

summit massage and wellness

Summit Massage and Wellness: Your Journey to Total Relaxation and Rejuvenation

Are you feeling stressed, tense, or simply overwhelmed by the demands of daily life? Do you crave a sanctuary where you can escape the chaos and reconnect with your body and mind? Then look no further than Summit Massage and Wellness. This comprehensive guide will explore everything Summit Massage and Wellness offers, from the diverse range of massage therapies available to the unique atmosphere designed to promote ultimate relaxation and rejuvenation. We'll delve into the benefits of massage, highlight the expert therapists you'll encounter, and provide insights into what sets Summit apart. Get ready to discover your pathway to a healthier, happier you.

Understanding the Summit Massage and Wellness Experience

Summit Massage and Wellness isn't just another spa; it's a holistic wellness center dedicated to providing personalized care and exceptional service. Our philosophy centers around the belief that true wellness encompasses physical, mental, and emotional well-being. We strive to create a tranquil and nurturing environment where you can escape the pressures of modern life and focus on self-care. This commitment extends to every aspect of your experience, from the moment you step into our calming space to the personalized treatment designed specifically for your needs.

A Spectrum of Massage Therapies to Suit Your Needs

At Summit Massage and Wellness, we offer a diverse menu of massage therapies designed to address a wide range of needs and preferences. Whether you're seeking deep tissue relief for chronic pain, the gentle touch of Swedish massage for relaxation, or the targeted pressure of sports massage for muscle recovery, we have the perfect treatment for you. Our popular options include:

Swedish Massage: This classic technique uses long, flowing strokes to relax muscles, improve circulation, and reduce stress. It's ideal for those seeking a gentle, relaxing experience.

Deep Tissue Massage: This more intense form of massage targets deeper muscle layers to relieve chronic pain, tension, and stiffness. It's particularly beneficial for individuals with back pain, sciatica, or other musculoskeletal issues.

Sports Massage: Designed to address the specific needs of athletes, this technique focuses on improving flexibility, reducing muscle soreness, and preventing injuries.

Prenatal Massage: Our skilled therapists are trained in providing safe and comfortable massage tailored to the needs of expectant mothers. This helps alleviate common pregnancy discomforts like back pain and swelling.

Hot Stone Massage: Warm, smooth stones are used to melt away tension and promote deep relaxation. The heat from the stones penetrates deep into the muscles, releasing tightness and promoting a sense of tranquility.

Meet Our Team of Expert Therapists

The heart of Summit Massage and Wellness lies in our team of highly skilled and experienced massage therapists. Each therapist undergoes rigorous training and holds the necessary certifications to ensure you receive the highest quality care. They are passionate about their work and dedicated to helping you achieve your wellness goals. Our therapists are not only technically proficient but also possess the empathy and intuition to create a truly personalized and therapeutic experience. We believe in fostering a strong therapist-client relationship built on trust and mutual respect.

Beyond Massage: Holistic Wellness Services

While massage therapy forms the cornerstone of our offerings, Summit Massage and Wellness extends beyond the massage table. We are committed to providing a holistic approach to wellness, incorporating services that nurture your mind, body, and spirit. This may include:

Aromatherapy: The use of essential oils to enhance relaxation and promote overall well-being.

Sound Healing: Harnessing the power of sound frequencies to promote relaxation and reduce stress.

Guided Meditation: Sessions designed to cultivate mindfulness and inner peace.

(Future expansion of services could be added here, e.g., yoga classes, acupuncture, etc.)

The Summit Advantage: Why Choose Us?

What sets Summit Massage and Wellness apart? It's a combination of factors:

Exceptional Therapists: Our team is comprised of highly skilled and compassionate professionals dedicated to providing exceptional care.

Serene Environment: Our tranquil space is designed to promote relaxation and escape from the stresses of daily life.

Personalized Approach: We tailor each treatment to your individual needs and preferences, ensuring a truly customized experience.

Commitment to Quality: We utilize only the highest quality products and maintain the strictest hygiene standards.

Convenient Location: (Add your location details here – this is crucial for local SEO).

Booking Your Summit Massage and Wellness Experience

Ready to embark on your journey to total relaxation and rejuvenation? Booking your appointment at Summit Massage and Wellness is simple and convenient. You can visit our website (add website address here), call us at (add phone number here), or book online through our scheduling system. We look forward to welcoming you to our sanctuary of well-being.

Conclusion

Summit Massage and Wellness is more than just a massage spa; it's a haven dedicated to helping you achieve optimal physical, mental, and emotional well-being. With a wide array of massage therapies, a team of expert therapists, and a commitment to personalized care, we provide an unparalleled wellness experience. Embrace self-care and book your appointment today. Discover the Summit difference.

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 them the perfect gift for any occasion.
1. What should I wear to my massage appointment? Wear comfortable clothing that allows for easy movement. We provide robes and towels.

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 packages and discounts. Check our website or contact us for details on current promotions.

summit massage and 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.

summit massage and wellness: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 *Health and Wellness Tourism* takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

summit massage and 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.

summit massage and wellness: *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.

summit massage and wellness: Health, Tourism and Hospitality Melanie Smith, Laszlo Puczko, 2014-02-03 Health, Tourism and Hospitality: Spas, Wellness and Medical Travel, 2nd Edition takes an in-depth and comprehensive look at the growing health, wellness and medical tourism sectors in a global context. The book analyses the history and development of the industries, the way in which they are managed and organised, the expanding range of new and innovative products and trends, and the marketing of destinations, products and services. The only book to offer a complete overview and introduction to health, tourism and hospitality this 2nd Edition has been updated to include: • Expanded coverage to the hospitality sector with a particular focus on spa management. • New content on medical tourism throughout the book, to reflect the worldwide growth in medical travel with more and more countries entering this competitive market. • Updated content to reflect recent issues and trends including: ageing population, governments encouraging preventative health, consumer use of contemporary and alternative therapies, self-help market, impacts of economic recession, spa management and customer loyalty. • New case studies taken from a range of different countries and contexts, and focusing on established or new destinations, products and services such as: conventional medicine, complementary and alternative therapies, lifestyle-based wellness, beauty and cosmetics, healthy nutrition, longevity and anti (or active)-ageing, amongst others. Written in a user friendly style, this is essential reading for students studying health, tourism and hospitality.

summit massage and wellness: *Facial Volumization* Jerome Paul Lamb, Christopher Chase Surek, 2017-10-11 Highly Commended by the BMA Medical Book Awards for Surgery! The gliding nature and dynamic planes of the face present one of the great challenges in aesthetic surgery and volume replenishment is a key component of the treatment algorithm. Facial Volumization: An Anatomic Approach by Jerome Lamb and Christopher Surek masterfully bridges the gap between the anatomy lab and injection clinic. It synthesizes a large body of facial anatomy publications into a one-stop shop covering a wide array of facial procedures - from the chin and perioral - to the midface and temple. In addition to vascular injury, lymphatic disruption can play a critical role in suboptimal aesthetic facial volumization outcomes. Chapter 2, The Lymphatic Anatomy of the Lower Eyelid and the Malar Region of the Face discusses new state-of-the art facial lymphatic discoveries. Key Features Numerous beautiful, full-page color illustrations systematically reveal each layer of the face - from deep to superficial - taking readers on a unique journey through the 3-D architecture of complex facial anatomy. The left side of each page features a written synopsis of the vascular, muscular, ligament, and adipose components of specific layers paired with cadaveric dissection photographs. More than 20 high-definition live patient injection videos posted in the Thieme online Media Center include detailed injector commentary. Augmentation and enhancement techniques, the latest facial fillers and lip injections, and illustrated guidance on preferred volumization approaches. Identification of danger zones and technical pearls for injecting safely, avoiding problems, and obtaining the best results. This invaluable resource will help residents and seasoned plastic surgeons, facial plastic surgeons, dermatologists, otolaryngologists, and aestheticians perform facial injections safely and achieve optimized results.

summit massage and wellness: 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*.

summit massage and 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

summit massage and wellness: Million Dollar Women Julia Pimsleur, 2015-10-06 The “useful and inspiring” (Diane von Furstenberg) guide for female entrepreneurs who want to take their businesses into the big leagues. “Do you have an ambitious vision for your business, but aren’t sure what to do next? Successful entrepreneur Julia Pimsleur provides an invaluable guide for any woman who wants to make a big jump” (Gretchen Rubin, author of *Better Than Before* and *The Happiness Project*). Over the past twenty years, women in the US have started nearly twice as many businesses as men, but only three percent of all women business owners ever make revenues of one million dollars or more. Most are stuck running kitchen-table businesses, just getting by, or in many cases, running out of cash. Julia Pimsleur aims to change that with *Million Dollar Women*, which will show you how to take your business to that million-dollar mark and beyond. *Million Dollar Women* introduces you to Pimsleur and seven other women who have raised capital, developed powerful networks, and built multimillion-dollar companies from scratch. It teaches you the concepts and the vocabulary you need to secure funding and scale up. It explains how to make the right connections, when to delegate, and when to seek coaching and support. Drawing on her own experience of becoming a CEO, Pimsleur also provides help for overcoming the hurdles you have to clear to leap to that next level. “With thought-provoking interviews of women entrepreneurs and other business experts and important exercises at the end, this resourceful book is rich in ideas and valuable insight” (Booklist).

summit massage and wellness: Encyclopedia of Tourism Jafar Jafari, 2002-09-11 In fewer than three hundred years tourism has become a global service industry of great economic, cultural and political importance. Published to critical acclaim, the *Encyclopedia of Tourism* - now available as a Routledge World Reference title - is the definitive one-volume reference source to this challenging multisectoral industry and multi disciplinary field of study. Comprising over one thousand entries, this volume has been written by an international team of contributors to provide a comprehensive guide to both the manifest and hidden dimensions of tourism. It explores the wide range of definitions, concepts, perspectives and institutions and includes: comprehensive coverage of key issues and concepts definitions of all terms and acronyms entries on the significant institutions, associations and journals in the field country-specific tourism profiles, from Greece to Japan and Kenya to Peru thorough analysis of the trends and patterns of tourism development and growth. The extensive cross-referencing and comprehensive index will assist the reader in making links between the diverse aspects of tourism studies, and the suggestions for further reading are invaluable.

summit massage and 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.

summit massage and wellness: Wellness Tourism Cornelia Voigt, Christof Pforr, 2013-11-20 Core values of society, health and wellbeing impact today on all aspects of our lives, and have also increasingly influenced patterns of tourism consumption and production. In this context wellness has developed into a significant dimension of tourism in a number of new and long established destinations. However, although it is consistently referred to as one of the most rapidly growing forms of tourism worldwide there still remains a dearth of academic literature on this topic. This book uniquely focuses on the supply side of wellness tourism from a destination perspective in terms of the generation and delivery of products and services for tourists who seek to maintain and improve their health. This approach provides a better understanding of how wellness tourism destinations develop and explores the specific drivers of that growth in a destination context and how destinations successfully compete against each other in globalised market place. A range of wellness destination development and management issues are examined including the importance of authenticity, an appropriate policy framework, delivery of high quality goods and services, participation of a broad range of stakeholders and the development of networks and clusters as well as collaborative strategies essential for a successful development and management of a wellness tourism destination. International case studies and examples from established and new wellness tourism destinations are integrated throughout. This timely volume written by leaders in this sector will be of interest to tourism and hospitality students and academics internationally.

summit massage and wellness: Sports Management and Sports Humanities Kazuyuki Kanosue, Kohei Kogiso, Daichi Oshimi, Munehiko Harada, 2015-07-13 This book focuses on (1) sports management, (2) sports economics and policy, and (3) sports humanities. The fact that sports humanities is a part of the sports management education program means that a person with extensive knowledge—not only business-related comprehension but also acquaintance with art-related fields, such as the humanities and law—will play a central role in sports management in the next generation. The former two parts aim to provide a clear understanding of sports management and marketing, including the motivational and/or emotional components of fan behavior and sports participation, sports club management, sports sponsorship, athlete reputation management, sports economics and elite sports policy. As stated above, various topics can be found in sports management research from the macro to the micro point of view and they are not individually separated but intimately connected. Moreover, given the interdisciplinary nature of sports management, specific, common and cross-border issues arise in each country. Data from several countries are included in the sports management part. Research beyond borders and collaborative research are expected to increase more significantly than before. Researchers in sports management are expected to find the best answers to such questions as how to manage sports-related organizations or people effectively, how to stimulate the global or local economy and exert social impact through sports, and how to help people gain well-being through sports. These research questions have not changed all through the ages and across the globe. In this book, the researchers also try to find the optimized solution in each topic and readers can find traces of their passionate exploration.

summit massage and wellness: Yoga as Medicine Yoga Journal, Timothy McCall, 2007-07-31 The definitive book of yoga therapy, this groundbreaking work comes to you from the medical editor of the country's premier yoga magazine, who is both a practicing yogi and a Western-trained physician. Beginning with an overview of the history and science of yoga, Dr. McCall describes the many different techniques in the yoga tool kit; explains what yoga does and who can benefit from it (virtually everyone!); and provides lavishly illustrated and minutely detailed instructions on starting a yoga practice geared to your fitness level and your health status. Yoga as Medicine offers a wealth

of practical information, including how to: •Utilize yogic tools, including postures, breathing techniques, and meditation, for both prevention and healing of illness •Master the art of becoming more in tune with your body •Communicate more effectively with your doctor •Adopt therapeutic yoga practices as either an alternative or a complement to surgery and to expensive, sometimes dangerous medications •Practice safely Find an instructor and a style of yoga that are right for you. With twenty chapters devoted to the work of individual master teachers, including such well-known figures as Patricia Walden, John Friend, and Rodney Yee, Yoga as Medicine shows how these experts have applied the wisdom of this ancient holistic practice to twenty different conditions, ranging from arthritis to chronic fatigue, depression, heart disease, HIV/AIDS, infertility, insomnia, multiple sclerosis, and obesity. Defining yoga as “a systematic technology to improve the body, understand the mind, and free the spirit,” Dr. McCall shows the way to a path that can truly alter your life. An indispensable guide for the millions who now practice yoga or would like to begin, as well as for yoga teachers, body workers, doctors, nurses, and other health professionals.

summit massage and wellness: Spa Management , 2009-06

summit massage and wellness: Yoga Journal , 2001-12 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

summit massage and wellness: Current Issues and Emerging Trends in Medical Tourism Cooper, Malcolm, 2015-07-16 The era of globalization allows for more connectivity between nations and cultures. This increase in international association gives citizens more availability to take advantage of opportunities in other nations, such as medical assistance and accompanying services. Current Issues and Emerging Trends in Medical Tourism focuses on the emerging phenomena of international travel by patients in search of improved healthcare services and treatment, wellness programs, and complementary recreational activities. Including extensive coverage and case studies focusing on patient mobility and new opportunities for health services across borders, this authoritative reference source is essential to the needs of healthcare providers, nonprofit organizations, students, and medical professionals seeking relevant research on the relationship between global travel and access to healthcare. This publication features innovative, research-based chapters spanning the spectrum of medical travel issues including, but not limited to, customer perceptions, ethical considerations, reproductive medicine, social media use, family caregivers, organ transplants, human trafficking, and surrogacy concerns.

summit massage and wellness: Impact of Artificial Intelligence, and the Fourth Industrial Revolution on Business Success Bahaaeddin Alareeni, Allam Hamdan, 2022-07-29 This book constitutes the refereed proceedings of the International Conference on Business and Technology (ICBT2021) organized by EuroMid Academy of Business & Technology (EMABT), held in Istanbul, between 06-07 November 2021. In response to the call for papers for ICBT2021, 485 papers were submitted for presentation and inclusion in the proceedings of the conference. After a careful blind refereeing process, 292 papers were selected for inclusion in the conference proceedings from forty countries. Each of these chapters was evaluated through an editorial board, and each chapter was passed through a double-blind peer-review process. The book highlights a range of topics in the fields of technology, entrepreneurship, business administration, accounting, and economics that can contribute to business development in countries, such as learning machines, artificial intelligence, big data, deep learning, game-based learning, management information system, accounting information system, knowledge management, entrepreneurship, and social enterprise, corporate social responsibility and sustainability, business policy and strategic management, international management and organizations, organizational behavior and HRM, operations management and logistics research, controversial issues in management and organizations, turnaround, corporate entrepreneurship, innovation, legal issues, business ethics, and firm gerial accounting and firm financial affairs, non-traditional research, and creative methodologies. These proceedings are

reflecting quality research contributing theoretical and practical implications, for those who are wise to apply the technology within any business sector. It is our hope that the contribution of this book proceedings will be of the academic level which even decision-makers in the various economic and executive-level will get to appreciate.

summit message and wellness: Understanding the Global Spa Industry Gerard Bodeker, Gerry Bodeker, Marc Cohen, 2010-08-20 • Spa services and the development of the spa business from its historical beginnings to the size of the market today. • Business development and planning, spa operations and business models. • Spa products and technologies, retailing and the application of branding and marketing strategies. • Infrastructure, design and environmental issues including sustainability and social and environmental benchmarking. • Human resources issues from education and training to professional and regulatory issues and professional and corporate ethics and values.

summit message and wellness: The SAGE International Encyclopedia of Travel and Tourism Linda L. Lowry, 2016-09-01 Taking a global and multidisciplinary approach, The SAGE International Encyclopedia of Travel and Tourism brings together a team of international scholars to examine the travel and tourism industry, which is expected to grow at an annual rate of four percent for the next decade. In more than 500 entries spanning four comprehensive volumes, the Encyclopedia examines the business of tourism around the world paying particular attention to the social, economic, environmental, and policy issues at play. The book examines global, regional, national, and local issues including transportation, infrastructure, the environment, and business promotion. By looking at travel trends and countries large and small, the Encyclopedia analyses a wide variety of challenges and opportunities facing the industry. In taking a comprehensive and global approach, the Encyclopedia approaches the field of travel and tourism through the numerous disciplines it reaches, including the traditional tourism administration curriculum within schools of business and management, economics, public policy, as well as social science disciplines such as the anthropology and sociology. Key features include: More than 500 entries authored and signed by key academics in the field Entries on individual countries that details the health of the tourism industry, policy and planning approaches, promotion efforts, and primary tourism draws. Additional entries look at major cities and popular destinations Coverage of travel trends such as culinary tourism, wine tourism, agritourism, ecotourism, geotourism, slow tourism, heritage and cultural-based tourism, sustainable tourism, and recreation-based tourism Cross-references and further readings A Reader's Guide grouping articles by disciplinary areas and broad themes

summit message and wellness: *Wellness for a Healthy Asia* Asian Development Bank, 2021-10-01 The health and well-being of Asians took a battering during the coronavirus disease (COVID-19) pandemic. Wellness, or the active pursuit of activities for holistic health, is vital for a sound mind and body. As such, now is an opportune time to take stock of the current state of wellness and the wellness economy in Asia. Asians are blessed with rich wellness traditions they can leverage in their quest for mental and physical health. This timely book examines the key drivers of the demand for wellness in the region. It also sets out concrete policy options for promoting wellness among all Asians.

summit message and wellness: *Educational Strategies for the Next Generation Leaders in Hotel Management* Feng, Jiuguang, 2015-04-30 As the hospitality industry continues to grow, managers and educators are faced with the task of preparing future hospitality professionals for a rewarding but challenging career. Due to the impact of an ever-changing economy on the industry as a whole, the education of hotel managers and professionals has become an increasingly important area of study. Educational Strategies for the Next Generation Leaders in Hotel Management combines practical experience with the effective pedagogical approaches being implemented in higher learning institutions and hospitality programs internationally. Highlighting key issues surrounding the current and future scope of hotel management and the skills and knowledge necessary for career success in the hospitality industry, this publication is an essential reference source for hospitality managers, educators, and students interested in the future of the industry and

the best practices for hospitality education. This publication features timely, research-based chapters and analysis relevant to topics in the hospitality industry including, but not limited to, craft-based learning, e-learning, higher education, hospitality management, human resources, opening delays, professional development, six sigma, women in global leadership, and work integrated learning.

summit massage and wellness: *Spa* , 2006

summit massage and wellness: Knee Pain Recipe Renee Moten, 2018-11-05 Get ready to climb stairs, walk for miles and jump out of bed with exhilaration and joy. Knee Pain Recipe was published so that you can regain that part of your life that was lost due to pain. The symptoms of Knee Pain can cause annoyance, impatience and frustration when trying to return to an active lifestyle. Developing a therapy that does not use shots or surgery was a challenge that required many years of focus, determination and patience. After numerous attempts at relieving pain in my own knees a therapy was created. Knee Pain Recipe offers a step-by-step guide that works by reducing inflammation, correcting muscular imbalance and using massage to encourage lymphatic drainage. This therapy brings more blood flow, oxygen and healing elements to the inflamed joint resulting in reducing pain in the knee and promoting the healing cycle. Practicing as a Certified Personal Trainer since 1998, thousands of hours has been devoted to relieving and sometime eliminating pain in my knees and the people I serve. Just like a homemade cooking recipe Knee Pain Recipe must be done step by step to achieve the full benefit of the therapy. The journey to an active lifestyle and knee pain relief is only a click away.

summit massage and wellness: *Proceedings of IAC 2023 in Vienna* Group of Authors, 2023-07-06 International Academic Conferences: Management, Economics and Marketing (IAC-MEM) Teaching, Learning and E-learning (IAC-TLEl) Engineering, Transport, IT and Artificial Intelligence (IAC-ETITAI)

summit massage and wellness: Bodywork Thomas Claire, 2006-06-15 This is the essential guide answering all of the key questions about every different kind of major bodywork therapy, including Alexander Technique, Feldenkrais Method, Reflexology, Shiatsu, Swedish Massage, Aromatherapy and more.

summit massage and 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.

summit massage and wellness: Embodied Social Justice Rae Johnson, 2022-11-25 Embodied Social Justice introduces an embodied approach to working with oppression. Grounded in current research, the book integrates key findings from education, psychology, sociology, and somatic studies while addressing critical gaps in how these fields have addressed pervasive patterns of social injustice. At the heart of the book, a series of embodied narratives bring to life everyday experiences of oppression through evocative descriptions of how power implicitly shapes body image, interpersonal space, eye contact, gestures, and the use of touch. This second edition includes two new body stories from research participants living and working in the global South. Supplemental guidelines for practice, updated references, and new community resources have also been added. Designed for social workers, counselors, educators, and other human service professionals working with members of disenfranchised and marginalized communities, Embodied Social Justice offers a conceptual framework and model of practice to assist in identifying, unpacking, and transforming embodied experiences of oppression from the inside out.

summit massage and wellness: The Alternative Medicine Cabinet Kathy Gruver, 2010 The Alternative Medicine Cabinet is a wealth of natural health information. Easy-to-incorporate, practical advice about treating depression, better sleep, alternative cancer treatments and so much more. Without drugs or surgery.

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our psychological wellbeing, and how trends such as positive psychology influence our understanding of happiness. In a world where the 'wellness economy' is big business, The Psychology of Wellbeing shows how we can question and make sense of information sources, and sheds light on the wellness, self-care and self-help industry.

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summit massage and wellness: *Wellness Counseling* Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, Wellness Counseling offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

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explores nearly 100 spas, mostly in the USA, including day spas and hotels with spa facilities. It ranges from upscale Canyon Ranch in Tucson to The Peaks in Telluride, to more affordable spas like Birdwing in Minnesota or Deefield in Pennsylvania. Each entry lists a complete description, including price, address, telephone number and Web sites, available services, special features and amenities, meal plans, accommodations and package options. There is also a glossary of spa terms for newcomers.

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summit massage and wellness: Water: A Spiritual History Ian Bradley, 2012-11-02 Water has long been associated with the magical, the mysterious and the divine. From sacred springs to holy wells, and from hydropathic cures and temperance reform to the modern spa, Ian Bradley explores how water's creative, health-giving and restorative powers have been conceived, worshipped and marketed in an essentially spiritual way. In pre-Christian times, springs and rivers were seen as the dwelling places of deities with magical life-giving and curative powers, associated especially with the feminine and with ritual cleansing and rebirth. With the coming of Christianity, water was incorporated into Christian ritual and tradition through baptism and the cult of holy wells. From the 16th century onwards, the benefits of water came to be seen more in terms of therapeutic healing than the miraculous. Through the development of drinking and bathing cures, spas and hydrotherapy, a more scientific but still essentially spiritual understanding of the curative properties of water was developed. By the eighteenth century, spas and watering places had acquired their own enchanted and mysterious qualities, in many ways taking the place of medieval pilgrim shrines. Now, a new, more hedonistic kind of pilgrim comes to modern spas to experience a potent post-modern elixir of self-oriented well-being.

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