

amara massage therapy wellness

Amara Massage Therapy & Wellness: Your Oasis of Calm in a Hectic World

Are you feeling stressed, tense, or simply overwhelmed by the demands of daily life? Do you crave a sanctuary where you can unwind, rejuvenate, and reconnect with your body and mind? Then look no further than Amara Massage Therapy & Wellness. This post will delve into what makes Amara unique, exploring the range of services offered, the benefits of massage therapy, and why choosing Amara is the perfect choice for your well-being journey. We'll cover everything from the soothing ambiance to the highly skilled therapists, providing you with all the information you need to decide if Amara is the right fit for you.

Unveiling the Amara Experience: More Than Just a Massage

Amara Massage Therapy & Wellness isn't just another spa; it's a holistic wellness destination designed to nurture your physical and mental well-being. We understand that true relaxation goes beyond a simple massage. It's about creating a sanctuary where you can escape the pressures of modern life and reconnect with yourself. From the moment you step inside, you'll be enveloped in a calming atmosphere, designed to ease tension and promote tranquility. Soft lighting, soothing music, and the aroma of essential oils create an immersive experience that prepares you for deep relaxation and rejuvenation.

A Spectrum of Services Tailored to Your Needs

At Amara, we offer a diverse range of massage therapies to address various needs and preferences. Our skilled and experienced therapists are trained in a variety of techniques, including:

Swedish Massage: This classic massage technique uses long, flowing strokes to promote relaxation and relieve muscle tension. It's ideal for those seeking a gentle yet effective massage to unwind after a long day.

Deep Tissue Massage: For those experiencing chronic muscle pain or stiffness, deep tissue massage targets deeper layers of muscle tissue to release tension and improve flexibility. Our therapists use precise pressure and techniques to address specific areas of concern.

Hot Stone Massage: Experience the ultimate in relaxation with our hot stone massage. Smooth, heated stones are placed on the body to gently melt away tension and promote deep muscle relaxation. The warmth of the stones penetrates deep into the muscles, enhancing the therapeutic benefits of the massage.

Prenatal Massage: Designed specifically for expectant mothers, our prenatal massage utilizes gentle techniques to alleviate pregnancy-related discomfort, such as back pain, leg cramps, and swelling. Our therapists are specially trained to provide a safe and comfortable experience.

Sports Massage: Perfect for athletes and active individuals, sports massage helps to prevent injuries, improve performance, and accelerate recovery after strenuous activity. Our therapists use specific techniques to address muscle imbalances and promote optimal muscle function.

Beyond massage, Amara also offers a range of wellness services designed to complement your massage therapy experience and further enhance your well-being. These may include aromatherapy, sound healing, or other complementary therapies. We encourage you to inquire about these additional services to create a truly personalized wellness journey.

The Amara Difference: Expertise and Compassion Combined

What truly sets Amara apart is our unwavering commitment to excellence. Our therapists are not only highly skilled and experienced but also deeply passionate about helping clients achieve optimal well-being. They undergo rigorous training and continue their professional development to stay at the forefront of massage therapy techniques and best practices. More than just skilled practitioners, they are compassionate listeners who create a safe and supportive space for you to share your concerns and receive personalized care.

The Benefits of Regular Massage Therapy: Invest in Your Well-being

The benefits of regular massage therapy extend far beyond simple relaxation. Regular massage can help:

Reduce stress and anxiety: Massage therapy has been shown to lower cortisol levels (the stress hormone) and promote relaxation.

Improve sleep quality: Relaxed muscles and a calm mind contribute to improved sleep patterns.

Increase flexibility and range of motion: Massage helps to release muscle tension and improve joint mobility.

Reduce muscle pain and soreness: Massage therapy can alleviate muscle pain and stiffness, improving physical function.

Boost the immune system: Studies suggest that massage therapy can stimulate the lymphatic system, which plays a vital role in immune function.

Improve circulation: Massage helps to improve blood flow, delivering oxygen and nutrients

to the muscles and tissues.

Book Your Amara Experience Today: Your Journey to Wellness Begins Now

Amara Massage Therapy & Wellness offers a haven of tranquility and rejuvenation. We invite you to experience the Amara difference and discover the transformative power of holistic wellness. Our dedicated team is committed to providing you with a personalized experience that caters to your individual needs and preferences. Book your appointment today and embark on your journey to a healthier, happier, and more balanced you. Visit our website or call us to learn more and schedule your escape.

Conclusion

Amara Massage Therapy & Wellness is more than just a massage clinic; it's a sanctuary for your mind, body, and spirit. By offering a diverse range of services, a calming atmosphere, and highly skilled therapists, Amara provides a truly transformative wellness experience. Investing in your well-being is an investment in yourself, and Amara is here to help you on that journey.

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 Amara the perfect gift for any occasion.
1. What should I wear to my appointment? We recommend wearing comfortable, loose-fitting clothing. You will be provided with a robe and towel.
1. Do you have parking available? Yes, we have ample free parking available for our clients.
1. What is your cancellation policy? We require at least 24 hours' notice for cancellations to avoid a cancellation fee. Please contact us as soon as possible if you

need to reschedule your appointment.

amara massage therapy wellness: Touch David J. Linden, 2016-01-26 The New York Times bestselling author of The Compass of Pleasure examines how our sense of touch is interconnected with our emotions Dual-function receptors in our skin make mint feel cool and chili peppers hot.

amara massage therapy wellness: 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.

amara massage therapy 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.

amara massage therapy wellness: Women in Different Physique Nurazzura Mohamad Diah, 2023-03-23 Women's bodies often change as they face hormone depletion, menarche, pregnancy, menopause and ageing – and only women experience them. Talking about women's bodily changes is most definitely a challenging topic because women considered the changes as private matters and some dealt with in silence. To unravel the complexity of the topic, this book brings readers to the real stories of women who struggle with their bodily changes, how it is understood and comprehend by many. It compiles several themes related to women's issues written

by academics from the field of medicine and social sciences. The increasingly pervasive influence of Western perceptions of youth, femininity and sexuality, together with the increasing adoption of biomedical treatments have altered cultural understandings of women's bodies.

amara massage therapy wellness: Massage Therapy Trish Dryden, Christopher A. Moyer, 2012-04-10 *Massage Therapy: Integrating Research and Practice* presents the latest research examining the evidence for the use of various massage therapy techniques in treating pathological conditions and special populations. In this resource readers will find a synthesis of information from the diverse fields of kinesiology, medicine, nursing, physical therapy, and psychology. Authored by experts carefully selected for their specific knowledge, experience, and research acumen, *Massage Therapy: Integrating Research and Practice* will assist both students and practitioners in these areas: • Learning the benefits of evidence-based massage therapy practice • Understanding various research methods • Developing research skills by learning guidelines for writing case reports and journal articles • Understanding how to integrate massage therapy research into education and clinical practice This text presents a seamless integration of research and practice in four parts, providing readers first with a background to the field of massage therapy followed by discussion of research methods. Next is an evidence-based presentation of the efficacy of massage therapy for conditions and populations often encountered in massage therapy practice. This clinical section presents three patient populations (pediatric, athletic, and elderly); three pain-related types (headache, neck and shoulder pain, and low back pain); and six conditions that massage therapists may encounter: pregnancy and labor, scar treatment, cancer, fibromyalgia, anxiety and depression, and clients who have experienced sexual trauma. Recommendations and evidence-based treatment guidelines are clearly defined for each condition. Case reports developed from real-life cases are included in this section, offering readers a real-world context for the clinical content presented. The final section illustrates specific ways to integrate research into the educational and professional development of current and future massage therapists. It provides readers with the fundamental tools for a research-based approach in clinical practice, especially as it relates to special populations. A running glossary, chapter summaries, and critical thinking questions assist students in learning the content and act as self-study tools for practitioners. *Massage Therapy: Integrating Research and Practice* offers both students and practitioners of massage therapy the most current evidence-based information, guidelines, and recommendations for the treatment of conditions often seen in massage therapy practice. This essential reference will assist practitioners in understanding the scientific literature and its application in enhancing the practice of this safe and effective health intervention.

amara massage therapy wellness: Natural Menopause , 2021-03-02 Your go-to guide to understanding the changes and challenges of menopause Together with a team of experts, this comprehensive handbook will equip you with mindful practices and treatments to help alleviate menopause symptoms in a mindful, positive way, either alongside or without prescription medication. Coping with menopause can be tough, draining, and sometimes utterly debilitating for women. For years it has been seen as an illness that needed to be cured. *Natural Menopause* takes a different approach. Throughout the pages of this calm, authoritative, beautiful reference book, you'll find that menopause is a normal, natural process that does not need to be over-medicalized. Your journey is unique. This insightful book about menopause will help you find the right combination of resources that work for you. It includes: • Specialist expert writers for each section of the book - HRT, Natural Remedies, Exercise, Nutrition, and Mental Wellness • Practical strategies on how to manage menopause naturally and make it a more positive, empowering experience • A Symptom Finder in the introductory pages to help direct you to the correct section in the book Explore an extensive collection of natural remedies and complements to hormone replacement therapy. Adopt yoga poses to reduce stress and help you sleep. Use essential oils to manage mood swings and soothe headaches. Discover detoxifying foods that aid weight management and regulate hormones. Find the best exercises to boost your mood and energy levels. Finally, use CBT and mindfulness to relieve anxiety and calm hot flashes. Embrace the Change Filled with a wealth of invaluable

information, this book will help you stay physically, mentally, and spiritually well throughout your menopause journey. It's perfect for women over 40 who are already invested in natural wellness and want to apply the same principles to their menopause.

amara massage therapy wellness: Nourishing Destiny Lonny S. Jarrett, 2000

amara massage therapy wellness: The Fast Track to Enlightenment Amara Mahdhuri, 2006-11 Mahdhuri spent 30 years gathering information to quicken the process of enlightenment for herself and others. Through her own revelations and her study with different Masters, she has developed a system that potentially clears great portions of one's negative conditioning within 30 seconds.

amara massage therapy wellness: Ayurvedic Astrology David Frawley, 2007 Ayurvedic Medicine represents the healing branch of yogic science, while Vedic astrology provides its understanding of time and karma. Ayurvedic Astrology teaches the interface of these two extraordinary systems in the Vedic astrology of healing. The book explains how the different mind-body and planetary types of the two systems interrelate. It examines disease factors from an astrological perspective and goes into depth into astrological remedial measures, particularly gem therapy. It also contains many notable example charts.

amara massage therapy wellness: The TMJ Healing Plan Cynthia Peterson, 2010 Helps TMJ sufferers find a new way to alleviate their discomfort, offering tips of on posture, tongue placement, and simple physical therapy exercises that can reduce, relieve, and even eliminate TMJ-associated pain. Each section is illustrated with photos and drawings.

amara massage therapy wellness: Complementary & Alternative Therapies in Nursing Ruth Lindquist, Mariah Snyder, PhD, Mary Frances Tracy, 2014 Print+CourseSmart

amara massage therapy wellness: Handbook of Essential Oils K. Husnu Can Baser, Gerhard Buchbauer, 2009-12-28 Egyptian hieroglyphs, Chinese scrolls, and Ayurvedic literature record physicians administering aromatic oils to their patients. Today society looks to science to document health choices and the oils do not disappoint. The growing body of evidence of their efficacy for more than just scenting a room underscores the need for production standards, quality control parameters for raw materials and finished products, and well-defined Good Manufacturing Practices. Edited by two renowned experts, the Handbook of Essential Oils covers all aspects of essential oils from chemistry, pharmacology, and biological activity, to production and trade, to uses and regulation. Bringing together significant research and market profiles, this comprehensive handbook provides a much-needed compilation of information related to the development, use, and marketing of essential oils, including their chemistry and biochemistry. A select group of authoritative experts explores the historical, biological, regulatory, and microbial aspects. This reference also covers sources, production, analysis, storage, and transport of oils as well as aromatherapy, pharmacology, toxicology, and metabolism. It includes discussions of biological activity testing, results of antimicrobial and antioxidant tests, and penetration-enhancing activities useful in drug delivery. New information on essential oils may lead to an increased understanding of their multidimensional uses and better, more ecologically friendly production methods. Reflecting the immense developments in scientific knowledge available on essential oils, this book brings multidisciplinary coverage of essential oils into one all-inclusive resource.

amara massage therapy wellness: New Age , 1982-08

amara massage therapy wellness: The Complete Idiot's Guide to Girlfriend Getaways Lisa Kasanicky, 2009 Women.

amara massage therapy wellness: Hydrosols Suzanne Catty, 2001-03-01 • The first book devoted exclusively to aromatic hydrosols--gentle, water-based plant extracts that expand the healing, cosmetic, and culinary applications of aromatherapy. • The newest development in the field of aromatherapy. • The homeopathic form of aromatic treatment that is the perfect complement to other forms of vibrational medicine. • A comprehensive reference with more than 100 recipes and formulas for using hydrosols as well as sources of supply. • With an introduction by Kurt Schnaubelt, author of Advanced Aromatherapy and Medical Aromatherapy. Hydrosols is one of the most

anticipated books in the world of holistic health because it introduces a revolutionary new use of essential oils in aromatic treatment. Hydrosols, or hydrolates, are the pure, water-based solutions created when essential oils are steam distilled. Through this process, a potent, yet subtle form of medicine is created, one that is able to be ingested as well as applied directly to the skin, unlike most pure essential oils. In fact, hydrosols are considered the homeopathic version of aromatherapy, and as such are ideal for use with children, animals, and those with fragile immune systems. Suzanne Catty details the specifics of 67 hydrosols, provides formulas to treat more than 50 health concerns, and offers 40 delicious recipes in which hydrosols can be used. Her section on pets will help owners deal with urinary tract and digestive problems as well as grooming and odor issues. She also shows how hydrosols can be used with other forms of vibrational medicine and with feng shui, geomancy, and dowsing.

amara massage therapy wellness: Indianapolis Monthly, 2001-05 Indianapolis Monthly is the Circle City's essential chronicle and guide, an indispensable authority on what's new and what's news. Through coverage of politics, crime, dining, style, business, sports, and arts and entertainment, each issue offers compelling narrative stories and lively, urbane coverage of Indy's cultural landscape.

amara massage therapy wellness: 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.

amara massage therapy wellness: Medicinally Important Trees Aisha Saleem Khan, 2017-06-07 This book provides researchers and advanced students associated with plant and pharmaceutical sciences with comprehensive information on medicinal trees, including their identification, morphological characteristics, traditional and economic uses, along with the latest research on their medicinal compounds. The text covers the ecological distribution of over 150 trees, which are characterized mainly on the basis of their unique properties and phytochemicals of medicinal importance (i.e., anti-allergic, anti-diabetic, anti-carcinogenic, anti-microbial, and possible anti-HIV compounds). Due to the incredibly large diversity of medicinal trees, it is not possible to cover all within one publication, so trees with unique medicinal properties that are relatively more common in many countries are discussed here in order to make it most informative for a global audience. With over 100 illustrations taken at different stages of plant development, this reference work serves as a tool for tree identification and provides morphological explanations. It includes the latest botanical research, including biochemical advancements in phytochemistry techniques such as chromatographic and spectrometric techniques. In addition, the end of each chapter presents the most up-to-date references for further sources of exploration.

amara massage therapy wellness: HypnoBirthing, Fourth Edition Marie Mongan, 2015-12-08 HypnoBirthing® has gained momentum around the globe as a positive and empowering method of childbirth. In fact, more than 25,000 books were sold in 2014 through the author's website alone, and according to Nielsen BookScan, over 70,000 were sold through reporting retailers since its publication in 2005. Here's why: HypnoBirthing helps women to become empowered by developing an awareness of the instinctive birthing capability of their bodies. It greatly reduces the pain of labor and childbirth; frequently eliminates the need for drugs; reduces the need for caesarian surgery or other doctor-controlled birth interventions; and it also shortens birthing and recovery time, allowing for better and earlier bonding with the baby, which has been proven to be vital to the mother-child bond. What's more, parents report that their infants sleep better and feed more easily when they haven't experienced birth trauma. HypnoBirthing founder Marie Mongan knows from her own four births that it is not necessary for childbirth to be a terribly painful experience. In this book she shows women how the Mongan Method works and how parents they can take control of the greatest and most important event of their lives. So, why is birth such a traumatic event for so many women? And why do more than 40% of births now end in caesarian section, the highest percentage in

history? The answer is simple: because our culture teaches women to fear birth as a painful and unsettling experience. Fear causes three physical reactions in the body—tightening of the muscles, reduced blood flow to the birthing muscles, and the release of certain hormones—which increase the pain and discomfort of childbirth. This is not hocus-pocus; this is science.

amara massage therapy wellness: Veterinary Herbal Medicine Susan G. Wynn, Barbara Fougere, 2006-11-29 This full-color reference offers practical, evidence-based guidance on using more than 120 medicinal plants, including how to formulate herbal remedies to treat common disease conditions. A body-systems based review explores herbal medicine in context, offering information on toxicology, drug interactions, quality control, and other key topics. More than 120 herbal monographs provide quick access to information on the historical use of the herb in humans and animals, supporting studies, and dosing information. Includes special dosing, pharmacokinetics, and regulatory considerations when using herbs for horses and farm animals. Expanded pharmacology and toxicology chapters provide thorough information on the chemical basis of herbal medicine. Explores the evolutionary relationship between plants and mammals, which is the basis for understanding the unique physiologic effects of herbs. Includes a body systems review of herbal remedies for common disease conditions in both large and small animals. Discusses special considerations for the scientific research of herbs, including complex and individualized interventions that may require special design and nontraditional outcome goals.

amara massage therapy wellness: A Handbook of Native American Herbs Alma R. Hutchens, 1992-11-10 The author of 'the bible on herbalism' returns with a portable guide on North American medicinal herbs—for the professional and amateur herbalist alike Based on the now-classic reference text *Indian Herball of North America*, this illustrated pocket guide is the perfect companion for those eager to expand their knowledge of herbal healing. Through detailed descriptions and illustrations, Alma R. Hutchens walks readers through: • 125 of the most useful medicinal herbs found in North America, and their uses • How to create herbal remedies for common ailments • The herbal traditions of North America and other lands Entries include staples of folk medicine such as echinacea and slippery elm as well as common kitchen herbs—from parsley to thyme to pepper—whose tonic and healing properties are less widely known.

amara massage therapy wellness: Nutrition Almanac, Fifth Edition Lavon J. Dunne, 2001-09-05 Three million-copy bestseller Trusted for 30 years, the Nutrition Almanac has supplied accurate, up-to-date, factual information to a generation of health-conscious people. EASY-TO-USE HEALTH INFORMATION Offering reliable information on the latest scientific discoveries, and numerous handy charts and tables, this brand new edition of the Nutrition Almanac makes it so easy for you to find the facts you need for good health. It's your best buy for healthy living! HUNDREDS OF WAYS TO IMPROVE YOUR HEALTH Learn what vitamins and minerals can do for your body and mind Discover rich sources of vitamins and minerals in foods at your supermarket Fight disease, boost immunity, and slow the effects of aging with scientific information on nutrient benefits Optimize your nutritional status with tools in this book Find out which food ingredients and additives to avoid Evaluate supplement, herb, and vitamin fads with solid facts learn what works and what's a waste Get practical information on treatments from acupuncture to sound therapy Find more nutrition data, including newly released RDAs, calcium charts, and calorie figures for more activities Get trustworthy diet, health, and exercise information that can help you feel better every day of your life USED FOR: * Enhancing health * Preventing disease * Extending life * Boosting immunity * Increasing energy * Elevating mood * Controlling weight * Improving digestion * Bettering sports performance * Relieving symptoms The nutrition information you need!

amara massage therapy wellness: Healing SIBO Shivan Sarna, 2021-02-02 By combining cutting-edge technical and medical information from health experts with her own expert advice and insights as a patient who has been there herself, Shivan Sarna has created an invaluable resource for the millions of people struggling with SIBO. -Dr. Allison Siebecker A guide to recognizing and overcoming SIBO, with a 21-day plan to stop feeling bloated, start losing weight, and fix your gut. Millions of Americans suffer from bloating, constipation, diarrhea, food intolerances, and other

gastrointestinal symptoms. Many spend years in pain before they figure out just what's going on with their gut. And while irritable bowel syndrome (IBS) is commonly diagnosed, SIBO, a disorder with basically all the same symptoms, is not. Some studies show eighty percent of people who suffer from IBS, mostly women, likely also have SIBO, an overlooked health issue that is difficult to diagnose. So, what is SIBO? The acronym stands for Small Intestine Bacterial Overgrowth, a disorder in which bacteria that usually live in other parts of the gut start to proliferate and take up residence in the small intestine. This causes a whole confluence of symptoms, ranging from bloating and cramps, to uncontrollable weight gain or weight loss, to even malnutrition when the bacteria eat up vital nutrients from our food. After decades of dealing with debilitating symptoms with no relief, Shivan Sarna's life finally changed when she was diagnosed with SIBO. As she eliminated her symptoms one by one through lifestyle changes and help from her physicians, she started to synthesize her personal experiences with Western and naturopathic medicine and dedicate herself to advocating for those suffering from SIBO, or those who think they could be. Now, in this groundbreaking book, Shivan shares her step-by-step plan to treat, manage, and even heal SIBO, with information on what to eat and what to avoid, how to build a routine to manage your symptoms, and how to work with your doctor to find supplements and medications that promote healing. Shivan also includes a 21-day plan, which includes more than 40 recipes to put you on the path to recovery. Whether you're SIBO-diagnosed or SIBO-suspicious, this empowering guide will change the way you approach and think about your gut and overall health.

amara massage therapy wellness: College Success Amy Baldwin, 2020-03

amara massage therapy wellness: **Kularnava Tantra** M. P. Pandit, 2007 The Kularnava is perhaps the foremost Tantra of the Kaula School and is constantly cited as an authority in Tantric literature. It is worthy of close study by those who would understand the tenets and practice of the tradition of which it is a Sastra. The Introduction by Arthur Avalon gives a concise outline of the work. Sri M.P. Pandit who is a keen student of the Tantras and Vedas has rendered the work in English in eleven chapters. The readings are free translations, with annotations where necessary, omitting technical details but preserving the spirit and essential import of the original in his characteristically lucid style. The Kularnava prescribes the modes of preparation for the high quest; it draws upon ethics, religion, philosophy, yoga to elevate human life gradually to the level of godly life. It comprehends the multiple personality of man and provides for the healthy growth of his mental faculties, purification of his physical faculties through ritual, japa, mantra and upasana. Who is fit for the path of Tantra? Who is competent to guide the novice on the double - edged razor path? What is the responsibility of a Guru to a disciple? These and other relevant questions are raised and answered in a satisfying manner.

amara massage therapy wellness: **Neurosis Revealed** Hyman H. Rabinovitch, M.d., 2017-10-30 Neurosis refers to a mental illness which affects everyone to a greater or lesser extent, yet very little, if anything, is known about it. In contrast, the other mental illness, psychosis, is well known although quite rare. The two are entirely different in incidence, cause, signs and symptoms, treatment and prevention. The book is written in lay language to disclose the mystery of neurosis and clearly distinguish it from psychosis, the lay term for which is crazy. Unfortunately, through ignorance the term crazy may be applied to those suffering from neurosis. A plea is made for the abandonment of the unwarranted stigma associated with both illnesses. Neurosis is caused by psychic trauma in the past which is stored in the subconscious where it has a negative influence on the conscious in the present. Neurosis is the illness, psychic trauma its cause and Post-traumatic Stress Disorder (PTSD) its manifestation. Knowledge of the signs and symptoms of an illness is crucial to its recognition, as is knowledge of its cause to its prevention. Faulty parenting is the most common, but not only, cause of neurosis. Sub-optimal parenting is universal through lack of appropriate training, education or experience. As everyone has or has had a parent or two the consequent neurosis is ubiquitous. The treatment of neurosis is talk therapy of which there are many forms available. A little known, but highly effective, talk therapy entitled Intensive Short-term Dynamic Psychotherapy (ISTDP) is described in detail along with an explanation of the reason for its

effectiveness. Unfortunately, most individuals with neurosis today are treated with drug therapy (anti-depressants or tranquilizers for anxiety). This treatment is effortless, lucrative, non-curative and may be accompanied by burdensome side effects. The main beneficiary is the pharmaceutical industry. Suggestions of what to expect from the therapist are offered with the warning to reconsider pleasant friendly sessions lasting years or even decades. Good therapy should be stressful, completed within one year and certainly within two years in the case of fragile or highly resistant patients.

amara massage therapy wellness: Hair and Scalp Treatments Antonella Tosti, Daniel Asz-Sigall, Rodrigo Pirmez, 2019-09-12 Conditions of the hair and scalp often cause significant psychological distress and sometimes physical discomfort for patients. Similarly, finding the right treatment can prove challenging for the physician. *Hair and Scalp Treatments -- A Practical Guide*, focuses on therapy with each chapter briefly describing the disease to the reader and then teaching the step-by-step therapeutic algorithm. Procedures commonly used in the treatment of alopecias are also reviewed and detailed in specific chapters. This book also discusses everyday questions that patients commonly ask doctors and provides practical tips such as how to recommend the best shampoo, conditioner or hair dye for your patient, or how to prescribe the right nutritional supplements. There are additional sections on future treatments on the horizon and how regenerative medicine can be used. *Hair and Scalp Treatments -- A Practical Guide*, is the only book of its kind focused on treatment and addresses topics that are not covered by current titles on hair disorders. Written and edited by leading experts in the field, this practical guide can be used not only by dermatologists but by general practice and family physicians as well.

amara massage therapy wellness: Awaken Your Inner Wisdom Sister Jayanti, 2012-07-30 This is the time for laying the foundation of wisdom within your own consciousness. To become aware of the wise self within, to nurture it until it grows into a tree of strength that will provide fruit not only for you, but will help to inspire all those you come into contact with everyday. Gaining in knowledge about your own role and understanding your relationship with God will enable you to do the things that you need to do, so that a wiser civilization, and a new and better world, can be created. Today is the time to start receiving these treasures from God.

amara massage therapy wellness: The Healing Power of Rainforest Herbs Leslie Taylor, 2005 Rainforests contain an amazing abundance of plant life. What's most exciting is that scientists and researchers have only just begun to uncover the medicinal qualities of these plants, which offer new approaches to health and healing. *The Healing Power of Rainforest Herbs* is a valuable guide to these herbs and their uses. Detailing more than fifty rainforest botanicals, this book provides preparation instructions, presents the history of the herbs' uses by indigenous peoples, and describes current usage by natural health practitioners throughout the world. Helpful tables provide a quick guide for choosing the most appropriate botanicals for specific ailments. Here is a unique book that offers a blend of ancient and modern knowledge in an accessible reference format.

amara massage therapy wellness: The Sexual Practices of Quodoushka Amara Charles, 2011-07-26 Practical exercises to reach higher levels of orgasm, renew relationships, and discover the healing power of sex • Illustrates how to identify and best please the nine male and female genital anatomy types--such as Coyote Man or Buffalo Woman • Provides exercises for greater sexual pleasure and orgasmic intensity, including the Firebreath exercise for full-body orgasm • Explains how to perform powerful healing sexual energetic work with the chakras and light body Based on ancient Mayan, Olmec, and Toltec teachings passed down through the generations by the Twisted Hair Nagual Elders of the Sweet Medicine Sundance Path, the practice of Quodoushka offers practical guidance on sex, intimacy, and relationships as well as how to reach higher levels of orgasm and sexual ecstasy. Working with the healing power of sexual union and orgasm, this practice offers a path to repair emotional wounds and sexual insecurities, revive monotonous relationships, and discover the sweet medicine of sex. Revealing these once-secret teachings for the first time, initiated Quodoushka instructor Amara Charles explains the physical, energetic, and sexual qualities of the nine male and female genital anatomy types--such as Coyote Man or Buffalo

Woman--and how to identify and best please each type as well as take pride in your own unique anatomy. Describing the nine variations of orgasmic expression--from avalanche to forest fire--she provides exercises for greater sexual pleasure and increased orgasmic intensity, including the Firebreath exercise, a method for reaching a full-body orgasm through breathwork. Covering role playing and sexual energetic work with the chakras and the light body as well as ceremonies to bring the sacred back into your lovemaking, the practice of Quodoushka reveals how we can--through pleasure--become more sensitive, creative lovers.

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at the local massage therapy school near her home. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

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