

purple stones wellness medical massage

Unwind and Rejuvenate: Your Guide to Purple Stones Wellness & Medical Massage

Are you feeling stressed, tense, or burdened by persistent aches and pains? Are you searching for a holistic approach to wellness that goes beyond a simple relaxation massage? Then look no further! This comprehensive guide dives deep into the world of Purple Stones Wellness & Medical Massage, exploring what sets us apart, the benefits of our services, and how we can help you achieve optimal physical and mental well-being. We'll cover everything from the types of massage we offer to the unique therapeutic techniques we employ, ensuring you have all the information you need to make an informed decision about your health journey.

Understanding the Power of Medical Massage at Purple Stones Wellness

At Purple Stones Wellness, we believe in the transformative power of touch. Our medical massage therapies are more than just a luxurious experience; they are a scientifically-backed approach to addressing a wide range of health concerns. We utilize advanced techniques and a deep understanding of anatomy and physiology to target specific issues, promoting healing and restoring balance within your body. Unlike a typical spa massage, medical massage is often prescribed to treat specific conditions and is performed by licensed and highly trained professionals like our team at Purple Stones Wellness. This targeted approach allows us to achieve significant results, helping you regain mobility, reduce pain, and improve your overall quality of life.

Types of Massage Offered at Purple Stones Wellness

We offer a diverse range of massage therapies tailored to meet individual needs and preferences. Our services include:

Swedish Massage: This classic technique uses long, flowing strokes to promote relaxation, improve circulation, and reduce muscle tension. It's perfect for stress relief and general well-being.

Deep Tissue Massage: Ideal for addressing chronic muscle pain and tightness, this modality uses slower, more deliberate strokes to target deeper layers of muscle tissue. It's excellent for releasing adhesions and improving range of motion.

Sports Massage: Specifically designed for athletes and active individuals, sports massage helps prevent injuries, improve performance, and accelerate recovery. This technique combines various massage techniques tailored to the specific needs of the athlete.

Trigger Point Therapy: This focused technique targets specific "trigger points" - areas of tight muscle tissue that refer pain to other parts of the body. Releasing these points can significantly alleviate pain and improve function.

Prenatal Massage: A specialized massage tailored to the needs of pregnant women, addressing common discomforts such as back pain, leg cramps, and sciatica. We use modified techniques to ensure the safety and comfort of both mother and baby.

The Purple Stones Wellness Difference: A Holistic Approach

What truly sets Purple Stones Wellness apart is our holistic approach to well-being. We don't just treat your symptoms; we aim to understand the root cause of your discomfort. Our experienced massage therapists take the time to listen to your concerns, conduct a thorough assessment, and develop a personalized treatment plan that addresses your unique needs. This holistic approach integrates the physical, mental, and emotional aspects of your health, creating a truly transformative experience.

Beyond the Massage Table: Complementary Services

At Purple Stones Wellness, we understand that true wellness is a journey, not a destination. That's why we offer complementary services designed to enhance your overall well-being:

Infrared Sauna Therapy: Experience the detoxifying and therapeutic benefits of infrared heat, promoting relaxation, reducing inflammation, and boosting circulation.

Aromatherapy: Enhance your massage experience with the soothing and therapeutic properties of essential oils, carefully selected to complement your treatment and promote relaxation.

Nutritional Counseling (Consultation Available): We can connect you with qualified professionals to help you optimize your diet and lifestyle choices for optimal health.

Booking Your Appointment at Purple Stones Wellness & Medical Massage

Ready to experience the Purple Stones Wellness difference? Booking an appointment is easy! Visit our website [insert website address here] to browse our services, view our therapist profiles, and schedule your session online. You can also call us at [insert phone number here] to speak with a member of our friendly team and answer any questions you may have.

Conclusion

At Purple Stones Wellness & Medical Massage, we are dedicated to helping you achieve optimal health and well-being. Our comprehensive approach combines expert massage therapy with complementary services to address your individual needs and create a truly transformative experience. We invite you to embark on this journey with us and discover the power of holistic wellness.

FAQs

Q1: Do I need a doctor's referral for medical massage?

A1: While not always required, a doctor's referral can be helpful, particularly for individuals with pre-existing medical conditions. It allows us to better understand your health history and tailor the treatment to your specific needs. We work collaboratively with physicians to provide the best possible care.

Q2: What should I wear to my massage appointment?

A2: We recommend wearing comfortable, loose-fitting clothing that allows for easy movement. You will be draped appropriately throughout the massage.

Q3: What payment methods do you accept?

A3: We accept most major credit cards, debit cards, and often offer flexible payment plans. Please inquire during booking for specific options.

Q4: How long are your massage sessions?

A4: Our massage sessions vary in length depending on the type of massage and your individual needs. We offer a range of session durations to accommodate your schedule and preferences. Consult our website for specific session lengths.

Q5: What is your cancellation policy?

A5: We kindly request at least 24 hours' notice for cancellations or rescheduling to avoid a cancellation fee. Please contact us as soon as possible if you need to change your appointment.

purple stones wellness medical massage: Stone Medicine Leslie J. Franks, 2016-02-13 A comprehensive manual for using crystals, gems, and stones to address physical, emotional, and spiritual health conditions • Includes an extensive Materia Medica detailing the healing and spiritual properties of 200 crystals and stones based on Classical Chinese Medicine • Explores the role played by the color of each stone, its Yin and Yang qualities, crystalline structure, chemical composition, and topical and internal applications • Explains how to make stone and crystal elixirs, wear stones as healing jewelry, use them in massage and energy work, and cleanse and recharge them • Based on the oral teachings of Dr. Jeffrey C. Yuen, a Taoist priest from the ancient lineage of the Jade Purity School (88th generation) masters In addition to herbalism and acupuncture, Chinese Medicine has a rich tradition of using stones as medicine, passed from generation to generation for thousands of years. In this comprehensive guide and extensive Materia Medica, Leslie J. Franks presents the Stone Medicine teachings of Dr. Jeffrey C. Yuen, an 88th generation Taoist priest from the ancient lineage of the Jade Purity School, which dates to the Han dynasty, 206 BCE. Detailing the therapeutic properties of 200 gems, stones, minerals, and crystals, Franks begins with an extensive look at 15 different forms of quartz, followed by chapters on transformative stones, protective stones, nourishing stones, source energy stones, and alchemical stones. She explains the physical, emotional, and spiritual conditions each stone can treat and how their color, form, hardness, and energetic qualities affect us according to Chinese Medicine. She discusses how to make stone and crystal elixirs for internal and topical use, how to charge quartz with the healing properties of other stones, how to cleanse and recharge a stone after use, and how to combine stones to create healing formulas for individual conditions. She explains different techniques of wearing stones as healing jewelry and how to use them in massage and energy work. She examines

the chemistry and sacred geometry of crystal structure, revealing how the minerals contained in the stones affect our physiology by supporting our Jing (Essence); by nourishing Qi (energy), blood, and fluids; and by clearing Wind, Cold, Damp, and Heat conditions that can lead to disease. Including a thorough primer on Traditional Chinese Medicine and backed by modern scientific research, this book explains how stones access our deepest layers, vibrating ever so slowly, to initiate deep lasting change.

purple stones wellness medical massage: Crystal Wands Ewald Kliegel, 2012-06-01

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

purple stones wellness medical massage: 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.

purple stones wellness medical massage: Autism and the God Connection William Stillman, 2006-04-01 Everyone who seeks a more compassionate and wise life will benefit from this wonderful, insightful, and beautiful book. — Gary Zukav, author of *The Seat of the Soul* One in 68 US children have an autism spectrum disorder, and with countless parenting books helping families care for children with special needs, *Autism and the God Connection* is the crucial, spiritual look at understanding a child with autism. Helping parents realize their child's unique spirit and reaffirm that every one of us is a blessing, this is an inspirational resource to discovering the intellect, beauty, and complexities of children with autism. Through countless interviews, William Stillman documents extraordinary examples of spiritual giftedness, and boldly challenges our traditionally held beliefs about people with disabilities. Readers will discover hope, comfort, inspiration, and love through these affirming anecdotes of ordinary families.

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

purple stones wellness medical massage: SomatoEmotional Release John E. Upledger, 2002-09-25 Developed by the author, SomatoEmotional Release is a technique for bringing

psychotherapeutic elements into CranioSacral therapy. It helps rid the mind and body of the residual effects of trauma by anatomically freeing the central channel of the body. John E. Upledger presents the history, theory, and practice of this subtle form of healing. A result of meaningful, intentioned touch, SomatoEmotional Release allows for identification and removal of energy cysts along with their associated emotions.

purple stones wellness medical massage: Clinical Aromatherapy - E-Book Jane Buckle, 2014-11-14 Enhance patient care with the help of aromatherapy! Clinical Aromatherapy: Essential Oils in Healthcare is the first and only peer-reviewed clinical aromatherapy book in the world and features a foreword by Dr. Oz. Each chapter is written by a PhD nurse with post-doctoral training in research and then peer reviewed by named experts in their field. This clinical text is the must-have resource for learning how to effectively incorporate aromatherapy into clinical practice. This new third edition takes a holistic approach as it examines key facts and topical issues in aromatherapy practice and applies them within a variety of contexts and conditions. This edition also features updated information on aromatherapy treatments, aromatherapy organizations, essential oil providers, and more to ensure you are fully equipped to provide patients with the best complementary therapy available. Expert peer-reviewed information spans the entire book. All chapters have been written by a PhD nurse with post-doctoral training in research and then peer reviewed by named experts in their field. Introduction to the principles and practice of aromatherapy covers contraindications, toxicity, safe applications, and more. Descriptions of real-world applications illustrate how aromatherapy works in various clinical specialties. Coverage of aromatherapy in psychiatric nursing provides important information on depression, psychosis, bipolar, compulsive addictive, addiction and withdrawal. In-depth clinical section deals with the management of common problems, such as infection and pain, that may frequently be encountered on the job. Examples of specific oils in specific treatments helps readers directly apply book content to everyday practice. Evidence-based content draws from thousands of references. NEW! First and only totally peer-reviewed, evidence-based, clinical aromatherapy book in the world. NEW Chapter on integrative Healthcare documenting how clinical aromatherapy has been integrated into hospitals and healthcare in USA, UK and elsewhere. NEW Chapter on the M Technique: the highly successful method of gentle structured touch pioneered by Jane Buckle that is used in hospitals worldwide. All chapters updated with substantial additional references and tables.

purple stones wellness medical massage: New York , 2008

purple stones wellness medical massage: 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

purple stones wellness medical massage: Clinical Case Studies for the Family Nurse Practitioner Leslie Neal-Boylan, 2011-11-28 Clinical Case Studies for the Family Nurse Practitioner is a key resource for advanced practice nurses and graduate students seeking to test their skills in

assessing, diagnosing, and managing cases in family and primary care. Composed of more than 70 cases ranging from common to unique, the book compiles years of experience from experts in the field. It is organized chronologically, presenting cases from neonatal to geriatric care in a standard approach built on the SOAP format. This includes differential diagnosis and a series of critical thinking questions ideal for self-assessment or classroom use.

purple stones wellness medical massage: Clean My Space Melissa Maker, 2017-03-07 The wildly popular YouTube star behind Clean My Space presents the breakthrough solution to cleaning better with less effort. Melissa Maker is beloved by fans all over the world for her completely re-engineered approach to cleaning. As the dynamic new authority on home and living, Melissa knows that to invest any of our precious time in cleaning, we need to see big, long-lasting results. So, she developed her method to help us get the most out of our effort and keep our homes fresh and welcoming every day. In her long-awaited debut book, she shares her revolutionary 3-step solution: • Identify the most important areas (MIAs) in your home that need attention • Select the proper products, tools, and techniques (PTT) for the job • Implement these new cleaning routines so that they stick. Clean My Space takes the chore out of cleaning with Melissa's incredible tips and cleaning hacks (the power of pretreating!) her lightning fast 5-10 minute "express clean" routines for every room when time is tightest, and her techniques for cleaning even the most daunting places and spaces. And a big bonus: Melissa gives guidance on the best non-toxic, eco-conscious cleaning products and offers natural cleaning solution recipes you can make at home using essential oils to soothe and refresh. With Melissa's simple groundbreaking method you can truly live in a cleaner, more cheerful, and calming home all the time.

purple stones wellness medical massage: The Gentle Birth Method: The Month-by-Month Jeyarani Way Programme Dr. Gowri Motha, Karen Swan MacLeod, 2010-04-15 Childbirth guru Dr. Gowri Motha, who practises with Dr. Yehudi Gordon – author of *Birth and Beyond* – shows women how her revolutionary method helps women carry the baby to full term, have less intervention in the birth; feel less pain in labour, and feel happy and in control.

purple stones wellness medical massage: Reiki Energy Medicine Libby Barnett, Maggie Babb, 1996-05 As our health-care system challenges institutions to offer high-quality but cost-effective service, Reiki can be an important tool that can help maximize patient care and minimize recovery time. This is the first book to show how this ancient art of touch therapy can work within our mainstream health care system.

purple stones wellness medical massage: Healing Stones for the Vital Organs Michael Gienger, Wolfgang Maier, 2009-05-26 Combines healing crystal therapy with the "organ clock" circadian rhythm of each organ system, based on traditional Chinese medicine • Examines 12 organ systems and the gemstones best suited for addressing their health • Provides the key to understanding the organ clock's function and its ability to enhance both diagnosis and treatment. One of the chief tools in the traditional Chinese doctor's toolbox is an understanding of the circadian rhythms that govern all the organ systems of the body. In addition to facilitating early and accurate diagnosis, this "organ clock" lets the practitioner apply therapies to the organ's meridians when they are at their peak functioning point, thereby eliciting the greatest benefit. In this book authors Michael Gienger and Wolfgang Maier have created a simple, yet highly effective self-care treatment system for addressing common health ailments using gemstones and the organ clock. They detail the healing benefits of 83 crystals, indicating the physical as well as emotional, psychic, and spiritual aspects they support in each of 12 major organ systems. For example, the stomach not only receives nourishment for the body, it also fosters the ability to engage in new things in life. Agate and calcite assist this function by giving confidence for new experiences, while aiding in digestion (and processing hard to digest thoughts). Treatments for the stomach should be done between 7:00 and 9:00 a.m., the time we typically take in new nourishment after a night of sleep, to receive maximum results. With each body system in turn, the authors explain how to select the stones best suited to address your current health concerns, the times of day they should be used, and how long treatment should last in order to restore optimum health and prevent the onset of future illness.

purple stones wellness medical massage: 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'.

purple stones wellness medical massage: 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.

purple stones wellness medical massage: Pre- and Perinatal Massage Therapy Carole Osborne, 2012 Pre- and Perinatal Massage Therapy explores techniques of therapeutic massage and bodywork that enable massage therapists to support mothers and their babies throughout the childbearing year. In this updated edition of her widely used and trusted text, noted maternity massage therapist and teacher Carole Osborne details the physiological, functional, and emotional developments of childbearing. The three Technique Manuals included in the text teach clinically refined techniques, conveniently woven around women's common needs. -- Back cover.

purple stones wellness medical massage: Step-by-step Massage Therapy Protocols for Common Conditions Charlotte Michael Versagi, 2011-07-26 Step-by-Step Massage Therapy Protocols for Common Conditions is intended to give massage therapy students and practitioners the knowledge and confidence to work safely with clients who have medical conditions. The text provides practical, thorough protocols to help therapists support their clients while steering them

away from doing any harm.

purple stones wellness medical massage: *Raindrop Technique* D. Gary Young, 2003-04

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

purple stones wellness medical massage: *San Diego Magazine* , 2007-04

purple stones wellness medical massage: *Vibrational Energy Medicine* ,

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

purple stones wellness medical massage: *Radical Acceptance* Andrea Miller, 2017-05-02

"If you're at the end of your relationship rope, reach for Radical Acceptance." —Elle A refreshing new approach to romantic partnerships, grounded in the importance of unconditional love that shows how "prioritizing your partner [creates] true happiness in your relationship" (John Gray, PhD, author of *Men Are From Mars, Women Are From Venus*). Loving the lovable parts of your partner is easy. He's funny, charming, smart, successful, and kind. He's perfect. Except for when he is not. Like when he is late. Or short-tempered. Or lazy. Or he's incorrectly loaded the dishwasher (again). Maybe he feels like the most frustrating person on the planet. Or maybe you're simply not feeling heard or seen. Or loved enough. It's these proverbial unlovable parts that make loving all of him so tough. But imagine if you let go of your itch to fix, judge, improve, or control your partner. Imagine if you replaced judgement with compassion and empathy. Tremendous empowerment and liberation come from loving someone—and being loved—for who we really are. This practice is called Radical Acceptance. Whether you're looking for Mr. Right or are already with him, this is your powerful five-step guide to attaining life's ultimate prize: unconditional love. You'll learn how to increase your emotional resilience, feel more confident, determine whether you're settling, quiet those doubt-filled voices in your head, get out of that endless cycle of dead-end dates, reduce conflict, and build a deeply fulfilling, affirming relationship—all through highly actionable advice. Best of all, you will discover how amazing it feels to have your heart expanded by an abundance of love and compassion for your partner and yourself. Featuring compelling stories for real-life couples and insights from the foremost thought leaders and researchers in brain science, sexuality, psychotherapy, and neurobiology, *Radical Acceptance* illustrates that embracing your partner for exactly who they are will lead to a more harmonious relationship—and provide an unexpected path to your own personal transformation.

purple stones wellness medical massage: *The Three Minute Meditator* David Harp, Nina Smiley, 2008-08 Meditation produces a mental state known as mindfulness, characterized by clarity, insight, and serenity, no matter what's going on in the outside world. Unfortunately, many people

feel they're too busy to sit down for a relaxed meal, much less set aside time to meditate. The Three Minute Meditator was written for those harried souls who crave the benefits of mindfulness but who feel they just don't have the time. It offers an easy-to-follow seven-step program that can be put into practice immediately and by anyone. Written in plain, jargon-free English, this simple plan shows that meditation doesn't need to be arcane, difficult, or painful, that it won't take time away from anything else, and that it can be learned and practiced in quick spurts throughout the day. Also included are special sections on how to apply mindfulness techniques to physical pain, relationships, aging, parenting, and other issues.

purple stones wellness medical massage: A Death Lived Martha Calihan, 2020-03-16 Death is the one certain thing in each of our lives, and yet it holds the most mystery, the least certainty and often the most discomfort and fear of anything we encounter. A practicing physician for over 30 years, Dr. Martha Calihan has helped many patients and families through the process of preparing to say goodbye to a loved one. But when it came time to do it for her husband, it felt very different. What actually happens when we die? What is it like? Do people who are dying have an understanding? What's the best way to help someone facing a terminal illness, and to help their loved ones approach the dying process? When does medical care become futile, and how is that information shared? How does one make the decision to stop treatment and enter into palliative and hospice care? Through her dual vantage points of wife and physician, Dr. Calihan takes us on the journey of her husband's final illness and death, and how they, as a family, navigated this most difficult of challenges. She explores the issues associated with end-of-life care on a personal and professional level, while weaving in the mystical aspects of dying as she witnessed them.

purple stones wellness medical massage: The Empath's Survival Guide Judith Orloff, 2017-04-04 What is the difference between having empathy and being an empath? "Having empathy means our heart goes out to another person in joy or pain," says Dr. Judith Orloff "But for empaths it goes much farther. We actually feel others' emotions, energy, and physical symptoms in our own bodies, without the usual defenses that most people have." With The Empath's Survival Guide, Dr. Orloff offers an invaluable resource to help sensitive people develop healthy coping mechanisms in our high-stimulus world—while fully embracing the empath's gifts of intuition, creativity, and spiritual connection. In this practical and empowering book for empaths and their loved ones, Dr. Orloff begins with self-assessment exercises to help you understand your empathic nature, then offers potent strategies for protecting yourself from overwhelm and replenishing your vital energy. For any sensitive person who's been told to "grow a thick skin," here is your lifelong guide for staying fully open while building resilience, exploring your gifts of deep perception, raising empathic children, and feeling welcomed and valued by a world that desperately needs what you have to offer.

purple stones wellness medical massage: The Flog Journal Angela M. Landeros, 2018-12-26 "Painting the world a new picture on healthy" - Angela M. Landeros Angela M. Landeros started her journey toward a healthier immune system after her skin began breaking out in hives and she was diagnosed with multiple sclerosis. For the next two years, she sifted through her diet to eliminate inflammatory foods, and then she kept working to find a diet that reacted well with her body. She now believes you can change body chemistry by tracking what you eat—and you can also improve your immune system, heal your digestive system, strengthen your brain, and reduce inflammation throughout your body. The best part is you don't have to count calories: All you need to do is track what goes into your body and how those ingredients make you feel. By creating a list of substances that have a negative effect on your body, substances you should never eat or come into contact with, and those that you may consume occasionally, you'll be equipped to transform your health and life. Start paying attention to what your body is telling you, and change your lifestyle for good with the insights, lessons, and action plan in The FLog Journal.

purple stones wellness medical massage: Twelve Essential Healing Crystals Michael Gienger, 2014-03-03 This first aid guide to treating common ailments focuses on just 12 stones that cover a wide range of applications. The guide shows the reader how to identify the right stone for each ailment – the index lists more than 300 specific complaints, including those that occur

frequently, such as: allergies, coughs, headaches, hormonal complaints, minor injuries, sunburn, stomach ache and toothache. This is your own home pharmacy in portable, pocket form. Divided into 12 chapters, one for each stone, the guide explains many illnesses and complaints in clear, concise, understandable language and suggests the appropriate stone for each ailment and how to use it. This practical, handy guide distills the essence of our current understanding of healing with gemstones. The 12 stones selected will help the reader maintain their health and heal both their body and mind.

purple stones wellness medical massage: 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.

purple stones wellness medical massage: The Crystal Fix Juliette Thornbury, 2019-02-05 "This delightful - and highly accessible - book is beautifully illustrated and filled with hints and tips to help you make the most of your crystals. I'm sure you'll enjoy it as much as I did." —Judy Hall, best-selling author of *The Crystal Bible* Create a beautiful and empowering home environment with healing crystals. Featuring a dedicated section organized by the key rooms in the home, this modern guide to crystals helps you choose stones that will attract the energy you want in each space. Infused with the energy of Mother Nature, every crystal has a unique set of healing properties which, armed with a little knowledge, you can unlock and harness to improve all aspects of life. From tackling insomnia to relieving anxiety and fostering creativity, crystals can energize, calm, and inspire. Luminosity Crystals founder, Juliette Thornbury, provides all the information you need to source, care for, and display your crystals—as well as tips for wearing them and taking stones on the go. Find within: An introduction to the art of feng shui and how to use it in conjunction with specific crystals to enhance the energy in your home, followed by room-by-room crystal recommendations. A crystal directory organized by primary qualities (Joy & Success, Love & Relationships, Health & Wellness, Energy & Inspiration, Rest & Rejuvenation, Protection & Comfort). A guide to using your crystals, including meditations, rituals, associated chakras, beauty treatments, and crystal grids. Two indexes—one general and another that lists the stones by need. Whether you want to choose the right cluster for your coffee table, or to better understand the powerful potential of these stones, this essential guide will enable you to bring more of their transformative energy into your everyday life.

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step-by-step instructions, how-to tips, clear explanations, full-color photographs, and compelling personal commentary by individuals who have experienced the program The author Françoise Wilhelmi de Toledo, MD, is an international authority on fasting and heads the well-known Buchinger clinics in Europe. Explores the far-reaching physical, spiritual, and psychological effects of fasting Shows how motivational techniques and physical exercises complement the program and lead to a strong sense of well-being, with examples of yoga, correct breathing, abdominal massage, and more Demonstrates how food is slowly and safely introduced after the fast, with more than 40 savory recipes that promote nutritional awareness in everyday life The only book on this topic available in English, *Therapeutic Fasting: The Buchinger-Amplius Method* will enable all readers to learn patterns of healthy behavior, practice them with professional guidance, and integrate them into a balanced, healthy lifestyle. It is a fascinating reference for general practitioners, nutritionists, and informed lay people who want to learn more about the powerful combination of therapeutic fasting, supporting scientific medical principles, and natural healing concepts.

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students or anyone embarking on the study or build of a hydrothermal facility - with a consistent and effective means to approach the planning and construction of these unique areas and to avoid common, costly mistakes.

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purple stones wellness medical massage: Hot Stone and Gem Massage Dagmar Fleck, Liane Jochum, 2008-11-18 A fully illustrated guide to the ancient Hawaiian art of massage with hot stones

- Includes illustrated instructions for each area of the body
- Explains how to combine hot stone massage with gemstone chakra treatment, detailing the specific healing powers of 54 gemstones
- Recommends which base oils and essential oils enhance the effects of hot stone massage

Since ancient times, the people of Hawaii have used hot stones for both physical and spiritual healing. Using basalt stones--fine-grained, high-density volcanic rocks with an exceptional ability to store heat--hot stone massage not only dispels tensions and soothes the soul but also enhances lymph flow, removes toxins, and fortifies the immune system. The treatment causes blood vessels to dilate, leading to improved circulation and consequently improved oxygen, nutrient, antibody, and protective cell supply to the area of the body under the stones and is extremely effective for joint problems, back pain, and sore muscles. Beyond the strictly physical benefits, the massage also stimulates the meridians and chakras, gently dissipating energetic blockages. This book provides step-by-step, fully illustrated instructions for treatments for each area of the body. The authors then include details on the specific healing powers of 54 gemstones, showing how to further enhance the benefits of hot stone massage with gemstone chakra treatment. For instance, in facial massage, working with amethyst can alleviate headaches and help heal skin blemishes. They also describe the therapeutic benefits of several base and essential oils and recommend specific combinations for hot stone massage. The power of the stones, the warmth of the treatment, and the massage itself unite in this holistic therapy to provide deep relaxation and calm that recharges the body and soul.

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