

power of touch massage wellness llc

Unwind and Rejuvenate: Discover the Power of Touch Massage & Wellness LLC

Are you feeling stressed, tense, or just plain exhausted? Do you crave a sanctuary where you can escape the daily grind and reconnect with your body and mind? Then look no further than Power of Touch Massage & Wellness LLC. This isn't just another massage therapy center; it's a holistic wellness experience designed to help you achieve optimal physical and mental well-being. This post will delve into what makes Power of Touch Massage & Wellness LLC unique, exploring its services, the benefits of massage therapy, and why choosing them is the perfect step towards a healthier, happier you.

What Sets Power of Touch Massage & Wellness LLC Apart?

Power of Touch Massage & Wellness LLC isn't just about providing a relaxing massage; it's about a personalized approach to wellness. What distinguishes them from other spas and massage clinics is their commitment to:

Highly Trained and Experienced Therapists: Each therapist at Power of Touch undergoes rigorous training and possesses a deep understanding of various massage techniques. This ensures you receive a tailored experience that addresses your specific needs and preferences. They aren't just skilled; they're passionate about helping you feel your best.

A Wide Range of Massage Modalities: Whether you're seeking the deep tissue relief of Swedish massage, the targeted therapy of deep tissue massage, the soothing touch of hot stone massage, the rejuvenating power of aromatherapy massage, or the specialized care of prenatal massage, Power of Touch offers a diverse menu of services to cater to individual needs. They also offer specialized massages for athletes recovering from injury or seeking performance enhancement.

Holistic Approach to Wellness: Power of Touch understands that true wellness encompasses more than just physical health. They encourage a holistic approach, considering the interconnectedness of mind, body, and spirit. This philosophy is reflected in their serene and calming atmosphere, designed to promote relaxation and tranquility.

Commitment to Client Care: From the moment you book your appointment to the moment you leave feeling refreshed and rejuvenated, Power of Touch prioritizes exceptional client care. Their friendly and professional staff is dedicated to creating a comfortable and welcoming environment where you can truly relax and unwind.

Cleanliness and Hygiene: Maintaining the highest standards of cleanliness and hygiene is paramount at Power of Touch. They adhere to strict protocols to ensure a safe and sanitary environment for all clients.

The Transformative Power of Massage Therapy

Massage therapy offers a wealth of benefits that extend far beyond simple relaxation. Regular massage can:

Reduce Muscle Tension and Pain: Massage therapy effectively relieves muscle tension, stiffness, and pain, promoting better flexibility and range of motion. This is especially beneficial for individuals who engage in strenuous physical activity or experience chronic pain.

Improve Circulation and Lymphatic Drainage: The massage strokes stimulate blood flow and lymphatic drainage, helping to remove toxins from the body and improve overall circulation. This can lead to improved energy levels and reduced inflammation.

Reduce Stress and Anxiety: Massage therapy has been proven to reduce stress hormones like cortisol, promoting relaxation and a sense of calm. The gentle touch and calming atmosphere contribute to a reduction in anxiety and improved mood.

Improve Sleep Quality: By reducing stress and promoting relaxation, massage therapy can significantly improve sleep quality, leading to increased energy and improved cognitive function.

Boost Immune Function: Improved circulation and reduced stress, both benefits of massage, can contribute to a stronger immune system, making you less susceptible to illness.

Why Choose Power of Touch Massage & Wellness LLC?

In a world that often feels overwhelming, Power of Touch Massage & Wellness LLC provides a much-needed oasis of calm. Their dedication to personalized care, experienced therapists, wide range of services, and commitment to holistic wellness make them the ideal choice for anyone seeking to improve their physical and mental well-being. They're not just offering a massage; they're offering a path towards a healthier, happier, and more balanced life. Choosing Power of Touch is an investment in yourself and your well-being.

Conclusion

Power of Touch Massage & Wellness LLC is more than just a massage therapy center; it's a sanctuary for the mind, body, and spirit. Their commitment to excellence, personalized service, and holistic approach make them a leading provider of massage therapy and wellness services. If you're looking to unwind, de-stress, and revitalize your well-being, look no further. Schedule your appointment today and experience the transformative power of touch.

Frequently Asked Questions (FAQs)

Q1: What forms of payment do you accept?

A1: Power of Touch Massage & Wellness LLC accepts major credit cards, debit cards, and cash. They may also offer other payment options, so it's best to contact them directly to confirm.

Q2: Do you offer gift certificates?

A2: Yes, Power of Touch Massage & Wellness LLC offers gift certificates, making them a perfect gift for friends, family, or colleagues. Check their website or call to inquire about purchasing options.

Q3: What should I wear to my massage appointment?

A3: It's recommended to wear comfortable, loose-fitting clothing. Your therapist will provide you with a blanket for warmth and modesty during the massage.

Q4: Do you offer packages or discounts?

A4: Power of Touch Massage & Wellness LLC often offers various packages and discounts, especially for multiple sessions or repeat clients. Check their website or call for current specials.

Q5: How do I book an appointment?

A5: You can book an appointment through their website, by phone, or possibly through third-party booking platforms. Their contact information should be readily available on their website.

power of touch massage wellness llc: Medical Conditions and Massage Therapy Tracy Walton, 2010 Present this quick, effective method for assessing and managing common medical conditions! The central tool of this text is the decision tree, a simple flowchart that helps students quickly determine the optimal massage therapy approach for specific medical conditions. A Decision Tree is included for each of the more than 50 conditions discussed in the book, with massage considerations listed for numerous additional conditions in brief. Also unique to this text are questions therapists can ask clients during the interview process to help the therapist understand not just the medical condition, but how it presents in a particular client.

power of touch massage wellness llc: Couple's Massage Handbook Helen Hodgson, 2016-08-21 The Couple's Massage Handbook takes readers from bumbling beginners to passionate pros in no time! This step-by-step guide covers the best tools, oils, music, and locations for giving a massage, including a sequence readers can use to stay focused.

power of touch massage wellness llc: Home Massage Chuck Fata, Suzette Hodnett, 2011-12-01 Focusing on its therapeutic properties and capacity to enhance health and intimacy in all relationships, this book demystifies the medium of massage and makes it accessible for everyone in the family. Designed for the nonprofessional with simple step-by-step instructions, it teaches the three principles that make learning massage easy and fun. Also included are ideas for bringing home massage into daily life and how to use these principles to share massage with infants, children, adolescents, spouses, and the elderly. By emphasizing the innate healing power of touch to reduce stress and improve the immune system, this practical manual provides the tools for achieving health, relaxation, and connection with loved ones.

power of touch massage wellness llc: Chronic Pain Michael Margoles, Richard S. Weiner, 2019-08-28 Chronic pain affects every aspect of life-physical well-being, mood, stamina, and feelings of self worth and self respect. This book focuses on conquering pain and its related problems through proper management. It offers numerous tools and concepts with which to attack chronic pain and win the battle that more than 35 million people in the U.S. alone fight every day. Virtually all specialists in the health care field must be concerned with pain management-this complete reference offers them strategies for helping their patients, and for patients to help themselves. Chronic Pain: Assessment, Diagnosis, and Management presents a variety of therapies for combating chronic pain, including: Applying external therapy Changing the way patients perceive pain through

psychotherapy or other cognitive means Physical therapy and exercises Over-the-counter or prescription medicines to relieve pain, stress, and insomnia caused by discomfort Surgical options The book also contains never before published information on how to prescribe and administer opioids and opioid-containing analgesics for chronic, intractable, and non-malignant pain patients. There is hope for those suffering from chronic pain. This book outlines commonly overlooked problems that, if properly addressed, can make the difference between a patient recovering or effectively managing their pain-or not. Chronic Pain: Assessment, Diagnosis, and Management is full of practical advice and options for anyone suffering from chronic pain and for the doctors who treat them.

power of touch massage wellness llc: The Complete Guide to Massage Mary Biancalana, 2015-12-04 Discover the healing power of massage therapy! With The Complete Guide to Massage, you can use the power of touch to soothe aches and wash away worries. Each page guides you through the time-honored practice with step-by-step instructions and photographs for massaging yourself and others. You'll learn the different strokes and movements within a massage as well as techniques for popular methods, including prenatal massage, Swedish massage, and trigger point therapy. Whether you're looking to relieve muscle tension, alleviate pain, or simply de-stress, The Complete Guide to Massage will help you uncover a whole new world of healing and relaxation.

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

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

power of touch massage wellness llc: Indian Head Massage for Special Needs Giuliana Fenwick, 2015-11-21 This complete manual introduces unique Indian head massage techniques to help reduce feelings of stress and anxiety, calm sensory overloads, improve sleep patterns, ease frustration and boost mental, physical and emotional wellbeing in people of all ages with special needs, including Autism Spectrum Disorders. The book provides everything you need to get started, including: - A full, step-by-step, illustrated massage routine - Essential tips on how to create the perfect environment and how to approach clients with special needs - Detailed case studies - Information on anatomy, physiology and the complementary approaches to the body - Supplementary information on essential oils Developed by Giuliana Fenwick through work with her son, and extensively trialled in schools and specialist colleges, this tailored Indian head massage is

perfect for anyone looking to provide additional support to people with special needs, including parents and carers, teachers, teaching assistants and other school staff, complementary therapists and any other professionals working with people with special needs.

power of touch massage wellness llc: The Healing Power of Reflexology Adams Media, 2019-08-06 Dive into the healing art of foot and hand reflexology, with this complete guide that includes essential information on how tapping into this ancient practice can improve blood circulation, fight depression, help you relax, promote better sleep, aide in digestion, and relieve body pains. Reflexology is a type of massage used to release emotional, physical, and mental pain through the hands and feet. In *The Healing Power of Reflexology*, you will learn the basics of reflexology, how to find the trigger points, the history of this practice, and how the right touch can lead to a life of happiness and balance. Reflexology has been proven has been to reduce stress, promote healing, and enhance quality of life. Now you can master the ancient healing power of reflexology and improve your overall well-being and outlook on life.

power of touch massage wellness llc: Trigger Points Amanda Oswald, 2019-12-26 Take control of chronic or recurring pain yourself to achieve life-changing results. New science confirms that trigger-point massage is one of the most effective ways to relieve pain. In a uniquely accessible package, *Trigger Points* gives you 40 simple, step-by-step exercises you can safely use at home to target pain - from long-term, debilitating backache or repetitive strain injury to migraines or acute, post-injury pain. Leading Harley Street therapist Amanda Oswald specialises in working with chronic pain conditions. In this book, she explains how trigger points - small, tender knots of connective tissue - can cause symptoms, either around the trigger point itself or referred to elsewhere in the body. Pressure and massage can release these knots and bring immediate, long-lasting relief. Identify your pain patterns, locate the trigger points responsible using detailed body maps, then find and treat the trigger points accurately and safely. Each exercise shows you how to position your body, different ways to apply pressure, how long to sustain it, and how often to repeat the process for optimal. With *Trigger Points* you'll get the accurate advice you need to treat your pain yourself - with confidence.

power of touch massage wellness llc: Official Gazette of the United States Patent and Trademark Office , 2002

power of touch massage wellness llc: Buddhist Healing Touch Ming-Sun Yen, Joseph Chiang, Myrna Louison Chen, 2001-05 Dr. Yen teaches us how to care for ourselves naturally by using acupressure, self-massage, breathing techniques, exercises, and herbal remedies. Illustrations of the acupressure points accompany each treatment as do tips regarding diet and relevant folk cures.

power of touch massage wellness llc: Women Novelists of Queen Victoria's Reign Mrs. Oliphant (Margaret), 1897

power of touch massage wellness llc: 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.

power of touch massage wellness llc: Rhythms of Recovery Leslie E. Korn, 2021-09-28 The classic edition of *Rhythms of Recovery* sheds light on rhythm, one of the most important components of our survival and well-being. It governs the patterns of our sleep and respiration and is profoundly tied to our relationships with friends and family. But what happens when these rhythms are disrupted by traumatic events? Can balance be restored, and if so, how? What insights do eastern, natural, and modern western healing traditions have to offer, and how can practitioners put these lessons to use? Is it possible to do this in a way that's culturally sensitive, multidisciplinary, and grounded in research? *Rhythms of Recovery* examines and answers these questions and provides clinicians with effective, time-tested tools for alleviating the destabilizing effects of traumatic events. It also explores integrative medicine, East/West medicine, herbal medicine, psychedelic medicine, complex trauma, yoga, and somatic and feminist therapies. For practitioners and students interested

in integrating the insights of complementary/alternative medicine and 21st-century science, this deeply appealing book is an ideal guide.

power of touch massage wellness llc: *Comforting Touch in Dementia and End of Life Care* Barbara Goldschmidt, Niamh van Meines, 2011-11-15 *Highly Commended in the Popular Medicine category at the 2012 British Medical Association Book Awards* The simple sensation of touching someone's hand can have a powerful therapeutic effect. Hand massage is a positive and meaningful way of reaching out and providing comfort to those who are elderly, ill or nearing the end of life, and it can be particularly effective for people with dementia who may respond well to positive non-verbal interaction. This book offers inspiration for all caregivers looking for an alternative way to support and connect with a family member, friend or patient in their care. It teaches an easy 30 minute hand massage sequence and offers clear instructions and detailed illustrations to guide the reader through each step. Combining light massage strokes with focused awareness, and paying close attention to points on energy pathways, this book introduces a structured way of sharing touch that is grounded in Western and Eastern massage traditions. Gentle touch therapy is ideal for healthcare professionals and family members alike, and has been shown to have physical and emotional benefits for both the giver and the receiver.

power of touch massage wellness llc: *The Psychology of Touch* Morton A. Heller, 2013-11-12 Designed to make research on touch understandable to those not specifically involved in tactile research, this book provides broad coverage of the field. It includes material on sensory physiology and psychophysics, thermal sensibility, pain, pattern participation, sensory aids, and tactile perception in blind people. While the volume is important for researchers in the area of touch, it should also prove valuable to a broad audience of experimental and educational psychologists, and health professionals. The book should also be of interest to scientists in perception, cognition, and cognitive science, and can be used as a supplementary reader for courses in sensation and perception.

power of touch massage wellness llc: *The Illustrated Guide to Holistic Care for Horses* Denise Bean-Raymond, 2009

power of touch massage wellness llc: *Slow Beauty* Shel Pink, 2017-11-14 SpaRitual founder Shel Pink's Slow Beauty is all about carving a few moments out of each day to practice the kind of mindful self-care and wellness that makes us glow. Slow Beauty works because it's a lifestyle, not a quick fix. It provides inspiration, support, and tools for working from within toward looking and feeling healthier and more joyful than ever. In this book you'll find: Ideas on beauty with substance from around the world; Rituals such as finding and designing your own sanctuary, breathing exercises, meditation, and deepening relationships (and inner strength) through women's gatherings; Recipes for teas, soups, juices, smoothies, scrubs, body oils, and even how to create your own mantra; How to incorporate these practices into daily life in the best way for you. Filled with inspirational images and a message that's sustainable for a lifetime, Slow Beauty will harness the power within every woman to physically, mentally, and spiritually nourish their bodies from the inside out.

power of touch massage wellness llc: *Forest Bathing* Dr. Qing Li, 2018-04-17 The definitive--and by far the most popular--guide to the therapeutic Japanese practice of shinrin-yoku, or the art and science of how trees can promote health and happiness Notice how a tree sways in the wind. Run your hands over its bark. Take in its citrusy scent. As a society we suffer from nature deficit disorder, but studies have shown that spending mindful, intentional time around trees--what the Japanese call shinrin-yoku, or forest bathing--can promote health and happiness. In this beautiful book--featuring more than 100 color photographs from forests around the world, including the forest therapy trails that criss-cross Japan--Dr. Qing Li, the world's foremost expert in forest medicine, shows how forest bathing can reduce your stress levels and blood pressure, strengthen your immune and cardiovascular systems, boost your energy, mood, creativity, and concentration, and even help you lose weight and live longer. Once you've discovered the healing power of trees, you can lose yourself in the beauty of your surroundings, leave everyday stress behind, and reach a place of

greater calm and wellness.

power of touch massage wellness llc: *Nurturing Massage for Pregnancy: A Practical Guide to Bodywork for the Perinatal Cycle Enhanced Edition* Leslie Stager, 2020-06-30
Nurturing Massage for Pregnancy is one of the most comprehensive books available for massage students and licensed massage therapists who treat pregnant, laboring, and postpartum clients. The author is a highly skilled perinatal massage instructor who is also a registered nurse, childbirth educator, and doula.

power of touch massage wellness llc: *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.

power of touch massage wellness llc: *Equine Neurology* Martin Furr, Stephen Reed, 2015-04-09 *Equine Neurology*, Second Edition provides a fully updated new edition of the only equine-specific neurology book, with comprehensive, clinically oriented information. Offers a complete clinical reference to neurologic conditions in equine patients Takes a problem-based approach to present a clinically oriented perspective Presents new chapters on imaging the nervous system, neuronal physiology, sleep disorders, head shaking, differential diagnosis of muscle trembling and weakness, and cervical articular process joint disease Covers the basic principles of neurology, clinical topics such as the initial exam, differentials, and neuropathology, and specific conditions and disorders Includes access to a companion website offering video clips demonstrating presenting signs

power of touch massage wellness llc: *Fair Play* Eve Rodsky, 2021-01-05 AN INSTANT NEW YORK TIMES BESTSELLER • A REESE'S BOOK CLUB PICK Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List. Tired of being the “shefault” parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family—and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is *Fair Play*: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, *Fair Play* helps you prioritize what's important to your family and who should take the lead on every chore, from laundry to homework to dinner. “Winning” this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space—the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try *Fair Play*? Let's deal you in.

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

power of touch massage wellness llc: Japanese Hot Stone Massage Mark Hess, Shogo Mochizuki, 2002

power of touch massage wellness llc: How to Understand and Deal with Anxiety: Everything You Need to Know (How to Understand and Deal with...Series) Rasha Barrage, 2024-09-03 A practical, supportive, and easy-to-read guide to help you understand and overcome anxiety, filled with helpful tips and actionable advice Feeling overwhelmed? This little book is here to help. How to Understand and Deal with Anxiety is a friendly, accessible guide with all the information and advice you need to identify the source of your struggles and take practical steps to reduce or manage the burden of your symptoms. By learning the science behind anxiety and understanding how it affects your mind and body, you'll start to dismantle its hold on you. And with practical ways to manage the condition—including physical, medical, and therapeutic perspectives—this book will help you support your mental health and improve your overall wellbeing. After reading this book, you will: Understand the science behind anxiety, how it manifests, what causes it, and how to identify symptoms and triggers Be armed with practical steps you can take to alleviate anxiety, from breathing exercises and healthy lifestyle choices to problem-solving techniques and coping mechanisms Have a host of holistic remedies up your sleeve for when anxiety strikes, such as mindfulness, visualization, and breathwork Know about the medical treatments and therapies available, and know how and when to seek professional help or support With the right knowledge and guidance, you can learn to understand and manage anxiety so that you can get back to feeling like yourself again.

power of touch massage wellness llc: How to Feel Sushma Subramanian, 2021-02-02 We are out of touch. Many people fear that we are trapped inside our screens, becoming less in tune with our bodies and losing our connection to the physical world. But the sense of touch has been undervalued since long before the days of digital isolation. Because of deeply rooted beliefs that favor the cerebral over the corporeal, touch is maligned as dirty or sentimental, in contrast with supposedly more elevated modes of perceiving the world. How to Feel explores the scientific, physical, emotional, and cultural aspects of touch, reconnecting us to what is arguably our most important sense. Sushma Subramanian introduces readers to the scientists whose groundbreaking research is underscoring the role of touch in our lives. Through vivid individual stories—a man who lost his sense of touch in his late teens, a woman who experiences touch-emotion synesthesia, her own efforts to become less touch averse—Subramanian explains the science of the somatosensory system and our philosophical beliefs about it. She visits labs that are shaping the textures of objects we use every day, from cereal to synthetic fabrics. The book highlights the growing field of haptics, which is trying to incorporate tactile interactions into devices such as phones that touch us back and prosthetic limbs that can feel. How to Feel offers a new appreciation for a vital but misunderstood sense and how we can use it to live more fully.

power of touch massage wellness llc: The Sweetest Little Life Courtney Hanson, 2018-08-14 Do you know the path you're on? Is it a clear, freshly paved cement road? Is it more of a dusty desert storm with tumble weeds blowing everywhere and smacking you in the face as you try to walk? Either way, this book is for you. Finding your direction is crucial in creating your personal brand or small business. How do we know which way to run if we can't even walk properly first? Do you know how you work best? How you thrive? By the end of this journey my goal is to have you feeling inspired, motivated, and excited to wake up each day and live the life you've always dreamed of creating for yourself. The questions that are hard to answer when your mind feels cluttered - were sweeping the storm.

power of touch massage wellness llc: The MELT Method Sue Hitzmann, 2015-01-20 The New York Times–bestselling guide to at-home exercises you can do to live a life free of pain, stress and tension. In this enhanced digital edition of The MELT Method, Sue Hitzmann shows you how to live

without pain, illustrating her MELT techniques with 20 instructional videos plus 10 audio clips, so you can listen hands-free while you start your journey toward a pain-free body. In The MELT Method, therapist Sue Hitzmann offers a breakthrough self-treatment system to combat chronic pain and erase the effects of aging and active living—in as little as ten minutes a day. With a focus on the body's connective tissues and the role they play in pain, stress, weight gain, and overall health, Hitzmann's life-changing program features techniques that can be done in your own home. A nationally known manual therapist and educator, Hitzmann helps her clients find relief from pain and suffering by taking advantage of the body's natural restorative properties. The MELT Method shows you how to eliminate pain, no matter what the cause, and embrace a happier, healthier lifestyle.

power of touch massage wellness llc: Custom Massage Therapy Oils Alynda Carroll, 2014-10-29 You can easily create your own homemade massage oils. Mix a few oils together and reap the benefits. You'll save money, be able to blend oils for your specific ailments, and will want to share them with friends and family. Many people have found relief from back pain, aches and pain, and even RA and arthritis. Others credit essential oil blends for providing relaxation, increased energy, stress relief, better moods, and boosted immune systems. Massage therapy has been around for centuries as a way to heal the body and relieve tension. It involves the sensation of touch, techniques of applying pressure and often the use of lotions. When aromatherapy is added, the benefits and pleasures of a massage can be vastly increased. Therapeutic benefits often associated with essential oils: Improves circulation - Soothes aches and pains - Relieves cramping muscles and muscle spasms - Detoxifies - Drains the lymphatic system - Aids in joint flexibility - Reduces anxiety and nervous tension - Encourages deep sleep - Regulates cardio and respiratory rhythms - Lowers blood pressure - Boosts immune system Non-Therapeutic benefits often associated with essential oils. Aids in meditation - Uplifts the spirit - Promotes cheerfulness - Helps restore spiritual energy and balance - Stimulates the mood - Improves energy What's in the book? The book will introduce you to essential oils; provide you with the therapeutic and non-therapeutic benefits; examine the five basic carrier oils; consider safety issues; provide simple and easy directions on how to get started; give you a simple 5-step process for making massage oil blends; give you the dilutions percentages; suggestions for sensitive skin; and give you easy recipes for sleep inducing blends, sore muscle relief blends, aches, pains, and rheumatism relief blends, as well as invigorating and immune-boosting blends. Why you want this book Essential oils go back to biblical times. Today at organic markets and specialty shops around the globe, you can find rows of massage oil blends, premixed and prepackaged. Although they list ingredients and benefits, it is often still hard to tell exactly what you are buying. Also, pre-mixed massage oils can be expensive. To be 100% sure you are getting the amount of essential oil you would like, in the type of base oil you want, at a price you can afford, you really need to mix your own oils at home. This book will explain the basics of making your own custom massage oils, as well as offer you simple and easy recipes to get started. You'll find blends for helping you sleep, reduce stress, and get relief for sore muscles, other aches, pains, and rheumatism. There are also recipes for helping you feel more invigorated and to boost your immune system. With just a few oils and a dark glass container, you'll be making your own blends of massage oils in minutes. Some of the essential oils used include: Chamomile - Lavender - Basil - Eucalyptus - Peppermint - Rosemary - Orange - Thyme - Tea Tree - Hyssop - Frankincense - Sage - Anise - Juniper - Sunflower and more. Scroll up and buy this book -- be sure and get your free bonus report: Learn the Art of Self-Massage, too.

power of touch massage wellness llc: *Managing Stress* Brian Luke Seaward, 2013 Study Guide Questions; References and Resources; 4 Stress and Disease; Theoretical Models; The Borysenko Model; The Pert Model; The Lipton Model; The Gerber Model; The Pelletier Premodel; Target Organs and Their Disorders; Nervous System-Related Disorders; Immune System-Related Disorders; Summary; Study Guide Questions; References and Resources; PART 2: The Mind and Soul; 5 Toward a Psychology of Stress; Freud and the Egg; Jung and the Iceberg; Elisabeth Kübler-Ross: The Death of Unmet Expectations; Viktor Frankl: A Search for Life's Meaning; Wayne

Dyer: Guilt and Worry.

power of touch massage wellness llc: Breast Massage Debra Curties, 1999 While most massage practitioners believe in the therapeutic value of breast massage, most do not have confidence in their skills in relation to this sensitive area of treatment. This groundbreaking book provides the knowledge and understanding that massage therapists need to be able to offer breast massage when appropriate, as part of the fundamental set of health care services we provide for those who choose massage therapy.

power of touch massage wellness llc: Press Here! Face Workouts for Beginners Nadira V Persaud, 2020-02-18 Press Here Face Workouts for Beginners offers age-defying results through a series of easy-to-follow pressure and massage techniques, which can be used as part of your daily skincare regime. Benefits of facial workouts are more than aesthetics; a daily workout can have remarkable results in the way you feel. You'll be encouraged to focus on the feeling of each movement to identify problem areas or muscle tension in the face which can display deep lines, sagging skin, and an overall tired appearance. Through the power of touch and focused breathing, these simple routines will help you feel more energized, de-stress, and maintain a toned and firm facial structure without the use of specialized equipment, whether you want to see a transformation immediately or over time. The Press Here! series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other Press Here! topics include massage, reiki, reflexology, and acupressure.

power of touch massage wellness llc: NeuroKinetic Therapy David Weinstock, 2012-06-05 NeuroKinetic Therapy is based on the premise that when an injury has occurred, certain muscles shut down or become inhibited, forcing other muscles to become overworked. This compensation pattern can create pain or tightness. By applying light pressure that the client then resists, the practitioner can evaluate the strength or weakness of each muscle, revealing the sources of injury and retraining the client's body to remove the compensation patterns—reprogramming the body at the neural level. This easy-to-follow practitioner's manual presents a series of muscle tests specially designed to uncover and resolve compensation patterns in the body. Author David Weinstock begins by explaining how this approach stimulates the body and mind to resolve pain. Organized anatomically, each section of the book includes clear photographs demonstrating correct positioning of the muscle accompanied by concise explanations and instructions. Labeled anatomical illustrations appear at the end of each section showing the relationships between the muscles and muscle groups. This essential resource is especially useful for physical therapists, chiropractors, orthopedists, and massage therapists looking for new ways to treat underlying causes of pain.

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