

new day massage wellness

Escape the Everyday: Your Journey to Wellness at New Day Massage & Wellness

Are you feeling overwhelmed, stressed, or simply exhausted? Long days at the office, family commitments, and the constant demands of modern life can leave you feeling depleted. But what if there was a sanctuary, a place to unwind, rejuvenate, and reconnect with yourself? At New Day Massage & Wellness, we offer more than just a massage; we offer a transformative experience designed to help you rediscover your inner peace and revitalize your well-being. This comprehensive guide explores everything New Day Massage & Wellness offers, from our diverse range of massage therapies to our commitment to creating a truly relaxing and therapeutic environment.

Unwind and Rejuvenate with Our Diverse Massage Therapies

At New Day Massage & Wellness, we understand that everyone's needs are unique. That's why we offer a wide array of massage therapies to cater to various preferences and health goals. Our skilled and experienced massage therapists are dedicated to providing personalized treatments that address your specific concerns and leave you feeling refreshed and revitalized.

1. **Swedish Massage:** This classic massage technique uses long, flowing strokes to promote relaxation, reduce muscle tension, and improve circulation. It's perfect for those seeking a gentle yet effective way to unwind and de-stress.
1. **Deep Tissue Massage:** Ideal for chronic pain and muscle stiffness, deep tissue massage targets deeper layers of muscle and connective tissue. Our therapists use firm pressure and slow, deliberate strokes to release tension and improve range of motion.
1. **Hot Stone Massage:** Experience the soothing warmth of smooth, heated stones as they melt away tension and promote deep relaxation. The heat penetrates deep into the muscles, increasing blood flow and easing muscle pain.
1. **Sports Massage:** Designed for athletes and active individuals, sports massage helps prevent injuries, improve performance, and accelerate recovery. Our therapists use a variety of techniques to address specific muscle imbalances and promote optimal athletic function.

1. Prenatal Massage: Our specially trained therapists provide gentle, safe, and supportive massage for expectant mothers. Prenatal massage helps alleviate common pregnancy discomforts such as back pain, leg cramps, and swelling, promoting relaxation and well-being during this special time.

Beyond Massage: Holistic Wellness at New Day

New Day Massage & Wellness is more than just a massage spa; it's a holistic wellness center. We believe in a comprehensive approach to well-being, offering a range of services designed to support your physical, mental, and emotional health.

1. Aromatherapy: Enhance your massage experience with the therapeutic benefits of essential oils. Our therapists select specific blends to promote relaxation, reduce stress, and enhance your overall sense of well-being.
1. Sound Healing: Immerse yourself in the calming sounds of singing bowls or other instruments. Sound healing can promote deep relaxation, reduce anxiety, and facilitate a state of inner peace.
1. Meditation and Mindfulness: We offer guided meditation sessions to help you cultivate mindfulness, reduce stress, and connect with your inner self. These sessions can be a powerful complement to your massage therapy.

Our Commitment to Excellence at New Day Massage & Wellness

At New Day Massage & Wellness, we are committed to providing the highest quality of service in a clean, comfortable, and relaxing environment. Our therapists are highly trained, licensed professionals dedicated to your comfort and well-being. We use only the finest products and maintain the highest standards of hygiene and sanitation.

Creating Your New Day: Booking Your Appointment

Ready to experience the transformative power of New Day Massage & Wellness? Booking your appointment is easy! Simply visit our website [insert website address here] or call us at [insert phone number here]. We look forward to welcoming you to our sanctuary of relaxation and rejuvenation. We encourage you to browse our online booking system to see our availability and choose the service

that best suits your needs.

Conclusion

At New Day Massage & Wellness, we believe that taking care of your well-being is not a luxury, but a necessity. We invite you to escape the everyday stresses of life and embark on a journey to renewed vitality and inner peace. Let us help you discover your own New Day.

Frequently Asked Questions (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 it the perfect gift for friends, family, or colleagues.
1. What should I wear to my appointment? Comfortable, loose-fitting clothing is recommended. We provide robes and towels for your convenience.
1. What is your cancellation policy? We require a 24-hour notice for cancellations to avoid a cancellation fee.
1. Do you offer packages or discounts? Yes, we frequently offer various packages and discounts. Please check our website or call for current promotions.

new day massage wellness: 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.

new day massage wellness: Spa Bodywork Anne Williams, 2007 This textbook guides massage therapists through each step of delivering a spa treatment—from consideration of the indications and contraindications to scope of practice issues, supplies, room set-up, specific procedure steps, and ideas for integrating massage techniques, spa products, and enhancing accents. While wet-room treatments are discussed, the focus is on dry-room treatments, which can be delivered in a wider variety of settings. More than 250 full-color photographs illustrate each technique and treatment. Treatment Snapshot boxes provide a quick overview of the treatment before the detailed step-by-step procedures section. Sanitation Boxes offer clean-up and sanitation tips. Sample Treatments include promotional descriptions, product recommendations, and recipes for creating inviting smell-scapes.

new day 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.

new day 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'.

new day massage wellness: Office Spa Darrin Zeer, 2012-03-02 From the creator of the bestselling Office Yoga comes the ultimate guide to sanity and serenity in the workplace. Office Spa presents more than 50 fun, simple, stress-relieving ideas that help make a day at the office feel more like a day at the spa. Beat the mid-morning blahs with an invigorating herbal tea steam. Alleviate anxiety with a Hara Power tummy massage. Treat tired toes under the desk with relaxing reflexology. Author Darrin Zeer taps into the healing principles behind aromatherapy, acupressure, meditation, reflexology, and even feng shui, creating quick and effective pampering treatments that are easy enough to do on the commute, at the computer, or in the conference room. Brimming with playful illustrations by Frank Montagna, this delightful desktop reference offers a suite of soothing ideas to relax, refresh, and renew.

new day massage wellness: Massage Therapy Research Tiffany Field, 2006-05-10 Written by the Director of the world-renowned Touch Research Institutes, this book examines the practical applications of important massage therapy research findings. Each chapter of this comprehensive resource provides a clear and authoritative review of what is reliably known about the effects of touch for a variety of clinical conditions such as depression, pain management, movement problems, and functioning of the immune system. Coverage also includes the benefits of massage to specific populations such as pregnant women, neonates, infants, and adolescents. This book is suitable for massage therapists (including Shiatsu practitioners), aromatherapists, chiropractors, osteopaths, physical therapists, and nurses. - Provides a thorough yet concise review of recent research related to the importance of touch. - Offers practical guidance to healthcare professionals whose work involves physical contact with patients. • Becomes a new book as new studies will be incorporated. • Research techniques, not previously included.

new day massage wellness: A New Day Emma Scrivener, 2017-04-20 * Can I break free from my eating disorder? * Why do I struggle so much with anxiety? * Where can I go with my shame and despair? 'I'm controlling and insecure and desperate to prove my own worth,' admits Emma Scrivener. 'I'm a Christian, but I don't always feel like it.' There are lots of how-to books out there. In terms of the practicalities of recovery, they're brilliant. What they don't address is the spiritual dimension. However, even when writing about 'spiritual recovery', the author confesses that it's tempting to offer some sort of programme or strategy. 'But I don't think I've got one,' she says. What she does offer are practical suggestions for how to apply gospel truths to practical circumstances. With honesty, examples from real life (including her own), Emma connects with her reader. She shows how the gospel can speak to every heart and every addiction, equipping readers with confidence in Christ's sufficiency and the power of his Word and Spirit to bring change where change seems impossible.

new day massage wellness: Spa 3 Patricia Huff, 2020-03-22 Spa 3 completes the trilogy of the Spa books. In this book of continued fiction, Artificial Intelligence has taken over the spa industry. Day spas as we knew them are obsolete. We are forty years into the future and the machine consciousness has created the massage cubbies. The massage experience has become an assembly line for the unconscious. How did we get here and what can be done about it? Tera's son Ronnie has a plan, who would have known that he would have the solution. Remember Minnie? Her entire story is finally told, and she has left us with quite a legacy.

new day massage wellness: Cat Massage Therapy Vol. 1 Haru Hisakawa, 2021-12-21

Nekoyama, worn out after another long day at the office, stops at a therapeutic massage parlor--only to discover that it's run by a cat! Not only that, but the cat actually does the massaging?! As the professional meowsseur digs soft toe beans into Nekoyama's aching muscles, his heart warms and his worries melt away. This is only the beginning, as he and other world-weary workers are about to meet the other feline professionals who have mastered pawfully cute techniques to reduce human stress.

new day massage wellness: *Spa Management* Mary S. Wisnom, Lisa L. Capozio, 2012 SPA MANAGEMENT: AN INTRODUCTION provides a contemporary look at the spa industry, and the unique aspects of spa operations, and management. Complete with photos, tables and figures, it addresses spa industry basics, how to establish a spa business, operations and management, business skills and knowledge, and future trends in the industry. Each chapter includes a realistic view of operations and is accompanied by creative exercises and assignments. An appendix of industry resources and robust online resources help readers understand what it takes to manage a spa and succeed in this evolving industry.

new day massage wellness: *The Spa Less Traveled* Gail Herndon, Brenda Goldstein, 2011-12-01 Los Angeles' remarkable ethnic diversity has brought more than exotic food and rich cultural traditions—it's led to a wealth of incredible (and incredibly inexpensive) therapeutic massage treatments. Gail Herndon and Brenda Goldstein, both health-care professionals, spent five years visiting Southern California's Thai, Korean, Chinese, Russian, Japanese, Indian, and Hawaiian spas, and they share the details on their favorites. They explain the treatments and their benefits and tell you where to go, what to expect, how to tip, even where to park and where to eat in the neighborhood. A beautifully photographed and designed gift for adventurous Southern Californians.

new day massage wellness: *Dawn's New Day* B. J. Young, 2013-06 Katy is an emergency room nurse who grew up loved and adored, a daughter of privilege. Ben, an air ambulance pilot, had to struggle to get what he wanted from life. Both are looking for love, and they find it in each other. Their love is infused with wonder and their lives with a deep joy when they are blessed with a child. When tragedy strikes their home, they find solace in each other's arms. Their pain is intense, but the power of their love sustains them. Their love story is one that will inspire you to live joyfully, love deeply and treasure every day you live.

new day massage wellness: *Massage Is Weird* Ian Harvey, 2021-11-26 Reclaim the magic of massage. If you're feeling burned out, we can beat it. If you're worried about starting your own business, we can conquer those fears. If you think you suck at massage, you're wrong. Massage is weird. There, I said it, and I'd say it again. Whether it's communicating with first time clients, figuring out how the puzzle of pain works (and why it sometimes seems impossible to solve), or creeper-proofing your practice, it can be a lot for one person to figure out all on their own. That's why we'll figure it out together! Take the leap of faith with me and we'll demystify the mysterious, bust a few massage myths, and learn how to drop the worries and start focusing on outcomes. We'll get through it together, one chapter at a time.

new day 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.

new day massage wellness: Start Your Own Hair Salon and Day Spa Eileen Figure Sandlin, The Staff of Entrepreneur Media, 2014 Aspiring entrepreneurs learn the ins and outs of starting their own successful business in one of today's hottest industries: beauty. From laying the groundwork for starting a small business and establishing themselves in the marketplace to holding their grand opening and developing service policies, this step-by-step guide takes beauty enthusiasts from big-picture plans to day-to-day dealings at their new spa and salon. Soon-to-be business owners also get an insider's perspective from beauty industry practitioners and experts who offer tips, advice, examples, and even their contact information to add to the many resources provided.

new day massage wellness: *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.

new day massage wellness: New York , 2008

new day massage wellness: **Medical and Dental Expenses** , 1990

new day massage wellness: **A New Day at Tanglewood** Annette Smith, 2008-09-01 There is never a dull moment in Ruby Prairie, especially since young widow Charlotte Carter has opened Tanglewood, a pink Victorian refuge for troubled girls. Sixty-two-year-old massage therapist, Treasure Evans, comes to live at Tanglewood to help with another newcomer to Ruby Prairie, Jasper Jones. Packed with surprises, romances and a bit of trouble, A New Day at Tanglewood is sure to be an enjoyable read.

new day massage wellness: **Hair Salon and Day Spa** , 2012-07-15 Succeed with style! Hair salons and day spas across the country are making as much as \$300,000 a year - and you can, too. Whether you want to start a small salon out of your home or open a full-service day spa, this guide will show you exactly how to succeed. You don't even have to be a stylist. If you've got strong business skills, you can open a salon/spa, rent space to stylists, massage therapists and nail artists, then sit back and rack in the cash. Inside our guide you'll find: Analyze the market, write a business plan and advertise effectively Establish a website to spread the word and bring in more revenue Increase sales with no extra effort by applying simple upselling techniques Keep track of your finances with ready-to-use work sheets Professional industry experts share inside information and invaluable advice, revealing how they have been successful in this lucrative business, and more importantly, how you can be successful, too. Attractive hair, newfound energy and a revitalized appearance are always in style, no matter what ups and downs await the economy. Whether you love styling hair or prefer managing personnel, you'll find that it pays to help people look good and feel

great. This guide will show you the profitable way of making someone's day. Order today and get started on the path to success! The First Three Years In addition to industry specific information, you'll also tap into Entrepreneur's more than 30 years of small business expertise via the 2nd section of the guide - Start Your Own Business. SYOB offers critical startup essentials and a current, comprehensive view of what it takes to survive the crucial first three years, giving you exactly what you need to survive and succeed. Plus, you'll get advice and insight from experts and practicing entrepreneurs, all offering common-sense approaches and solutions to a wide range of challenges. • Pin point your target market • Uncover creative financing for startup and growth • Use online resources to streamline your business plan • Learn the secrets of successful marketing • Discover digital and social media tools and how to use them • Take advantage of hundreds of resources • Receive vital forms, worksheets and checklists • From startup to retirement, millions of entrepreneurs and small business owners have trusted Entrepreneur to point them in the right direction. We'll teach you the secrets of the winners, and give you exactly what you need to lay the groundwork for success. **BONUS: Entrepreneur's Startup Resource Kit!** Every small business is unique. Therefore, it's essential to have tools that are customizable depending on your business's needs. That's why with Entrepreneur is also offering you access to our Startup Resource Kit. Get instant access to thousands of business letters, sales letters, sample documents and more - all at your fingertips! You'll find the following: **The Small Business Legal Toolkit** When your business dreams go from idea to reality, you're suddenly faced with laws and regulations governing nearly every move you make. Learn how to stay in compliance and protect your business from legal action. In this essential toolkit, you'll get answers to the "how do I get started?" questions every business owner faces along with a thorough understanding of the legal and tax requirements of your business. **Sample Business Letters** 1000+ customizable business letters covering each type of written business communication you're likely to encounter as you communicate with customers, suppliers, employees, and others. Plus a complete guide to business communication that covers every question you may have about developing your own business communication style. **Sample Sales Letters** The experts at Entrepreneur have compiled more than 1000 of the most effective sales letters covering introductions, prospecting, setting up appointments, cover letters, proposal letters, the all-important follow-up letter and letters covering all aspects of sales operations to help you make the sale, generate new customers and huge profits.

new day massage wellness: *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).

new day massage wellness: *Moon Phoenix, Scottsdale & Sedona* Lilia Menconi, 2020-05-19 Whether you're hiking red rock trails in the Valley of the Sun or relaxing in Scottsdale's resorts, take Arizona at your own speed with Moon Phoenix, Scottsdale & Sedona. Inside you'll find: Strategic, flexible itineraries like a luxurious desert getaway, a family road trip, and the 4-day best of the Valley of the Sun Unique experiences and can't-miss sights: Explore the local art scene, from Native American exhibits to contemporary galleries, and taste the best Sonoran-style cuisine this side of the Mexican border. Luxuriate in five-star resorts, world-class spas, and gourmet restaurants. Go stargazing in Sedona or bar-hopping in Scottsdale. Hike water-carved canyons and climb mountains or hit the links in the golf capital of the West. Discover the rich culture of the Native American people who first settled the Valley, and venture to the leafy respite of Oak Creek Canyon to picnic between trout-filled ponds and towering red-rock monoliths The top spots for outdoor adventures, from rock climbing and hiking along hidden mountain trails to sunset hot air ballooning and exhilarating desert Jeep tours Expert advice from Phoenix local Lilia Menconi on when to go, how to

get around, and where to stay, with special focus on the best resorts in the area Full-color, vibrant photos and detailed maps throughout Thorough background on the culture, environment, wildlife, and history With Moon's practical tips and local know-how, you can experience Phoenix, Scottsdale, and Sedona your way. Expanding your trip? Try Moon Arizona & the Grand Canyon. Hitting the road? Try Moon Southwest Road Trip.

new day massage wellness: Tampa Bay Magazine , 2004-05 Tampa Bay Magazine is the area's lifestyle magazine. For over 25 years it has been featuring the places, people and pleasures of Tampa Bay Florida, that includes Tampa, Clearwater and St. Petersburg. You won't know Tampa Bay until you read Tampa Bay Magazine.

new day massage wellness: Los Angeles Magazine , 1999-03 Los Angeles magazine is a regional magazine of national stature. Our combination of award-winning feature writing, investigative reporting, service journalism, and design covers the people, lifestyle, culture, entertainment, fashion, art and architecture, and news that define Southern California. Started in the spring of 1961, Los Angeles magazine has been addressing the needs and interests of our region for 48 years. The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian.

new day massage wellness: Healing Home Spa Valerie Gennari Cooksley, 2003 Unlike most spa books that emphasize beauty regimens, Healing Home Spa features an A-to-Z section of more than 100 common ailments and everyday health challenges with therapeutic prescriptions for prevention and healing-from acne to aging skin, congestions, eye strain, stress, varicose veins, and wound care. Hundreds of original, feel-good recipes for masks, tonics, soaks, inhalations, and oils can be found throughout the book, making this a unique therapeutic treat that readers will use alone or with a partner to indulge in the healthy pleasures of the home spa. Healing Home Spa shows readers how to turn their home into a harmonious retreat by incorporating natural home spa treatments that are easy to follow, while including many of the latest trends practiced in spas throughout the world: essential oil and herbal therapy, hydrotherapy, flower essence therapy, massage, body wraps, skin brushing, sound and music therapy, teas and tonic, yoga, and more. In all, more than a dozen techniques are described, including their healing benefits and current studies to support their efficacy.

new day massage wellness: Touchy Subjects Steve Capellini, 2012-12-06 Full of quirky characters that populate a profession most of us know little about, Touchy Subjects is a behind-the-scenes look at the lives of those who make their living touching others. In this tell-all memoir, Steve Capellini, author of *Massage for Dummies* and other mainstream massage titles, yanks the draping sheet aside and comes clean about the temptations and transgressions that have marked his own career. Then he embarks upon a far-flung adventure seeking the true meaning of human touch. From a Madison Avenue boardroom to a gross anatomy lab; from the deck of a private yacht to a seedy Asian massage parlor, the author uncovers stories that others haven't told: sex stories, prostitution stories, adultery stories and stories about a modern massage slave trade that ensnares hundreds of thousands of young women, many of them in the U.S., some of them working right in your home town. The author tangles with a Trinidadian rapist, a nymphomaniac ex-Playboy bunny, an impotent sea captain and an overweight multimillionaire ukulele player. Through each of these stories, he gradually guides the reader toward the underlying Truth of massage, debunking myths along the way and getting to the heart of what it's all about-touching people. The stories are interspersed with cutting-edge research on the science of touch, evolutionary biology and the grooming habits of some of our closet primate relatives, the bonobos. The author's quest to get to the bottom of touch takes him to a clothing optional hot springs resort in Northern California, a meditation retreat in the Virgin Islands, an ashram in the Berkshire mountains, behind the wheel of a Maserati on the back roads of Arizona and finally to Kathmandu Nepal where he meets a man who has risked everything-his health, his money and years of his life-on a quixotic mission to train untouchables to become massage therapists. It is there, among some of the world's most impoverished and oppressed people, that the true meaning of massage is revealed. Doing massage is

a profession unlike any other, filled with flamboyant practitioners of all stripes. Touchy Subjects features them all, in a circus side show of chapters such as Nudity, Impotence, Adultery, Homosexuality, Cellulite and Disney World. Throughout each passage, Capellini seeks to answer important questions: Is it possible to touch dead people? What's it like to massage a horny guru? And what percentage of women have seduced their masseurs? Hint: it's high. This is a raucous, irreverent, insightful and, in the end, touching story about what it means to touch people, from someone who has, quite literally, touched thousands.

new day massage wellness: International Spa Management Sarah Rawlinson, Tim Heap, 2017-02-28 a sound and though guide for all future spa managers looking at all aspects on the successful running of a spa facility. Divided into four parts it discusses the following: • The spa industry • The spa consumer • The business of spas • Future directions

new day 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.

new day massage wellness: The Book of Massage Lucinda Liddell, 2012-11-20 A beautifully illustrated introductory guide to the healing powers of a massage, from traditional massage to shiatsu and reflexology. The Book of Massage is the classic guide to the relaxing and healing skills of the hands. Featuring both Eastern and Western methods, it presents step-by-step, beautifully illustrated instructions on everything from traditional massage to shiatsu and reflexology. The Book of Massage offers easy-to-follow techniques for giving the perfect massage, including advice on creating the right setting and suggestions for using aromatic oils and lotions. Now revised and updated with fresh color photos and drawings throughout, The Book of Massage is a simple and comprehensive handbook that reveals how you can experience the myriad benefits of giving and receiving a soothing massage.

new day massage wellness: Reinvent Your Retirement Charles W. Davis, 2010-08-19 What is your dream of retirement? Sitting on a tropical beach sipping a drink as the sunsets? Sitting on your back porch looking at the distance mountains? Everyone has a different view of retirement. People are living longer and it is possible that you will have as many years in retirement as you did working years. Those years are more likely to be active. Some people look at retirement in the old tradition, work till your 65, move to Florida, play golf or bridge, sit watching television till you and your friends are all dead. More and more people are throwing away those old fashion notions and retirement becomes reinventing their lives . In the last couple of decades, pre-retirees are looking outside of their own country to retire. The more adventurous nature of the current baby boomer is having them look for something different. They want a comfortable live style but are flexible to what that means. Make a list of what you enjoy and what you want in life. Then explore how to get there. You may find that getting to what is important in your future is not as far off as you thought. Once you have your plan then put it in motion. The Philippines is one country that is becoming increasingly popular. Having been a Spanish colony for centuries there is a Spanish flavor to the country, and having been an American territory for decades it also has a large American influence. English is widely spoken and is in fact one of the country's official languages. The people are genuinely friendly. The cities and urban areas are well developed. The country is seeing an increase in international tourism. Many of the items that attract tourist to an area is equally attractive to

retirees. The Subic Bay area is very well suited for retirees. Having been the home of a US Navy base it is used to Americans and has a large number of retirees. This book explores Subic Bay as a place to live and enjoy your reinvented retirement. Ideal for singles and families.

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