

back to balance massage therapy and wellness services

Back to Balance: Massage Therapy and Wellness Services – Your Path to Holistic Wellbeing

Are you carrying the weight of the world on your shoulders? Feeling stressed, stiff, and utterly depleted? Then it's time to rediscover the power of balance with Back to Balance Massage Therapy and Wellness Services. This isn't just another massage; it's a holistic journey toward physical and mental rejuvenation. This comprehensive guide dives deep into the world of massage therapy and wellness, exploring how Back to Balance can help you reclaim your vitality and find your center. We'll cover various massage techniques, the benefits of holistic wellness, and how to choose the right services to meet your specific needs. Get ready to journey back to balance!

Understanding the Importance of Holistic Wellness

Before we delve into the specific services offered at Back to Balance, let's first understand the core concept of holistic wellness. Holistic wellness isn't simply about the absence of disease; it's about achieving a state of complete physical, mental, and emotional well-being. It recognizes the interconnectedness of mind, body, and spirit, understanding that neglecting one area negatively impacts the others. Stress, for example, can manifest as physical tension, leading to headaches, back pain, and digestive issues. Similarly, chronic pain can significantly impact mental and emotional health, leading to anxiety and depression.

Back to Balance acknowledges this interconnectedness and offers a range of services designed to address your wellness needs holistically. We believe that true healing comes from addressing the root cause of your imbalances, not just masking the symptoms.

The Power of Therapeutic Massage at Back to Balance

Massage therapy is a cornerstone of our wellness approach. We offer a variety of massage modalities tailored to individual needs, including:

Swedish Massage: This classic technique uses long, flowing strokes to relax muscles, improve circulation, and reduce stress. It's ideal for individuals seeking general relaxation and stress relief.

Deep Tissue Massage: For those experiencing chronic muscle pain or tightness, deep tissue massage targets deeper layers of muscle tissue to release tension

and improve range of motion. This is a more intense technique and may cause some soreness afterward.

Sports Massage: Specifically designed for athletes, this massage helps prevent injuries, improve performance, and accelerate recovery after strenuous activity. It focuses on addressing muscle imbalances and improving flexibility.

Prenatal Massage: A gentle and supportive massage tailored to the needs of pregnant women, addressing common discomforts like back pain, leg cramps, and swelling. Special techniques and positioning ensure the safety and comfort of both mother and baby.

Hot Stone Massage: This luxurious massage uses smooth, heated stones to relax muscles, improve circulation, and promote deep relaxation. The warmth of the stones penetrates deeply, enhancing the therapeutic benefits of the massage.

Beyond Massage: Complementary Wellness Services

At Back to Balance, we believe that true wellness extends beyond massage therapy. Therefore, we offer a range of complementary services to support your holistic journey:

Acupuncture: This ancient Chinese medicine technique involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing. Acupuncture can be incredibly effective in relieving pain, reducing stress, and improving overall well-being.

Yoga Therapy: Guided yoga sessions tailored to your individual needs and abilities, focusing on improving flexibility, strength, and balance. Yoga therapy can be a powerful tool for stress reduction and pain management.

Nutritional Counseling: Working with a registered dietitian to develop a personalized nutrition plan that supports your overall health and wellness goals. Proper nutrition is fundamental to achieving optimal physical and mental well-being.

Choosing the Right Services for You

Navigating the world of wellness services can feel overwhelming. At Back to Balance, we prioritize personalized care. During your initial consultation, we'll take the time to understand your specific needs, goals, and health history. This allows us to create a customized treatment plan that addresses your unique requirements and helps you achieve your desired outcomes. Whether you're seeking relief from chronic pain, stress reduction, or simply a moment of relaxation, we'll work with you to create a plan that helps you get back to balance.

The Back to Balance Difference

What sets Back to Balance apart is our commitment to providing a truly holistic and personalized experience. We are dedicated to creating a welcoming and tranquil environment where you can feel comfortable and safe. Our highly skilled and experienced therapists are passionate about helping you achieve your wellness goals. We believe in empowering you to take control of your health and well-being, providing you with the tools and support you need to live a happier, healthier life.

Conclusion

Reclaiming your balance is a journey, not a destination. Back to Balance Massage Therapy and Wellness Services is here to guide you every step of the way. By combining the power of therapeutic massage with complementary wellness services, we provide a comprehensive approach to holistic well-being. Schedule your appointment today and experience the transformative power of balance. Let us help you rediscover your vitality and live your best life.

Frequently Asked Questions (FAQs)

1. Do I need a referral to book an appointment at Back to Balance? No, referrals are not required. You can book an appointment directly through our website or by phone.
1. What forms of payment do you accept? We accept major credit cards, debit cards, and cash.
1. What should I wear to my appointment? Comfortable, loose-fitting clothing is recommended. We provide robes for those who prefer them.
1. How long are the massage sessions? Massage session lengths vary depending on the type of massage chosen. Please check our website for details or contact us to discuss your options.
1. What if I have a specific medical condition? It's crucial to inform us

about any medical conditions or injuries you have prior to your appointment. This will allow us to tailor the treatment to your specific needs and ensure your safety and comfort.

back to balance massage therapy and wellness services: 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'

back to balance massage therapy and wellness services: 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.

back to balance massage therapy and wellness services: Zen Shiatsu Shizuto Masunaga, Wataru Ohashi, 1977 An advanced, comprehensive book incorporating meditative psychology, massage and adjusting techniques into a holistic approach to health.

back to balance massage therapy and wellness services: Live Pain-free Lee Albert, 2018-02-15 Don't let chronic pain control you! Take charge of your health today with Live Pain Free: Eliminate Chronic Pain without Drugs or Surgery. In this book, you will quickly learn how to enjoy permanent pain relief in only a few minutes a day. Here Neuromuscular Therapist Lee Albert shares his Integrated Positional Therapy (IPT) techniques. They have already been used by thousands of people to successfully reduce or get rid of their chronic pain. Integrated Positional Therapy was designed to eliminate pain at its root cause and not to simply hide the symptoms. This system can help you to correct the muscle imbalances in your own body, right way, today. With easy-to-follow instructions and illustrative photos, Live Pain Free: Eliminate Chronic Pain without Drugs or

Surgery, 2nd edition delivers simple, therapeutic self-care techniques that anyone can do. No previous experience or special equipment is necessary, and the practices are designed to fit your busy lifestyle. Many of the strengthening and stretching exercises can be done in the bed, on the couch or at the office. Live Pain Free: Eliminate Chronic Pain without Drugs or Surgery will teach you how to quickly identify the most common misalignments and get your body back into balance and back to health by using some simple techniques that you can do right now. What are you waiting for?

back to balance massage therapy and wellness services: 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.

back to balance massage therapy and wellness services: 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'.

back to balance massage therapy and wellness services: Complementary and Alternative Medicine in the United States Institute of Medicine, Board on Health Promotion and Disease Prevention, Committee on the Use of Complementary and Alternative Medicine by the American Public, 2005-04-13 Integration of complementary and alternative medicine therapies (CAM) with conventional medicine is occurring in hospitals and physicians offices, health maintenance organizations (HMOs) are covering CAM therapies, insurance coverage for CAM is increasing, and integrative medicine centers and clinics are being established, many with close ties to medical schools and teaching hospitals. In determining what care to provide, the goal should be comprehensive care that uses the best scientific evidence available regarding benefits and harm, encourages a focus on healing, recognizes the importance of compassion and caring, emphasizes the

centrality of relationship-based care, encourages patients to share in decision making about therapeutic options, and promotes choices in care that can include complementary therapies where appropriate. Numerous approaches to delivering integrative medicine have evolved. Complementary and Alternative Medicine in the United States identifies an urgent need for health systems research that focuses on identifying the elements of these models, the outcomes of care delivered in these models, and whether these models are cost-effective when compared to conventional practice settings. It outlines areas of research in convention and CAM therapies, ways of integrating these therapies, development of curriculum that provides further education to health professionals, and an amendment of the Dietary Supplement Health and Education Act to improve quality, accurate labeling, research into use of supplements, incentives for privately funded research into their efficacy, and consumer protection against all potential hazards.

back to balance massage therapy and wellness services: HOLISTIC APPROACH TO YOUR HEALTH AND WELLNESS Dr. Mahmoud Sous, 2021-11-19 Do you want to improve your health and well-being? This book, developed by Dr. Sous and his team will help you to think out of the box for your pain and impairments with a holistic approach like soft tissue release, Swedish massage, herbs, and herb-infused oil recipes. This approach has gained much demand nowadays as not only one single thing can pain. We need to incorporate all the method which work on pain, fastens the recovery process, and promotes individual well-being. In addition, there is an increasing trend of using Swedish massage for relaxation which is also as an important rehabilitation tool for clients. In this book you will learn, first-hand, how to assess your pain and impairments, as well as how to maintain, rehabilitate, and augment these techniques to relieve pain. The book breaks down in detail basic and advanced techniques covering all the joints of body as well as some common conditions. Apart from these techniques, this book also provides a thorough knowledge of herbs and its effects in various conditions. By the end of the book, you will be enlightened by numerous recipes for pain relief and relaxation. Also, there is a guide for the benefits of healthy diet. When these things are combined the purpose of treatment and well-being is achieved.

back to balance massage therapy and wellness services: How to Heal with Singing Bowls Suren Shrestha, 2009 Book & CD. Over the centuries many people have found relief from pain, stress, negative energy, and a variety of physical ailments through the sound and vibrations of Tibetan singing bowls, whose use has become increasingly popular in the West. This book offers step-by-step techniques for using the bowls for meditation, relaxation, and healing ailments such as insomnia, headache, stress-related intestinal disorders, and high blood pressure. A CD demonstrating the methods accompanies the book.

back to balance massage therapy and wellness services: Outside the Box Cancer Therapies Dr. Mark Stengler, 2019-05-07 Now in paperback: A thorough, cutting-edge, alternative therapy-focused exploration of Integrative Oncology care. With approximately 40 percent of men and women in the United States being diagnosed with cancer at some point in their lifetime, very few of us escape having cancer touch our lives in some way--whether it is our own life or that of a loved one. Scientific research continues to prove the benefits of nutritional and holistic therapies, yet, for the most part, these approaches to treatment still remain unexplored by the conventional medical establishment. With integrative and holistic healing being sought after and supported by more and more of the general public and medical community for various elements of everyday life, it only makes logical sense to explore these therapies with regard to one of the most prevalent causes of death of our time. In *Outside the Box Cancer Therapies*, naturopathic medical doctors Mark Stengler and Paul Anderson combine their expertise to focus on the most critical components of integrative oncology care. Supported by extensive research and decades of clinical experience, Dr. Stengler and Dr. Anderson thoroughly explain: • the different types of cancer and their causes • how proper nutrition can help to prevent and treat cancer • the most well-studied supplements to use with cancer treatment • cutting-edge naturopathic therapies, and • natural solutions to common problems, such as the side effects of chemotherapy and radiation With a clear and focused approach, Dr. Stengler and Dr. Anderson provide a definitive and comprehensive resource for anyone seeking

to heal from cancer or a professional looking for the most cutting, up-to-date integrative approaches to treatment.

back to balance massage therapy and wellness services: 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.

back to balance massage therapy and wellness services: 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.

back to balance massage therapy and wellness services: Massage and Therapeutic Exercise Mary McMillan, 1921

back to balance massage therapy and wellness services: Raindrop Technique D. Gary Young, 2003-04

back to balance massage therapy and wellness services: Indianapolis Monthly , 2006-07

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.

back to balance massage therapy and wellness services: Acupressure's Potent Points

Michael Reed Gach, PhD, 2011-11-09 With your hands you have potential to relieve everyday aches, pains and ailments without taking drugs, to improve your health, and to increase your vitality. Acupressure is an ancient healing art that uses the fingers to stimulate key points on the skin that, in turn, activate the body's natural self-healing processes. With this book, it is a skill you can learn now--and use in your own home. In *Acupressure's Potent Points*, Michael Reed Gach, founder and director of the Acupressure Institute of America, reveals simple techniques that enable you to relieve headaches, arthritis, colds and flu, insomnia, backaches, hiccups, leg pain, hot flashes, depression, and more--using the power and sensitivity of your own hands. This practical guide covers more than forty ailments and symptoms, from allergies to wrist pain, providing pressure-point maps and exercises to relieve pain and restore function. Acupressure complements conventional medical care, and enables you to take a vital role in becoming well and staying well. With this book you can turn your hands into healing tools--and start feeling good now.

back to balance massage therapy and wellness services: *One Door Closes* Tom Ingrassia,

Jared Chrudimsky, 2013-10-01 Are you looking for a vehicle to break through the roadblocks and detours that have sidetracked you on life's highway? *One Door Closes: Overcoming Adversity By Following Your Dreams* presents the inspiring stories of 16 people who have overcome seemingly insurmountable obstacles in order to live into their dreams. Through their powerful stories, these dreamers share a road map guiding the reader to discover how to live their life with vision, courage, determination and passion. Incorporating holistic self-assessment tools and self-motivational techniques, *One Door Closes* will help you to develop the skills to take 100% responsibility for your life, as you clarify and set your goals--and then use the power you already have within to achieve those goals. Enhance your sense of worth as an individual Learn why it is important to check in with yourself periodically as a blueprint for a more satisfied and productive career and personal life

Identify your true passion Discover how to reach your dreams AND be inspired!

back to balance massage therapy and wellness services: *Help Clients Lose Weight* IDEA Health & Fitness, 2002

back to balance massage therapy and wellness services: *Pilates for Rehabilitation* Wood, Samantha, 2019 Pilates for Rehabilitation explains how to incorporate Pilates exercises into rehabilitation programs to heal injuries, improve core strength, promote efficient movement, and help manage pain.

back to balance massage therapy and wellness services: *The Emotion Code* Dr. Bradley Nelson, 2019-05-07 I believe that the discoveries in this book can change our understanding of how we store emotional experiences and in so doing, change our lives. The Emotion Code has already changed many lives around the world, and it is my hope that millions more will be led to use this simple tool to heal themselves and their loved ones.—Tony Robbins In this newly revised and expanded edition of The Emotion Code, renowned holistic physician and lecturer Dr. Bradley Nelson skillfully lays bare the inner workings of the subconscious mind. He reveals how emotionally-charged events from your past can still be haunting you in the form of trapped emotions—emotional energies that literally inhabit your body. These trapped emotions can fester in your life and body, creating pain, malfunction, and eventual disease. They can also extract a heavy mental and emotional toll on you, impacting how you think, the choices that you make, and the level of success and abundance you are able to achieve. Perhaps most damaging of all, trapped emotional energies can gather around your heart, cutting off your ability to give and receive love. The Emotion Code is a powerful and simple way to rid yourself of this unseen baggage. Dr. Nelson's method gives you the tools to identify and release the trapped emotions in your life, eliminating your "emotional baggage," and opening your heart and body to the positive energies of the world. Filled with real-world examples from many years of clinical practice, The Emotion Code is a distinct and authoritative work that has become a classic on self-healing.

back to balance massage therapy and wellness services: *Modern Neuromuscular Techniques* Leon Chaitow, 2010-08-25 Fully updated throughout, this popular book explains the history, rationale, and detailed descriptions of the class of soft tissue manipulation methods known collectively as NMT techniques. Complete with accompanying website - www.chaitowonline.com - which contains film sequences of the author demonstrating the techniques, this book will be ideal for bodyworkers and acupuncturists in Europe, the USA and beyond. - Facilitates the rapid and accurate identification of local soft-tissue dysfunction - Explains the origin of soft tissue distress - Provides diverse maps and explanations for the patterns of tender and trigger points seen daily in clinical practice - Includes guidance on the use of NMT for the treatment of the symptoms of fibromyalgia and abdominal dysfunction - Gives important guidance on the treatment of trigger points in treating lymphatic dysfunction - Discusses the use of NMT in the management of pain and hyperventilation - Explains the diagnostic and therapeutic value of tender reflex points related to viscerosomatic and somatic-visceral reflexes - Describes both European and North American versions of NMT - Provides a clear set of treatment options for all bodywork therapists and acupuncture practitioners - Authored by a highly respected, internationally known teacher, practitioner and author, with contributions from three leading practitioners from the U.S. and Europe - Contains a new chapter on the value of Thai Yoga massage, associated with NMT methodology - Contains source material and commentary on the contribution of Raymond Nimmo DC in the evolution of NMT - Website - www.chaitowonline.com - containing updated video clips demonstrating the application of NMT

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back to balance massage therapy and wellness services: *New York*, 2008

back to balance massage therapy and wellness services: *CranioSacral Therapy: Touchstone for Natural Healing* John E. Upledger, 2001-05-31 In CranioSacral Therapy: Touchstone for Natural Healing, John E. Upledger, DO, OMM, recounts his development of CranioSacral Therapy. He shares poignant case studies of restored health: a five-year-old autistic

boy, a man with Erb's palsy, a woman with a fifteen year history of severe headaches, and numerous others. And he offers simple CranioSacral Therapy techniques you can perform at home on yourself or loved ones.

back to balance massage therapy and wellness services: The Business of Massage Therapy Jessica Abegg, 2012 This is the premiere guide to managing a successful massage career and running a successful holistic business. Written by veteran massage therapist and holistic business coach Jessica Abegg (LMT, MBA, MSIB), this visual, hands-on book contains all the tools readers need. It focuses on both practical concerns (such as finance and legal organization), and intangible elements of success (reflection, balance, and self-care). It also includes vital information on marketing and the Internet: knowledge often absent in the high-touch, low-tech world of massage. Throughout, it reflects the growing recognition that it is urgently important to help practitioners manage businesses and careers more successfully, as reflected in the inclusion of Business Practices in the new Massage Therapy Body of Knowledge.

back to balance massage therapy and wellness services: Meridian Massage Cindy Black, 2015-12-12 The meridian pathways of the human body were mapped out by gifted healers in China thousands of years ago. Working with the invisible energy (Qi) that flows through these pathways, they were able to heal illness. Perhaps more importantly, they were able to support vitality in ways that prevent illness and encourage wellness. Vitality is an expression of energy. Meridian Massage is a hands-on modern application of this ancient wisdom to balance mind, body, and spirit for health and happiness. Knowing how to work directly with energy opens a powerful dimension for massage therapists and bodyworkers to access through their work. An organized and practical integration of modern energy work and ancient Chinese medicine, Meridian Massage can complement any form of hands-on healing.

back to balance massage therapy and wellness services: Therapy for Amputees Barbara Engstrom, Catherine Van de Ven, 1999 An interdisciplinary team of experts addresses all aspects of rehabilitation for amputees, from assessments and psychosocial considerations through evidence-based treatment approaches and more. The New Edition is updated to incorporate the latest advances in this field, and to reflect the fact that amputees now receive rehabilitation therapy in a variety of settings.

back to balance massage therapy and wellness services: Trauma Releasing Exercises (TRE) David Berceli, 2005-05-03 This book explains many aspects of the trauma recovery process in uncomplicated language and uses basic concepts for the non-professional. It includes the ground-breaking, Trauma Releasing Exercises (TRE). These exercises elicit mild psychogenic tremors that release deep chronic tension in the body and assist the individual in the trauma healing process.

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back to balance massage therapy and wellness services: A Joyful Pause Nicole Taylor, 2018-07-31 A Joyful Pause is about coming home to yourself. Have you noticed that everything is changing? Work has shifting demands, home life is busy, and the world around us is changing at an unparalleled speed. Now is the time to find the place in each of us that is steady in the midst of change. Learning how to pause is a helpful practice. We can build the habit of taking a few moments out of each day to turn our awareness inward. The practices that restore body, mind, and connection to spirit take time, and they ask us to create a bit of quiet and some internalization. A Joyful Pause is structured to make this easy for you to do. The connection we seek is in the pause, and through that connection, we come to know that we are home. A Joyful Pause helps you fill your life with more connection. These practices are here to help you bring more of your whole self into your life every day and to feel the love that is always there, just under the surface of our experiences.

back to balance massage therapy and wellness services: New York Magazine , 1997-06-23
New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

back to balance massage therapy and wellness services: *Treat Your Own Shoulder* Robin McKenzie, Grant Watson, Robert Lindsay, 2018

back to balance massage therapy and wellness services: BLACK BK OF MICRO ACUPUNCTURE Andy Rosenfarb, 2017-02-14 Acupuncture has been used to treat and prevent disease for over 4,000 years. By revealing strengths and weaknesses affected by genetics, emotions, environmental and lifestyle factors, doctors of Chinese Medicine can help patients achieve long and healthy lives. After decades of clinical experience and treating thousands of patients using the Micro Acupuncture 48 system, Dr. Rosenfarb introduced this highly effective acupuncture system to the acupuncture community to make the method more widely available for patients in need. As a world-renown expert in treating pain and ophthalmic diseases, he has written *The Black Book of Micro Acupuncture 48* to explain the theory and clinical applications behind the Micro Acupuncture 48 system and to help the practitioner to understand and correct underlying factors that drive the pain and dysfunction the people experience. Additionally, Dr. Rosenfarb describes Micro Acupuncture 48's ophthalmic applications for degenerative eyes conditions like macular degeneration, retinitis pigmentosa, glaucoma and diabetic retinopathy - including case studies for the practitioners benefit. Researchers are encouraged to review a list of acupuncturists trained in Micro Acupuncture 48 at www.microacupuncture48.com. The true mark of an expert professional is one that conveys the idea so somebody like me (a novice) can easily do and apply the ideas presented. Andy does just this in his new book! I don't have much experience with ophthalmic acupuncture but by reading his book I have been able to apply his ideas, theories, and points IMMEDIATELY! I have always respected and valued what Andy does and has done for our profession. This book is MUST for anybody wanting to help their patients! I'm grateful and thankful for Andy! Bravo! Amazing work! Brad Whisnant, DAOM, LAc
The Black Book of Micro Acupuncture 48 by Andy Rosenfarb is an instant classic in the field of Acupuncture. Introducing this new acupuncture system called Micro Acupuncture 48, a contemporary acupuncture system using only 48 newly discovered acupuncture points. Dr. Rosenfarb is the world's leading practitioner in the field of TCM Ophthalmology. He shares the secrets of Micro Acupuncture 48 with treatment methods, strategies and frequencies of treating Pain & Ophthalmic Diseases, including guidelines and detailed case studies. This book is a must for all Acupuncturists and TCM practitioners wanting to practice a highly effective form of Micro Acupuncture! Robert Chu, PhD, LAc., QME This book is an invaluable resource for practitioners who are interested in treating pain, degenerative eye diseases and other chronic neurological conditions. As a profession we are fortunate that Andy, a highly experienced academic and clinical practitioner, is sharing his vast knowledge with us. For the first time in print, a thorough explanation of Micro Acupuncture 48 theory and practice will allow the practitioner to begin using these techniques immediately and improving their clinical results. Matt Callison, LAc.

back to balance massage therapy and wellness services: Body & Soul (Watertown, Mass.) , 2004

back to balance massage therapy and wellness services: Integrative Reflexology(r)
Claire Marie Miller, 2017-01-28 Integrative Reflexology(R) Theory and Practice offers an innovative and in-depth four theory approach and program for integrating reflexology into massage and bodywork. Claire Marie Miller's comprehensive approach has been developed over her last 37 years of practice and teaching.

back to balance massage therapy and wellness services: Medical Massage Ross Turchaninov, 2004

back to balance massage therapy and wellness services: Our Inner Ocean LeCain W. Smith, 2014-08-12 Good health is something we all aspire to, but its so much more than just being free of disease. A perfectly functioning body, tranquil mind, and vibrant spirit working together harmoniously create the joy and happiness that put the good in good health and the worth into a life worth living. Our Inner Ocean describes ancient and new holistic modalities of practitioner-applied bodywork and revitalizing self-care practices. These illuminate our human potential and awaken our ability to attain and maintain perfect health and well-being. These modalities act as a springboard from which to dive into our inner ocean the realm of wisdom within that is entered by making the body, breath, and energy our allies. This mystical space of awareness, intuition, peace, and love can become the resting place of the spirit, subtly working its magic on ourselves and others. Bodywork has long been recognized as a way to help people feel better physically, but the magic of touch can also help us tap in to the wisdom of the body, discover the power of the energy that permeates it, and evoke its innate healing ability. Self-care practices such as yoga, qi gong, breathwork, and meditation help us become our own healers. When we pass through these portals into the inner ocean, we can reduce stress and pain, release blockages, prevent and resolve dysfunctions, and ignite our spiritual nature. And in doing so, we make the world a better place.

back to balance massage therapy and wellness services: Spa Management , 2005

back to balance massage therapy and wellness services: *Miami Golf Journal* IN Publisher,

back to balance massage therapy and wellness services: Different Types of Massage Therapy and Their Unique Benefits - Chandrima Spa Ajman Chandrima Spa Ajman, 2024-08-09 Planning a visit to Ajman and seeking that extra special something to really make the experience great? Then a visit to Chandrima Spa will definitely enhance your itinerary. Ranking among the popular massage centers in Ajman, Chandrima Spa gives a variety of outstanding services in bringing relaxation and wellness.

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