

my wellness massage

M&Y Wellness Massage: Your Journey to Relaxation and Rejuvenation

Are you feeling stressed, tense, or simply worn down by the demands of daily life? Do you crave a sanctuary where you can escape the pressures of the world and reconnect with your inner peace? Then let's talk about M&Y Wellness Massage – your gateway to a healthier, happier you. This comprehensive guide will explore everything you need to know about the transformative power of massage, specifically highlighting the unique offerings and benefits of M&Y Wellness Massage. We'll delve into the different types of massage therapies available, explain the health benefits, address common concerns, and ultimately guide you towards making an informed decision about incorporating massage into your wellness routine.

Understanding the M&Y Wellness Massage Experience

M&Y Wellness Massage isn't just about a relaxing rub-down; it's a holistic approach to wellness that prioritizes your individual needs and preferences. We believe that true relaxation comes from a deeply personalized experience. Our therapists are highly trained professionals dedicated to providing exceptional care in a serene and comfortable environment. Forget sterile clinic vibes; expect a calming atmosphere designed to promote tranquility and help you completely unwind.

Types of Massage Offered at M&Y Wellness Massage

We offer a diverse range of massage therapies to cater to various needs and preferences. Let's explore some of our most popular options:

1. Swedish Massage: This classic technique uses long, flowing strokes to promote relaxation, reduce muscle tension, and improve circulation. It's perfect for those seeking a gentle, soothing experience to relieve stress and unwind.
1. Deep Tissue Massage: If you're dealing with chronic muscle pain, stiffness, or injuries, deep tissue massage is your answer. This more intense technique targets deeper layers of muscle tissue to release tension and alleviate pain. While it can be more intense, the results are incredibly effective in resolving long-term muscle issues.
1. Hot Stone Massage: Experience the ultimate in relaxation with our hot stone massage. Smooth, heated stones are used to massage the muscles, providing deep penetrating heat that relieves tension, increases circulation, and promotes a sense of profound relaxation.

1. **Sports Massage:** Designed specifically for athletes and active individuals, sports massage helps prevent injuries, improve performance, and accelerate recovery after intense physical activity. This focused technique addresses specific muscle groups and addresses common athletic issues.
1. **Prenatal Massage:** Expectant mothers can experience the soothing benefits of massage with our specially adapted prenatal massage. This gentle technique focuses on relieving back pain, leg cramps, and other common pregnancy discomforts in a safe and comfortable position.

Health Benefits of Regular Massage Therapy

The benefits of regular massage extend far beyond simple relaxation. Numerous studies have shown that massage can:

Reduce stress and anxiety: Massage helps lower cortisol (the stress hormone) levels, promoting a sense of calm and well-being.

Improve sleep quality: Relaxed muscles and a calmed mind contribute to more restful sleep.

Increase circulation: Improved blood flow delivers oxygen and nutrients throughout the body, promoting healing and cellular regeneration.

Reduce muscle pain and soreness: Massage helps release muscle tension, alleviate pain, and improve flexibility.

Boost the immune system: Studies suggest that massage can increase the number of white blood cells, strengthening the body's natural defenses.

Improve range of motion and flexibility: Regular massage can increase joint mobility and flexibility, improving overall physical function.

Choosing the Right Massage for You

Selecting the right type of massage depends entirely on your individual needs and goals. Consider the following:

Your pain level and location: Deep tissue massage is ideal for chronic pain, while Swedish massage is more suitable for general relaxation.

Your personal preferences: Some people prefer a gentler approach, while others prefer a more intense massage.

Your health conditions: Discuss any pre-existing health conditions with your therapist to ensure the massage is safe and appropriate for you.

At M&Y Wellness Massage, we prioritize a consultation process to understand your unique needs and recommend the best treatment plan for you. We are committed to providing a customized experience that helps you achieve optimal wellness.

Beyond the Massage: Creating Your Wellness Ritual

To maximize the benefits of your M&Y Wellness Massage experience, consider incorporating it into a broader wellness routine. This could include:

Regular exercise: Combining massage with physical activity enhances muscle recovery and overall health.

Healthy diet: Nourishing your body with wholesome foods supports the healing process and promotes overall well-being.

Mindfulness and meditation: Pairing massage with mindfulness practices enhances relaxation and stress reduction.

Adequate sleep: Prioritizing sleep allows your body to repair and rejuvenate, enhancing the effects of massage.

By incorporating massage into a holistic wellness approach, you can experience a profound and lasting impact on your physical and mental well-being.

Conclusion

M&Y Wellness Massage offers a unique and personalized approach to relaxation and rejuvenation. With a variety of massage therapies tailored to individual needs, combined with a commitment to exceptional service, we strive to help you achieve optimal wellness. Schedule your appointment today and embark on a journey to a healthier, happier you.

Frequently Asked Questions (FAQs)

1. What should I wear to my massage appointment? We recommend wearing comfortable, loose-fitting clothing. You will be provided with a robe and linens.
1. How long does a typical massage session last? Our massage sessions typically range from 60 to 90 minutes, but we can customize the length to suit your needs.
1. Is massage therapy covered by insurance? Insurance coverage for massage therapy varies. Check with your provider to determine your coverage.
1. What if I have a medical condition? It's crucial to inform your therapist about any medical conditions before your appointment. We will work with you to ensure your safety and comfort.

1. How often should I get a massage? The frequency of massage depends on your individual needs and goals. Many people benefit from regular massage sessions, while others may only need them occasionally. Discuss your needs with your therapist to determine a suitable schedule.

my wellness message: *My Wellness Toolbox* Alison Swift, 2018-08-14 Introducing My Wellness Toolbox, an innovative and amusing guide on how author and real-life example, Alison Swift, learned to cope and overcome her crippling anxiety. Contained within the book are 26 tools Alison has collected along the highs and lows of her journey. These include: Water, Daily Self Care, NO, Gratitude, and Affirmations. These (largely free) tools are tried, tested and still proven daily by Alison and others, from simple everyday worriers to those dealing with serious anxiety and depression, and are discussed in each chapter in a colloquial tone that helps build an encouraging rapport between Alison and her reader. Although Alison's toolbox may be slightly different to yours, she hopes this will be a launchpad that will propel the reader into a changed and better life. Readers who are battling with their own mental health challenges, as well as those interested in affecting a more positive outlook, will enjoy this humorous guide with its surprisingly powerful tools.

my wellness message: *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.

my wellness message: *Your Wellness Toolbox* Ali Swift, 2021-01-22 Following the release of 'My Wellness Toolbox' in August 2018 I started Talking Tools with You, sharing 26 of the powerful tools that helped me manage and overcome crippling anxiety and build a more positive mindset.

my wellness message: *The Psychology of Spas and Wellbeing* Jeremy McCarthy, 2013-09-18 The Psychology of Spas and Wellbeing is the culmination of years of research in psychology, positive psychology, and the science of holistic wellbeing. The spa industry markets itself as offering holistic wellness through a variety of services intended to enhance wellbeing across body, mind and spirit. This book explores the science behind the claims of the spa industry and looks for possible applications to enhance the impact of a spa as a center for holistic healing. This book is intended for:

- Spa and holistic healing professionals who want to use the latest science to deepen their impact on human wellbeing.
- Healthcare professionals who want to learn more about a holistic approach to wellness.
- Anyone interested in a comprehensive review of the scientific literature on holistic wellness.

In this book, readers will learn:

- The history, philosophy and culture of the world of spas and its role in modern society
- How to approach human wellbeing holistically, considering body, mind and spirit and the interactions between these domains
- The psychology of the spa experience and the links between psychological wellbeing and health
- The latest research from the field of positive psychology and how it can be applied in a spa or other center for health and wellness
- An overview of the research on stress and stress relief, the number one reason consumers visit spas
- The elements of a healthy spa lifestyle and the latest research on behavior modification and positive lifestyle change

The spa industry has a rich history and culture of holistic healing, but lacks a

foundation in science. Modern medicine and healthcare is informed by the science of recent decades but ignores the holistic nature of human wellbeing. This book explores the latest scientific research in wellbeing to assess the evidence of the spa industry's impact on health and to explore applications and interventions that could be used to create a new, more effective healing institution that combines the best of science and philosophy.

my wellness message: *How to be Well* Frank Lipman, 2018 Now available in paperback, the holistic manual for everything you need to know to be well, from celebrity health guru and NYT bestselling author Dr. Frank Lipman

my wellness message: *Excel Your Wellness* Xcel Wellness, 2024-01-04 BOOK BIO: No nonsense testimony, wise tips, and advice for the modern person seeking to follow the natural path - take on the SEVEN-STEP challenge of Virtues and Vitamins to achieve Optimal Health and wellness. This health journey has been both a necessity and a desire for the best status for body and mind. It has all worked well. I have the youthful energy and vitality restored as promised by the Naturopath. Below are the original symptoms of discomfort and they are all resolved. The results today are noticeable: - Pressure in the head, headaches, stiff neck - RESOLVED - Fatigue, aching joints - RESOLVED - Dulled concentration - RESOLVED - Sore, tired eyes, dark patches under eyes - RESOLVED - Dull skin tone, dandruff - RESOLVED - Sore tongue/mouth on occasions - RESOLVED - Excessive weight gain - RESOLVED I want to note here that I was and am a clean-living person, and yet for all that I still suffered from disorders. So why would that be? The answer is laid out in the SEVEN STEPS of this publication. I hope that as you read this it will switch on a light for you concerning your own experience with similar infirmities. The SEVEN STEPS are remedies that are sure to benefit everyone who adopts the advice given. Utilize this Empowering book; take this Opportunity to Excel your Wellness! The Excel Your Wellness Path's Potential Benefits: - Clears Mental Clutter improving Thought Processes - Relaxes the Musculature and aids Circulation - Enhances Inner Harmony and Boosts Confidence - Balances Hormones and Purifies the Body - Helps get Retained Emotions off the Chest - Revitalizes with Renewed Energy and Zest for Life - Enhances Natural Cycles and functioning of Bodily Systems - Increases Flexibility for overall Well-being Take on the SEVEN-STEP challenge of Virtues and Vitamins to achieve Optimal Health and wellness. Utilize this Empowering book. Take this Opportunity to Excel your Wellness!

my wellness message: *Neal's Yard Remedies Complete Massage* Neal's Yard Remedies, 2019-09-05 Explore in detail the profoundly effective power of touch, led by experts at Neal's Yard Remedies. Want to really understand the health and wellness benefits of massage? Interested in practising massage at home or considering taking a course? Let this book be your guide to everything from effleurage to epineuria. All the core strokes and massage techniques that form the foundation of massage practice are shown photographically with detailed annotations and integrated arrows showing the direction and application of pressure. Annotated anatomy and physiology illustrations show you how different levels of pressure work the muscles, and the profound effect massage can have on the nervous system and on cardio and lymphatic health. Learn about the key disciplines, from Swedish to shiatsu, reflexology and hot stone therapy. Access over 30 bespoke massage sequences, tailored to treat specific complaints and special client groups, such as pregnant women, babies, and those recovering from surgery. Find out how to prepare physically and mentally, and get the lowdown on oils and massage beds, diffusers and candles. And if you're receiving a massage, discover why drinking water before and after is important and how focusing on breathing enhances muscle relaxation. Become an expert in all that massage has to offer and share its miraculous health benefits.

my wellness message: *Roll Model* Jill Miller, 2014-11-04 Pain is an epidemic. It prevents you from performing at your best because it robs you of concentration, power, and peace of mind. But most pain is preventable and treatable, and healing is within your grasp. Hundreds of thousands of people around the globe have taken life "by the balls" and circumvented a dismal future of painkillers, surgeries, and hopelessness by using Jill Miller's groundbreaking Roll Model Method. The Roll Model gives you the tools to change the course of your life in less than 5 minutes a day. You

are a fully equipped self-healing organism, and this book will guide you through easy-to-perform self-massage techniques that will erase pain and improve your performance in whatever activities you pursue. The Roll Model teaches you how to improve the quality of your life no matter your size, shape, or condition. Within these pages you will find: • Inspiring stories of people just like you who have altered the course of their lives by using the Roll Model Method • Accessible explanations of how and why this system works based on the science of your body and the physiological effects of rolling • Step-by-step rolling techniques to help awaken your body's resilience from head to toe so that you have more energy, less stress, and greater performance Whether you're living with constant discomfort, seeking to improve your mobility, or trying to avoid medication and surgery, this book provides empowering and effective solutions for becoming your own best Roll Model.

my wellness message: *Wellness for Makers* Missy Graff Ballone, 2022-08-16 Learn the actions, movements, and best practices to help your body—your main craft tool—perform its best For artists and craftsmen of all ages to reduce their risk of injury in the studio Author is well known as founder of Wellness for Makers®, a company focused on this topic

my wellness message: *Hilot Wellness Massage Booklet* Brynt Christian Rodriguez, A Complete Booklet for Hilot Wellness Massage NC2.

my wellness message: 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'.

my wellness message: Medical Reiki Raven Keyes, 2021-05-08 An Integrative System of Energy Medicine for Patients Undergoing Intense Medical Procedures Science-based medicine is finally ready to embrace the use of Medical Reiki. This phenomenal book reveals groundbreaking energy practices that can activate the parasympathetic nervous system and accelerate the effectiveness of serious treatments like surgery and chemotherapy. Having worked in operating rooms alongside surgeons for nearly two decades, Reiki Master Raven Keyes is uniquely qualified to share techniques for helping patients feel whole and free of stress that can impede their healing. Raven shares how to request and receive Medical Reiki, how physicians can open their practice to it, and how to use exercises, meditations, and affirmations for further healing. Medical Reiki is

essential to the evolution of patient care. Includes a foreword by Dr. Sheldon Marc Feldman, MD, FACS, director of breast cancer services at Montefiore Medical Center

my wellness message: **Own Your Wellness** Daniella Dayoub Forrest, 2024-03-19 In *Own Your Wellness*, personal trainer and health coach Daniella Dayoub Forrest gives readers the tools they need to nourish, move, explore, and enhance their bodies so that they can break through any health plateau and reach their wellness goals. Daniella Dayoub Forrest has helped countless clients take control of their health and own their wellness. She allows the reader to tailor their wellness path to their own needs and to reach their goals in a way that is fine-tuned for their unique bodies. In *Own Your Wellness*, Daniella helps the reader define their goals and, most importantly, helps them find a driving reason to achieve them. Daniella empowers readers to parse through the bombardment of health information and encourages them to reach optimal health, not just to feel “fine.” *Own Your Wellness* follows the basic format she uses with all her health coaching clients. She covers health challenges one might be facing, as well as ways to get to the bottom of nagging issues. In this book, you will learn how to: Determine your “why”—your reason for wanting change Nourish your body with the right foods to attain and sustain your goals Move your body with exercise you actually enjoy and don’t dread Explore testing and other healing opportunities Enhance your journey with supplements, vitamins, and minerals More than just an informative guide, this book will give you the tools you need to break through every health plateau and reach your personal wellness goals. Throughout the book, you can write out how your personal situation works in the framework provided. By the end, you will have a cohesive and actionable plan to make your wellness dreams a reality.

my wellness message: **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.

my wellness message: *Mosby's Fundamentals of Therapeutic Massage - E-Book* Sandy Fritz, 2012-04-24 For success in practice, *Mosby's Fundamentals of Therapeutic Massage*, 5th Edition provides you with a solid foundation in the fundamentals of massage therapy. Expert author Sandy Fritz shares her wealth of clinical expertise, keeping a consistent focus on clinical reasoning with an increased emphasis on competency-based outcomes. In addition to teaching you how to skillfully apply massage techniques, this text also covers important practice management topics such as ethics, legal issues, sanitation, hygiene, business practices, and professional development. Two DVDs bound in the book provide over three hours of video on techniques, body mechanics, case studies, and more, plus anatomy and physiology animations. Log in to the companion Evolve website for interactive games and learning exercises. Hundreds of full-color photos and illustrations visually clarify key concepts and demonstrate proper technique, draping procedures, body mechanics, and more. A combined workbook/textbook format encourages critical thinking with activities, short

essays, fill-in-the-blank questions, labeling exercises, and more to help you review concepts from the book. General Protocol sections in the book, on the Evolve website, and on the companion DVD provide a guide for assessment and massage application, intervention and positioning recommendations, and a modifiable, step-by-step sequence to help you learn to develop care plans for specific clients. Electronic documentation coverage prepares you for today's increasingly digital workplace with examples from electronic record-keeping and office management software programs. Comprehensive coverage of content covered on the National Certification Exam (NCE), the National Certification Exam for Therapeutic Massage and Bodywork (NCETMB), and the Massage and Bodywork Licensing Examination (MBLEX) ensures you are ready to pass certification and licensure exams. Updated insurance reimbursement section features discussions of insurance procedures, appropriate charting, necessary paperwork, and how to manage reimbursement. Expanded massage therapy career content discusses the many career tracks available to massage therapists. Detailed Body Mechanics chapter addresses the use of proper body mechanics for a long and successful career and the most effective treatment. Practical Case Studies chapter offers case studies that help you understand how to apply key concepts to real-world clinical practice. Completely updated content keeps you current with the latest information needed to pass your exams and succeed in practice. NEW! Foot in the Door feature throughout the text outlines the professional traits valued by prospective employers. Available as a Pageburst digital textbook with additional interactive learning tools and electronic assets. Sold separately.

my wellness message: A Little Bit of Reiki Valerie Oula, 2019-03-05 From a professional Reiki practitioner, an accessible introduction to the ancient alternative healing modality for health and wellness. The Japanese art of Reiki can reduce stress, aid relaxation, enhance energy, and promote healing. Expert teacher Valerie Oula introduces you to this profoundly beneficial hands-on practice, providing a history of Reiki and an overview of how it works. She includes exercises and meditations to help you tune into reiki energy and shows you where to go to experience a session and what to do to become a Reiki practitioner.

my wellness message: Big & Fabulous Randi M. Sherman, 2017-01-23 Imperfect, impervious and improving, Brenda Cankles is an unlikely heroine. Unfazed by the enduring censure of society, she is determined to realize the fabulous life that she has always believed is her destiny. Brenda's story—written in the unflinching first person—is utterly unvarnished. Here, find a fantastically real person, sometimes struggling to fit in, but mostly giving the rest of the world the mother-lovin' bird. From her clunky childhood through her stumbling yet optimistic adolescence to her full-figured and unapologetic emergence into adulthood, Brenda is a special brand of warrior. She is big, bold and beautiful. While the quirky cast of characters who surround her is eternally insistent that Brenda live her life in the background and fit into society's mold, she will have none of it. Dip into the outspoken world of Brenda Cankles and get lost in the adventure of a big and fabulous gal who takes no prisoners, makes no excuses and has never had any doubt about how truly special she is.

my wellness message: Total Renewal Frank Lipman, 2004-12-16 In terms of health, most of us live at 50 percent of our capacity. Total Renewal takes us the rest of the way there. To varying degrees, we all suffer from digestive disorders, low-grade toxicity, or fluctuating blood sugar levels. While not ballooning into full-fledged diseases, these conditions limit our enjoyment of life and prefigure illnesses that loom in our future. Consisting of seven steps, Dr. Frank Lipman's Total Renewal Program is the key to reversing the unhealthy habits and poor functioning that we have slowly developed and accepted over the course of our lives. The program replaces them with new behaviors that leave us stronger, healthier, and more durable. Dr. Lipman's seven steps are: 1. Take Responsibility for Your Health and Well-Being 2. Remove Toxins and Decrease Your Total Load 3. Recognize Your Unique Diet 4. Replenish Nutrients and Balance Hormones 5. Release Tension and Relieve Stress 6. Revitalize with a Detox 7. Reconnect to Yourself, Others, and Nature

my wellness message: 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.

my wellness message: 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).

my wellness message: 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.

my wellness message: 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.

my wellness message: Recovery and Renewal Baylissa Frederick, 2014-05-21 This easy-to-read, inspirational and supportive guide is essential reading for anyone struggling to overcome prescription drug dependency. Drawn from the author's personal knowledge of coming off benzodiazepine tranquillisers and her experience as a counsellor, this book explores everything you need to know before, during and after withdrawal, from how to recognise the symptoms to how to manage them and make firm steps towards recovery. With a focus on recovery and empowerment, it provides all the practical and emotional support needed to help you cope and regain control. This book will be a lifeline for anyone taking or withdrawing from sleeping pills, other benzodiazepine tranquillisers and antidepressants. It will also equip family and friends to offer support and provide counsellors, psychotherapists, complementary therapists and other health professionals with invaluable insight critical to providing best care.

my wellness message: Toddlers and Twos , 2004-09 PLAYS WELL WITH CHILDREN Toddlers & Twos is a Sunday School resource for ages 12 - 36 months that cleverly couches Bible lessons within a large and diverse assortment of play activities. Up to 8 different activities can be offered simultaneously throughout your classroom in Activity Centers for small clusters of 1 to 4 children. Each of these learning activities repeat and reinforce a simple lesson theme in a variety of different ways, while keeping the toddlers engaged. Over time, these methods can help even the very youngest toddlers sense a relationship with their church family, and recognize themselves as God's children. Toddlers & Twos Bible Story Picture Cards This collection breaks down the smallest snippets of Bible stories into the most simple forms that toddlers can grasp. Invitingly positive illustrations are shown to the children on one side of each card. On the opposite teacher's side of the card, you have a Bible story to read...written in short basic sentences, using a child's simplest beginning vocabulary. These take-home cards also offer teaching tips for parents, with ways to reinforce the lesson theme in a few minutes of shared time during the week. Parents repeat the Bible story, which is accompanied by a Faith Word, and a simple 1-sentence prayer to say together. Each card easily tears out from a 32-page booklet. Order one set per child. Other Toddlers and Twos

curriculum: Leader's Guide Resource Kit for Fall/Winter Resource Kit for Spring/Summer

my wellness message: Reclaiming Wellness Jovanka Ciales, 2022-04-19 If you've ever felt left out of "elite" healthcare regimes or thought that being healthy shouldn't be expensive, this book is for you. Reclaiming Wellness explores today's most effective wellness practices — and their multicultural sources — in a way that makes overall health accessible to all. The book provides: practical, affordable, delicious, and fun ways to incorporate plant-based whole foods into even the most time-crunched routine lazy-proof means of movement that feel more like self-love than dreaded exercise techniques of mindfulness, meditation, and visualization that make them meaningful everyday tools ways to experience nature, music, and community to heal and connect

my wellness message: 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.

my wellness message: Lighten Up! Loretta Laroche, 2010-05 Loretta LaRoche is sick to death of diets and diet books. Not a day goes by without an article appearing in the media that reveals some food that could be harmful or helpful to our health. Food has become either demonic or divine. We've forgotten how to be in "right relationship" with one of the greatest pleasures we have in life: eating. As a result, we're fatter than ever and more stressed out about being fat! In this humorous and informative book, Loretta cuts through the nonsense, disclosing the wisdom she has accumulated from "having gained and lost a tribe of people." She also shares her expertise as an international stress consultant, former aerobics instructor, and owner of a wellness center. Her eight surprising secrets for reducing weight and stress might surprise you as she leads you down the path of learning to eat well, moving with joy, and living a more balanced life. Her greatest promise is that you will get into shape . . . and have fun while you're doing it!

my wellness message: How to Incorporate Wellness Coaching into Your Therapeutic Practice Laurel Alexander, 2011-08-15 Wellness coaching is an emerging and vibrant area of healthcare. It takes healing beyond the curing of symptoms and empowers clients to take their health back into their own hands. This book provides therapists with the knowledge and skills to rejuvenate their therapeutic practice by incorporating wellness coaching techniques into their range of services. Laurel Alexander redefines wellness as an integrated lifestyle and mindset process and shows that wellness coaching can be a profound and practical way to help clients make meaningful changes to their health and outlook. The book offers a wellness coaching toolbox, explaining key skills such as how to create an organic personal wellness plan, how to build client rapport and give constructive feedback, and how to apply different coaching models effectively. Practical steps and examples make it easy for any therapist or counsellor to pick up the reins of wellness coaching for themselves. Exciting new developments such as wellness diagnostic services, preventative healthcare, customised treatments and DIY healthcare are explored. With shrewd advice and useful insights, this book is an essential resource for complementary therapists and counsellors looking to update their existing practice and tap into the rapidly expanding wellness market.

my wellness message: Massage MBA Rachel Beider, 2021-01-11 Have you ever felt overwhelmed by everything that needs to get done? Are you confused on how to get started and what to work on first? Have you experienced huge fears that have held you back from making decisions? Have you felt spread too thin, working both IN your business and ON your business? Have you felt anxiety when thinking about the future of your practice? Rachel Beider experienced all of these - fear, anxiety, overwhelm, uncertainty, and failure - all while trying to build and grow a private massage therapy practice. Until something clicked. What happened next was nothing short of amazing. She learned by studying the pros, and built a multi-million dollar massage business. For anyone who is struggling with getting their business together, starting a new practice, or growing an existing one, Rachel's wisdom will help you with rock solid business practices, producing proven and measurable results. It's everything business- related you wish you learned in massage school but didn't.

my wellness message: The Art of Indian Head Massage Mary Atkinson, 2011 The Art of Indian Head Massage is the perfect introduction to Indian head massage at home. Easy-to-follow, step-by-step instructions accompanied by specially commissioned photographs will quickly teach you a variety of simple yet effective massage moves and routines for self-massage or to share with friends and family--from children to the elderly.--Page 4 of cover.

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my wellness message: The Champion Mindset Joanna Zeiger, 2017-02-14 An in-depth mental motivational book for all athletes from Olympian Dr. Joanna Zeiger that offers game-changing strategies for programming your brain to achieve physical excellence. Champions, as the familiar adage preaches, are not born—they're made. Reaching the top of any sport, or any aspect of life, takes years upon years of dedication and proper preparation. But if there's a huge pool of individuals who have undertaken the same commitment and steps towards becoming the best, what truly separates the winners from everyone else? Joanna Zeiger believes proper mental preparation is the answer. The Champion Mindset is a much-needed and long overdue look into how to program a competitor's mind to achieve optimal success. Changing behaviors and ways of thinking are never easy, but the chapters in this book aim to simplify this process to make it manageable and achievable. This book is for every athlete—from the weekend warrior, who wants to complete in his or her first 5k running race, to those who have aspirations of one day becoming Olympians and world champions. The Champion Mindset is a compendium of Zeiger's own personal journey from struggling novice swimmer to Olympian and World Champion. Through steps including: Proper Goal Setting, Keeping it Fun, Building Your Team, Intention in Training, Improving Motivation, Promoting Self-Confidence, and Mind/Body Cohesion, among others, Zeiger uses her decades of personal experience, doctoral-level research, and professional success, to prepare readers to go all-in with their mental game.

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your work and life with vibrant synergy, and find peace in the fulfillment that comes from living out your full potential. **INSIDE YOU WILL FIND:** -The Circle of LITE, a holistic coaching model designed to help bring out your full potential step by step; Exercises that will awaken your inner power to lead a purposeful career and life that reflects who you are; How, through a twist of fate, Helen overcame her own self-limiting beliefs and began expressing her essence; and more. Helen Roditis, an Associate Certified Coach, International Coach Federation member, and founder of essence coaching, brings over 20 years of professional and personal experience to her work. Her articles Empower Your Employees and Reap the Rewards, and Proactively Managing Employee Stress have been published in Canadian business magazines. Connect with Helen at www.helenroditis.com.

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my wellness message: **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.

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subconscious mind; • take actions that will produce the results you want. It is time that we stop ignoring the connections between mind, body, and spirit when it comes to health. We need to approach the individual as a whole: mind, body, and spirit. It is time that we get back on track, back on the path set by Hippocrates, who argued that disease was not a punishment inflicted by the gods but rather the product of environmental factors, diet, and living habits.

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