Hands Massage & Wellness is more than just a massage therapy clinic; it's a comprehensive wellness center. We understand that true well-being requires a holistic approach, addressing the interconnectedness of mind, body, and spirit. Therefore, we offer a range of services designed to complement our massage therapy and support your overall wellness journey. These may include:

Aromatherapy: Experience the therapeutic benefits of essential oils, carefully selected to enhance relaxation, reduce stress, and promote emotional balance. Our aromatherapy treatments are customized to your individual preferences and needs.

Reflexology: This ancient healing art involves applying pressure to specific points on the feet, which correspond to different organs and systems in the body. Reflexology can help improve circulation, reduce pain, and promote overall relaxation.

Prenatal Massage: Designed specifically for expecting mothers, our prenatal massage addresses the unique needs of pregnancy, providing relief from back pain, leg cramps, and other common discomforts. Our therapists are trained in safe and effective prenatal massage techniques.

Reiki: Experience the gentle energy healing of Reiki, a Japanese technique that promotes relaxation, reduces stress, and helps to balance the body's energy flow. Reiki is a complementary therapy that can be combined with other treatments for optimal results.

Wellness Workshops: We regularly host workshops and classes focused on various aspects of holistic wellness, including stress management techniques, mindfulness practices, and healthy lifestyle choices. These workshops provide valuable tools and strategies for maintaining long-term well-being.

The Healing Hands Experience: Comfort, Expertise, and Results

At Healing Hands Massage & Wellness, we are committed to providing you with an exceptional experience from the moment you walk through our doors. Our tranquil environment is designed to promote relaxation and tranquility, allowing you to fully immerse yourself in the healing process. We prioritize cleanliness and hygiene, ensuring a safe and comfortable atmosphere for all our clients.

Our therapists are not only highly skilled but also compassionate and attentive. They will take the time to understand your needs, answer your questions, and create a personalized treatment plan that aligns with your goals. We believe in open communication and encourage you to share your preferences and feedback throughout your session.

Beyond the immediate benefits of relaxation and stress reduction, regular massage therapy and wellness treatments can contribute to long-term improvements in your overall health and well-being. These can include improved sleep, reduced muscle tension, increased energy levels, and a greater sense of overall vitality.

Choosing Healing Hands: Your Investment in Wellbeing

Investing in your health and well-being is an investment in yourself. At Healing Hands Massage & Wellness, we believe that everyone deserves access to high-quality, personalized wellness services. We offer a range of pricing options to accommodate different budgets and strive to make our services accessible to as many people as possible. We encourage you to contact us to learn more about our services, pricing, and scheduling options. Take the first step towards a healthier, happier you – book your appointment today and experience the transformative power of Healing Hands Massage & Wellness.

Conclusion:

At Healing Hands Massage & Wellness, we are dedicated to helping you achieve optimal physical, mental, and emotional well-being. We invite you to experience the difference of our holistic approach, personalized care, and commitment to excellence. Let us guide you on your journey to relaxation, rejuvenation, and lasting wellness.

FAQs:

1. What forms of payment do you accept? We accept cash, credit cards (Visa, Mastercard, American Express), and debit cards.

1. Do you offer gift certificates? Yes, we offer gift certificates in various denominations, making them the perfect gift for friends, family, or colleagues.

1. What should I wear to my massage appointment? We recommend wearing comfortable clothing that you can easily remove and put back on. We provide robes and towels if you prefer.

1. What is your cancellation policy? We require a 24-hour notice for cancellations to avoid a cancellation fee.

1. Are your therapists licensed and insured? Yes, all of our therapists are licensed and insured

professionals with extensive training and experience in massage therapy and related wellness practices.

healing hands massage wellness: Hands Heal Essentials Diana L. Thompson, 2006 This abbreviated version of Hands Heal, Third Edition is a practical guide to documentation in wellness massage. It is designed for massage therapists who do not provide therapy that would require physician referrals or insurance billing. Hands Heal Essentials offers wellness charting guidelines for energy work, on-site massage, and relaxation and spa therapies, along with sample completed forms and blank forms. Crucial information on HIPAA regulations is included. A front-of-book CD-ROM includes the blank forms for use in practice, a quick-reference abbreviation list, and a quiz tool to review key concepts. Faculty ancillaries are available upon adoption.

healing hands massage wellness: RITA, RITA L. L. Dahl-Jensen, 2012-11-29 Josie finds herself in a tough spot and begins a deception that will have her fearing for her life while love threatens to engulf her. How can she ever get things back to normal without something disastrous happening? Then there is Rita, who has escaped a life in "The Mob" that threatens her very sanity. Watch her discover an inner strength she never knew she had. Can love find her, too? How these women meet and forge their future makes for page-turning drama. Their trials and triumphs will keep readers guessing until the very end.

healing hands massage wellness: Hands Heal Diana L. Thompson, 2006 The Third Edition of this widely used text provides manual therapists with much-needed guidance on taking client histories, setting functional goals, communicating with health care and legal professionals, documenting outcomes, and billing insurance companies. This edition includes crucial information on HIPAA regulations, new and updated blank forms, and lists of codes for self-referred patients and for insurance verification forms. Reader-friendly features include sidebars, case studies, chapter summaries, and useful appendices. A front-of-book CD-ROM includes the blank forms for use in practice, a quick-reference abbreviation list, and a quiz tool to review key concepts. Faculty ancillaries are available upon adoption.

healing hands massage wellness: HOLISTIC APPROACH TO YOUR HEALTH AND WELLNESS Dr. Mahmoud Sous, 2021-11-19 Do you want to improve your health and well-being? This book, developed by Dr. Sous and his team will help you to think out of the box for your pain and impairments with a holistic approach like soft tissue release, Swedish massage, herbs, and herb-infused oil recipes. This approach has gained much demand nowadays as not only one single thing can pain. We need to incorporate all the method which work on pain, fastens the recovery process, and promotes individual well-being. In addition, there is an increasing trend of using Swedish massage for relaxation which is also as an important rehabilitation tool for clients. In this book you will learn, first-hand, how to assess your pain and impairments, as well as how to maintain, rehabilitate, and augment these techniques to relieve pain. The book breaks down in detail basic and advanced techniques covering all the joints of body as well as some common conditions. Apart from these techniques, this book also provides a thorough knowledge of herbs and its effects in various conditions. By the end of the book, you will be enlightened by numerous recipes for pain relief and relaxation. Also, there is a guide for the benefits of healthy diet. When these things are combined the purpose of treatment and well-being is achieved.

healing hands massage wellness: Healing Massage Maureen Abson, 2016-10-04 This practical, detailed, and accessible guide to using massage to treat a range of medical conditions will

educate and empower both massage practitioners and non-professionals who want to safely and effectively make a difference in the well-being of a friend or family member. Chapters are conveniently organized alphabetically, so that the reader can easily find helpful treatments for more than 40 medical conditions such as asthma, cancer, frozen shoulder, and plantar fasciitis. Bringing together Eastern and Western understandings of the body, health, and wellness, this user-friendly sourcebook defines and details each of the conditions, any contraindications to massage, and massage protocols and instructions, including how often treatment should be administered. Healing Massage can make treatment and pain relief both available and affordable to those who might not have access to expensive professional treatment. It can also provide substantial and detailed information to practitioners not familiar with a specific condition. Written by a leading massage practitioner and international teacher, this book will be a will be an essential reference in the office or at home.

healing hands massage wellness: *Healing Massage Techniques* Frances M. Tappan, Frances Tappan, 1980

healing hands massage wellness: 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'.

healing hands massage wellness: Massage For Dummies Steve Capellini, Michel Van Welden, 2010-05-11 Sooth away stress, banish pain, and share the language of touch with the healing powers of massage What reduces pain, enhances athletic performance, job efficiency, improves the circulation, raises immune efficiency, promotes the healing of tissues, increases the functioning of the skin, enhances focus and emotional balance, and improves appearance? Right, massage! So what are you waiting for? Discover how to knead your way to relaxation and wellness with this fun guide to the art of massage. With the help of numerous step-by-step hands-on photos and illustrations, *Massage For Dummies*, 2nd Edition shows you, move by move, how to harness the healing power of touch. In no time you'll master the basics and learn how to give and receive a therapeutic massage. 25% new and expanded content in this edition Covers an array of techniques,

from Swedish to Deep Tissue and sports massage to self-massage The newest strokes and techniques that can relieve specific painful conditions Hands-on and extremely practical, *Massage For Dummies*, 2nd Edition shows you how to integrate massage and its benefits into your everyday life.

healing hands massage wellness: Across That Bridge John Lewis, 2012-05-15 From celebrated Congressman John Lewis comes an eyewitness account of history from a key member of the Civil Rights Movement and confidant to Martin Luther King Jr. In turbulent times Americans look to the Civil Rights Movement as the apotheosis of political expression. As we confront a startling rise in racism and hate speech and remain a culture scarred by social inequality, there's no better time to revisit the lessons of the '60s and no better leader to learn from than the late Representative John Lewis. In the final book published before his passing, *Across That Bridge*, Congressman John Lewis draws from his experience as a prominent leader of the Civil Rights Movement to offer timeless wisdom, poignant recollections, and powerful principles for anyone interested in challenging injustices and inspiring real change toward a freer, more peaceful society. The Civil Rights Movement gave rise to the protest culture we know today, and the experiences of leaders like Congressman Lewis, a close confidant to Martin Luther King, Jr., have never been more relevant. Despite more than forty arrests, physical attacks, and serious injuries, John Lewis remained a devoted advocate of the discipline and philosophy of nonviolence. Now, in an era in which the protest culture he helped forge has resurfaced as a force for change, Lewis' insights have never been more relevant. In this heartfelt book, Lewis explores the contributions that each generation must make to achieve change. Now featuring an updated introduction from the author addressing the Trump administration, *Across that Bridge* offers a strong and moral voice to guide our nation through an era of great uncertainty. Winner of the NAACP Image Award for Outstanding Literary Work/Biography.

healing hands massage wellness: Therapeutic Stretching Jane Johnson, 2012-04-13 *Therapeutic Stretching* focuses on the use of both active and passive stretching as part of the rehabilitation of common musculoskeletal conditions and injuries. Covering all forms of stretches for the able-bodied, injured, and selected special populations, *Therapeutic Stretching* is a comprehensive resource for practitioners and students working in massage therapy, osteopathy, physical therapy, occupational therapy, rehabilitation, and personal and athletic training. With both active and passive stretches outlined for a range of musculoskeletal conditions and injuries, *Therapeutic Stretching* offers a range of rehabilitative stretches for the foot and ankle, knee and leg, hip and thigh, upper limb, shoulder, elbow, wrist, hand and fingers, and back and neck. Author Jane Johnson, a practicing physiotherapist, sport massage therapist, and body work instructor, provides information on incorporating passive stretching as a treatment option and selecting appropriate active stretches for clients to practice at home. Heavily illustrated with more than 230 color photos, *Therapeutic Stretching* provides excellent visual instruction on client positioning and the most effective handholds for the application of passive stretches to various joints and soft tissues. A user-friendly format, clear explanations of stretching techniques, and visual guidance from photos help students and practitioners readily incorporate these stretches into their practice. *Therapeutic Stretching* outlines the rationale for stretching after musculoskeletal injury along with general safety guidelines and an overview of the musculoskeletal conditions addressed in the text. Also included is a discussion of the differences between and applications of passive, active, and advanced forms of stretching such as muscle energy technique (MET) and soft tissue release (STR). Readers of *Therapeutic Stretching* will find a 10-step process for designing, implementing, and assessing a stretching program. The text discusses applications of therapeutic stretching for three special populations: elderly clients, pregnant women, and athletes. For each, a listing of common physiological factors or characteristics that might affect a stretching program is included, along with tips on modifications to employ when working with these individuals. Following this foundational information are three chapters with photos and descriptions of active and passive stretches for musculoskeletal injuries and conditions of the lower limbs, upper limbs, and trunk. Here readers will

find stretches useful for treating injuries and conditions such as sprained ankles, shin splints, runner's knee, tight calves or hamstrings, adhesive capsulitis, lateral epicondylitis, stiff wrists, kyphosis, low back pain, stiff neck, and whiplash. Special Tip boxes throughout the text offer guidance on modifying the stretches and techniques to meet the needs of individual clients. Tables detail the passive and active stretches covered in each chapter and indicate whether a stretch is contraindicated for a particular injury or condition. Following most chapters are five Quick Questions that assist readers in gauging their understanding of the content. In addition, Therapeutic Stretching includes a visual guide to stretching routines that could be performed in the prone, supine, and seated positions. These suggested routines assist students and practitioners new to therapeutic stretching in learning to apply these stretches in an efficient manner and without excessive repositioning of the client. Therapeutic Stretching offers a range of stretches to assist both current and future practitioners in safely treating clients rehabilitating from musculoskeletal conditions and injuries. Delivering the most up-to-date stretching techniques, this guide is a valuable resource for professionals in health care, rehabilitation, fitness, and body work seeking tools to assist their clients in alleviating muscular pain, reducing joint stiffness, and speeding recovery from injury. Therapeutic Stretching is part of the Hands-On Guides for Therapists series, providing tools of assessment and treatment that fall well within the realm of massage therapists but may be useful for other body workers, such as osteopaths and fitness instructors. The guides include full-color instructional photographs, Tips sections that provide advice on adjusting massage techniques, Client Talk boxes that present ideas for creatively applying techniques for various types of clients, and questions that test knowledge and skill.

healing hands massage wellness: Live Pain-free Lee Albert, 2018-02-15 Don't let chronic pain control you! Take charge of your health today with Live Pain Free: Eliminate Chronic Pain without Drugs or Surgery. In this book, you will quickly learn how to enjoy permanent pain relief in only a few minutes a day. Here Neuromuscular Therapist Lee Albert shares his Integrated Positional Therapy (IPT) techniques. They have already been used by thousands of people to successfully reduce or get rid of their chronic pain. Integrated Positional Therapy was designed to eliminate pain at its root cause and not to simply hide the symptoms. This system can help you to correct the muscle imbalances in your own body, right way, today. With easy-to-follow instructions and illustrative photos, Live Pain Free: Eliminate Chronic Pain without Drugs or Surgery, 2nd edition delivers simple, therapeutic self-care techniques that anyone can do. No previous experience or special equipment is necessary, and the practices are designed to fit your busy lifestyle. Many of the strengthening and stretching exercises can be done in the bed, on the couch or at the office. Live Pain Free: Eliminate Chronic Pain without Drugs or Surgery will teach you how to quickly identify the most common misalignments and get your body back into balance and back to health by using some simple techniques that you can do right now. What are you waiting for?

healing hands massage wellness: Touch, second edition Tiffany Field, 2014-10-10 Why we need a daily dose of touch: an investigation of the effects of touch on our physical and mental well-being. Although the therapeutic benefits of touch have become increasingly clear, American society, claims Tiffany Field, is dangerously touch-deprived. Many schools have "no touch" policies; the isolating effects of Internet-driven work and life can leave us hungry for tactile experience. In this book Field explains why we may need a daily dose of touch. The first sensory input in life comes from the sense of touch while a baby is still in the womb, and touch continues to be the primary means of learning about the world throughout infancy and well into childhood. Touch is critical, too, for adults' physical and mental health. Field describes studies showing that touch therapy can benefit everyone, from premature infants to children with asthma to patients with conditions that range from cancer to eating disorders. This second edition of Touch, revised and updated with the latest research, reports on new studies that show the role of touch in early development, in communication (including the reading of others' emotions), in personal relationships, and even in sports. It describes the physiological and biological effects of touch, including areas of the brain affected by touch, and the effects of massage therapy on prematurity, attentiveness, depression,

pain, and immune functions. Touch has been shown to have positive effects on growth, brain waves, breathing, and heart rate, and to decrease stress and anxiety. As Field makes clear, we enforce our society's touch taboo at our peril.

healing hands massage wellness: 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.

healing hands massage wellness: The Healing Touch for Dogs Michael W. Fox, 2010-11 Distinguished veterinarian and animal psychologist Dr. Michael W. Fox shares his pioneering 6 - step massage technique through detailed illustrations' photos' and easy - to - read instructions' and provides information on how to understand your animal companion's anatomy' develop a massage routine' use massage to diagnose illness' and integrate it as part of an overall care for your dog. Utilizing the same holistic philosophy of animal well - being' Dr. Fox teaches you basic dog psychology' how massage can help your dog' how to create the best massage routine' how to diagnose illnesses' and even how to keep your dog in shape.

healing hands massage wellness: Drunk Yoga Eli Walker, 2019-01-15 The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any pour decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

healing hands massage wellness: Quantum-Touch Richard Gordon, 2011-03-22 Quantum-Touch is the touch-based healing technique that uses the chi of both practitioner and client, bringing them into harmony to allow the body to heal itself. Quantum-Touch differs from other healing techniques because it does not require long years of study and presents none of the common hurdles of understanding or application; anyone can learn to use it to become a healer, both of others and of self. In this new edition of his best-selling guide, Richard Gordon leads the reader step by step, clearly explaining how to use breathing and body-focusing techniques to raise one's energy levels. Once that is achieved, the healer can correct posture and alignment, reduce pain and inflammation, help balance emotional distress, and even heal pets. Above all, Quantum-Touch can be used in tandem with all other healing modalities, including Western medicine, and its efficacy has been attested to by physicians, acupuncturists, chiropractors, and other healing professionals.

healing hands massage wellness: 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.

healing hands massage wellness: *SomatoEmotional Release* John E. Upledger, 2002-09-25 Developed by the author, SomatoEmotional Release is a technique for bringing psychotherapeutic elements into CranioSacral therapy. It helps rid the mind and body of the residual effects of trauma by anatomically freeing the central channel of the body. John E. Upledger presents the history, theory, and practice of this subtle form of healing. A result of meaningful, intentioned touch, SomatoEmotional Release allows for identification and removal of energy cysts along with their associated emotions.

healing hands massage wellness: *Complementary and Alternative Medicine in the United States* Institute of Medicine, Board on Health Promotion and Disease Prevention, Committee on the Use of Complementary and Alternative Medicine by the American Public, 2005-04-13 Integration of complementary and alternative medicine therapies (CAM) with conventional medicine is occurring in hospitals and physicians offices, health maintenance organizations (HMOs) are covering CAM therapies, insurance coverage for CAM is increasing, and integrative medicine centers and clinics are being established, many with close ties to medical schools and teaching hospitals. In determining what care to provide, the goal should be comprehensive care that uses the best scientific evidence available regarding benefits and harm, encourages a focus on healing, recognizes the importance of compassion and caring, emphasizes the centrality of relationship-based care, encourages patients to share in decision making about therapeutic options, and promotes choices in care that can include complementary therapies where appropriate. Numerous approaches to delivering integrative medicine have evolved. Complementary and Alternative Medicine in the United States identifies an urgent need for health systems research that focuses on identifying the elements of these models, the outcomes of care delivered in these models, and whether these models are cost-effective when compared to conventional practice settings. It outlines areas of research in convention and CAM therapies, ways of integrating these therapies, development of curriculum that provides further education to health professionals, and an amendment of the Dietary Supplement Health and Education Act to improve quality, accurate labeling, research into use of supplements, incentives for privately funded research into their efficacy, and consumer protection against all potential hazards.

healing hands massage wellness: *One Touch Healing* Mildred Carter, 1999-12 Describes easy massage therapy that you can do from your own home to relieve the pain of ailments from premenstrual syndrome to eczema and psoriasis to carpal tunnel syndrome. Also shows how to improve your sports performance, lose weight quickly, treat a cold, and much more.

healing hands massage wellness: *I Ain't Doin' It* Heather Land, 2020-02-04 Social media comedian and southern sweetheart Heather Land delivers her hilarious and unfiltered wisdom on the frustrating everyday moments that drive us crazy. Heather Land has something to say about almost everything in life—the unbelievable, inconceivable, and downright frustrating—and why she “ain’t doin’ it.” Now, Heather shines a light on the (occasional) ridiculousness of life through a series of hilarious essays, dishing on everything from Walmart and ex-husbands to Southern beauty pageants and unfortunate trips to the gynecologist. *I Ain’t Doin’ It* reminds us that when it comes to life’s messy moments, it’s all about perspective—and that we too can say, *I ain’t doin’ it!* Perfect for fans of Jim Gaffigan, Anjelah Johnson, and Brian Regan, *I Ain’t Doin’ It* is a fun, breezy read for anyone who appreciates someone who tells it like it is and wants to embrace the lighter side of life.

healing hands massage wellness: *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.

healing hands massage wellness: Llewellyn's Complete Book of Reiki Melissa Tipton, 2020-03-08 TRANSFORM YOUR LIFE WITH REIKI Discover the deep healing benefits of reiki and learn how to begin or advance your own practice. Llewellyn's Complete Book of Reiki shares the many ways reiki can uplift your spirit and restore your well-being. With dozens of exercises and more than 100 illustrations showing hand positions, symbols, and more, this thorough reference book is ideal for students and practitioners of every level. Within these pages, you will find helpful information and practical tips on the most important topics in reiki, including: • Vibrational Healing • Sensing Energy • Hand Positions • Symbols • Mantras • Traditional and Non-Traditional Techniques • Reiki Self-Practice • Professional Practice • Conducting Sessions • Teaching Reiki • Reiki Attunements • Reiki for Children and Pets • And More Reiki has the power to change your life from the inside out, and the more you interact with this energy, the more profound and far reaching the changes will be. This book shares insights into the many branches of reiki, helping you unlock your inner gifts for improved physical health, emotional balance, and spiritual vitality.

healing hands massage wellness: 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'

healing hands massage wellness: Active Isolated Stretching Aaron L. Mattes, 1995 Demonstrates a technique of preventive muscle stretching based upon reciprocal innervation of muscle tissue, the agonist-antagonist reflex. With each exercise, the type of flexion and the muscle groups used are provided. The Mattes Method of Active Isolated Stretching is a myofascial release and therapeutic treatment for deep and superficial muscles, tendons and fascia.

healing hands massage wellness: Zen Shiatsu Shizuto Masunaga, Wataru Ohashi, 1977 An advanced, comprehensive book incorporating meditative psychology, massage and adjusting techniques into a holistic approach to health.

healing hands massage wellness: Yoga Journal Presents Your Guide to Reflexology Journal Yoga, 2015-12-04 Discover the healing art of reflexology! The healing art of reflexology uses specific thumb and finger techniques to teach the body to redirect and release the blocked energy that causes pain and illness. In Yoga Journal Presents: Your Guide to Reflexology, you'll find expert information on this therapeutic method of pressure-point massage to relieve pain, reduce stress, and heal a variety of ailments. This accessible and comprehensive guide teaches you how to: Locate the healing zones of the feet that correspond to specific organs, systems, and body parts Use

thumb-walking, knuckle presses, clapping, and other techniques to balance energy flow Use reflexology to improve immunity, treat illnesses, and reduce pain Integrate reflexology into your daily routine for a healthier, happier, more fulfilling life With this informative and inspiring guide, you'll be able to use the healing power of touch to bring relief and comfort to yourself and others, while restoring balance throughout the body, mind, and spirit.

healing hands massage wellness: *Touch, Caring & Cancer* William Collinge, 2009

healing hands massage wellness: *Tappan's Handbook of Healing Massage Techniques* Frances M. Tappan, Patricia J. Benjamin, 2005 The 4th edition of Tappan's Handbook of Healing Massage Techniques continues to be an authoritative and comprehensive resource for massage therapy courses. This book lays the theoretical groundwork and provides detailed descriptions of techniques for Western and contemporary massage, Asian bodywork therapy and applications for special populations. Whether you are a licensed massage therapy practitioner, another health-related professional, or simply interested in basic massage therapy techniques, this is the book for you. New to this Edition: Accompanying CD-ROM-provides instructional video of the most common massage techniques to provide readers with a visual aid to accompany chapter content. Includes the Wellness Massage Pyramid which introduces a new model for the understanding the broad scope of massage therapy based on the wellness perspective. End-of-chapter Study Outlines provide students and instructors with useful tools for identifying, understanding and learning the content of each chapter. Chapters on the effects of massage and clinical applications of massage provide extensive documentation of research. New chapters on Hydrotherapy and Thermal Therapy and Asian Bodywork Therapy are included. New Appendix A: 25 Forms of Therapeutic Massage and Bodywork provides students a survey of the 25 most important forms of massage and bodywork with sources of additional information.

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it is wise to return most of the care to our homes, our prayers, our kitchens and our gardens. This book will be your reference and your guide. Muriah Williams

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While their wolves feel right at home in the woods, their human halves remain conflicted. Returning to the comforts of civilization means going back to face a harsh reality and it is tempting to vanish in the wild and leave their worries behind. Things become even more complicated when their paths cross with new werewolves who also call this territory home, but out in the wild there is a thin line between friend and foe.

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