

balance massage and wellness studio

Find Your Balance: A Deep Dive into Balance Massage and Wellness Studio

Are you feeling overwhelmed, stressed, or just plain exhausted? Do you crave a sanctuary where you can escape the daily grind and reconnect with your body and mind? Then you've come to the right place. This blog post is a comprehensive guide to Balance Massage and Wellness Studio, exploring everything we offer to help you achieve ultimate relaxation and well-being. We'll delve into our unique services, the benefits of massage therapy, and what sets us apart from other wellness studios. Get ready to discover your path to inner peace and optimal health.

Unwind and Rejuvenate: Our Signature Massage Services at Balance Massage and Wellness Studio

At Balance Massage and Wellness Studio, we believe that true wellness encompasses more than just physical health. It's about nurturing your mind, body, and spirit. Our massage therapists are highly trained professionals dedicated to providing personalized experiences tailored to your individual needs. We offer a wide range of massage modalities, including:

Swedish Massage: This classic technique uses long, flowing strokes to promote relaxation, reduce muscle tension, and improve circulation. Perfect for relieving stress and promoting overall well-being.

Deep Tissue Massage: Ideal for chronic pain and muscle stiffness, deep tissue massage targets deeper layers of muscle and connective tissue to release tension and improve flexibility. Our therapists are skilled in identifying and addressing specific problem areas.

Hot Stone Massage: Experience the ultimate in relaxation with our hot stone massage. Smooth, heated stones are placed on your body to gently melt away tension and promote deep relaxation. The warmth of the stones penetrates deeply, easing muscle pain and improving circulation.

Prenatal Massage: Designed specifically for expectant mothers, our prenatal massage uses gentle techniques to alleviate common pregnancy discomforts such as back pain, leg cramps, and swelling. Our therapists are certified in prenatal massage and understand the unique needs of pregnant women.

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

Beyond Massage: Holistic Wellness at Balance Massage and Wellness Studio

We understand that true wellness is multifaceted. That's why, at Balance Massage and Wellness Studio, we offer a comprehensive range of services

designed to support your holistic health journey:

Acupuncture: Experience the ancient art of acupuncture, a traditional Chinese medicine technique that uses thin needles to stimulate specific points on the body. Acupuncture can help relieve pain, reduce stress, and improve overall health and well-being. Our licensed acupuncturist is highly experienced and dedicated to providing personalized treatments.

Reiki: Reiki is a gentle, non-invasive energy healing modality that promotes relaxation and stress reduction. Our certified Reiki practitioners use gentle touch to channel energy and help restore balance within the body.

Yoga Classes: Our studio offers a variety of yoga classes for all levels, from beginner to advanced. Yoga is a fantastic way to improve flexibility, strength, balance, and stress management. Our experienced instructors create a welcoming and supportive environment for all students.

Meditation Sessions: Learn techniques for deep relaxation and stress reduction through guided meditation sessions. Our meditation instructors will guide you through calming exercises to help you find inner peace and clarity.

The Balance Difference: Why Choose Us?

At Balance Massage and Wellness Studio, we're committed to providing an exceptional experience from start to finish. What sets us apart?

Experienced and Certified Professionals: Our team is comprised of highly trained and certified professionals with years of experience in their respective fields.

Personalized Approach: We believe in tailoring each treatment to your specific needs and preferences. We'll take the time to understand your concerns and create a personalized plan to help you achieve your wellness goals.

Serene and Relaxing Atmosphere: Escape the stresses of daily life in our tranquil and inviting studio. We've created a sanctuary where you can truly unwind and reconnect with yourself.

Commitment to Quality: We use only the highest quality products and equipment to ensure your comfort and safety.

Convenient Location and Scheduling: We offer flexible scheduling options to make it easy to fit your wellness appointments into your busy lifestyle.

Book Your Appointment Today and Reclaim Your Balance

Are you ready to experience the transformative power of massage and wellness? Contact Balance Massage and Wellness Studio today to book your appointment and embark on your journey to a healthier, happier you. Visit our website [Insert Website Address Here] to learn more about our services, pricing, and to schedule your appointment online. We look forward to welcoming you to our peaceful oasis.

Conclusion

Balance Massage and Wellness Studio is more than just a massage studio; it's a haven designed to help you achieve holistic well-being. Our wide range of services, experienced professionals, and tranquil atmosphere create the perfect environment for relaxation, rejuvenation, and self-discovery. Invest in your well-being - your mind and body will thank you for it.

FAQs

1. Do you offer gift certificates? Yes, we offer gift certificates for any of our services, making them the perfect gift for friends, family, or colleagues.
1. What forms of payment do you accept? We accept cash, credit cards (Visa, Mastercard, American Express), and most major debit cards.
1. Do I need a referral to book an appointment? No, referrals are not required. You can book an appointment directly through our website or by calling our studio.
1. What should I wear to my massage appointment? We recommend wearing comfortable clothing that you can easily change into. We provide robes and towels for your convenience.
1. What if I need to cancel or reschedule my appointment? We understand that plans can change. Please contact us as soon as possible to cancel or reschedule your appointment, and we will do our best to accommodate you.

balance massage and wellness studio: Balance Your Hormones, Balance Your Life Claudia Welch, 2011-03-22 Deepak Chopra meets Christiane Northrup in this women's health guide, which uses Ayurvedic and traditional Chinese Medicine to achieve hormonal balance and optimal well-being.

balance massage and wellness studio: 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.

balance massage and wellness studio: Spa Management , 2006

balance massage and wellness studio: Thai Massage Ananda Apfelbaum, 2004-01-05 Thai Massage, Sacred Bodywork is a complete guide to an ancient practice that benefits body, mind, and spirit. Interest in Thai massage has been growing rapidly. This is no surprise given its unique multifaceted approach to the body. Thai massage combines acupressure, stretching, reflexology, assisted yoga postures, herbal compresses, prayer and meditation. It benefits everyone. Sometimes called the lazy person's yoga, Thai massage stretches and relaxes the muscles, increases the joints' range of motion, and balances energy flow throughout the body. Thai Massage, Sacred Bodywork provides fully illustrated, step-by-step instructions which enable the reader to use this integrative and interactive therapy with a partner at home or with a client. The book explains the historical and philosophical background of Thai massage as well as its religious origins. Throughout the book, Ananda always reminds us of the deeper meaning of this sacred modality—compassion in action. A must for all those interested in the healing arts.

balance massage and wellness studio: Drunk Yoga Eli Walker, 2019-01-15 The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any pour decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

balance massage and wellness studio: 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.

balance massage and wellness studio: 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?

balance massage and wellness studio: San Diego Magazine , 2007-09 San Diego Magazine gives readers the insider information they need to experience San Diego—from the best places to dine and travel to the politics and people that shape the region. This is the magazine for San Diegans with a need to know.

balance massage and wellness studio: New York , 2008

balance massage and wellness studio: San Diego Magazine , 2007-04 San Diego Magazine gives readers the insider information they need to experience San Diego—from the best places to dine and travel to the politics and people that shape the region. This is the magazine for San Diegans with a need to know.

balance massage and wellness studio: Wellness for Makers Missy Graff Ballone, 2022-08-16 Learn the actions, movements, and best practices to help your body—your main craft tool—perform its best For artists and craftsmen of all ages to reduce their risk of injury in the studio Author is well known as founder of Wellness for Makers®, a company focused on this topic

balance massage and wellness studio: The School of Natural Healing John R. Christopher, 2009-12-17

balance massage and wellness studio: Neolithic Dew-ponds and Cattle-ways Arthur John Hubbard, George Hubbard, 1907

balance massage and wellness studio: Moon Honolulu & Oahu Kevin Whitton, 2016-10-18 Make Your Escape! The ideal balance between lively metropolis and serene shores, O'ahu is the heartbeat of the Hawaiian Islands. See the soul of Hawaii with Moon Honolulu & O'ahu, the travel guide preferred by locals. What you'll find in Moon Honolulu & O'ahu: Expert, local author Kevin Whitton provides an adventurers perspective on his beloved island home Full-color guides with vibrant, helpful photos, all in an easy-to-navigate format Detailed directions and over 20 maps for exploring on your own O'ahu travel itineraries for every trip and budget with options for rainy days, including: O'ahu in Seven Days, Best Beaches, Family Fun, Best Snorkeling and Diving, Hit the Trail, Best Surfing, Historical Sites, Hotspots for Honeymooners In-depth coverage for Waikiki, Honolulu, the North Shore, Hanauma Bay and Southeast, Kailua and Windward, and Ko Olina and Leeward Honest advice on finding the best accommodations, accessible transportation, and experiencing the real O'ahu Activities and ideas for every traveler: spot sea turtles as you snorkel the coral reefs, or go whale-watching. Hike, bike, or do yoga on the beach before unwinding at a spa, golfing, or hitting a tennis court. Attend a traditional luau and sample Polynesian cuisine, or visit historic landmarks like Pearl Harbor Accurate information, researched by a local, including background on the landscape, plants and animals, history, and culture Handy tools such as detailed lodging information and suggestions on LGBT+ travel and eco-tourism, all in a book light enough for your beach bag With Moon Honolulu & O'ahu's practical tips, myriad activities, and local insight on the best things to do and see, you can plan your trip your way. Interested in island hopping? Check out Moon Big Island of Hawai'i, Moon Kaua'i, and Moon Maui. Visiting all the islands? Check out Moon Hawaiian Islands.

balance massage and wellness studio: Leading the Life You Want Stewart Friedman, 2014-09-16 A Wall Street Journal Bestseller “For nearly thirty years, my life’s work has been to help people like you find ways to bring the often warring aspects of life into greater harmony.” — Stew Friedman, from *Leading the Life You Want* You’re busy trying to lead a “full” life. But does it really feel full—or are you stretched too thin? Enter Stew Friedman, Wharton professor, adviser to leaders across the globe, and passionate advocate of replacing the misguided metaphor of “work/life balance” with something more realistic and sustainable. If you’re seeking “balance” you’ll never achieve it, argues Friedman. The idea that “work” competes with “life” ignores the more nuanced reality of our humanity—the interaction of four domains: work, home, community, and the private self. The goal is to create harmony among them instead of thinking only in terms of trade-offs. It can be done. Building on his national bestseller, *Total Leadership*, and on decades of research, teaching, and practice as both consultant and senior executive, Friedman identifies the critical skills for integrating work and the rest of life. He illustrates them through compelling original stories of these

remarkable people: • former Bain & Company CEO and Bridgespan co-founder Tom Tierney • Facebook COO and bestselling author Sheryl Sandberg • nonprofit leader and US Navy SEAL Eric Greitens • US First Lady Michelle Obama • soccer champion-turned-broadcaster Julie Foudy • renowned artist Bruce Springsteen Each of these admirable (though surely imperfect) people exemplifies a set of skills—for being real, being whole, and being innovative—that produce a sense of purpose, coherence, and optimism. Based on interviews and research, their stories paint a vivid picture of how six very different leaders use these skills to act with authenticity, integrity, and creativity—and they prove that significant public success is accomplished not at the expense of the rest of life, but as the result of meaningful engagement in all its parts. With dozens of practical exercises for strengthening these skills, curated from the latest research in organizational psychology and related fields, this book will inspire you, inform you, and instruct you on how to take realistic steps now toward leading the life you truly want.

balance massage and wellness studio: Roll Model Jill Miller, 2014-11-04 Pain is an epidemic. It prevents you from performing at your best because it robs you of concentration, power, and peace of mind. But most pain is preventable and treatable, and healing is within your grasp. Hundreds of thousands of people around the globe have taken life “by the balls” and circumvented a dismal future of painkillers, surgeries, and hopelessness by using Jill Miller’s groundbreaking Roll Model Method. The Roll Model gives you the tools to change the course of your life in less than 5 minutes a day. You are a fully equipped self-healing organism, and this book will guide you through easy-to-perform self-massage techniques that will erase pain and improve your performance in whatever activities you pursue. The Roll Model teaches you how to improve the quality of your life no matter your size, shape, or condition. Within these pages you will find: • Inspiring stories of people just like you who have altered the course of their lives by using the Roll Model Method • Accessible explanations of how and why this system works based on the science of your body and the physiological effects of rolling • Step-by-step rolling techniques to help awaken your body’s resilience from head to toe so that you have more energy, less stress, and greater performance Whether you’re living with constant discomfort, seeking to improve your mobility, or trying to avoid medication and surgery, this book provides empowering and effective solutions for becoming your own best Roll Model.

balance massage and wellness studio: Moon Nicaragua Amber Dobrzensky, 2013-02-05 Can't miss sights, activities, restaurants, and accommodations. Suggestions on how to plan a trip that's perfect for you. 41 detailed and easy-to-use maps.

balance massage and wellness studio: Perfect Health Deepak Chopra, 1990 The author's Quantum Healing: Exploring the Frontiers of Mind/Body Medicine, aimed to show how health and sickness are controlled by awareness at the level of quantum physics, where mind and body are one. Now Dr Chopra has written a practical guide to harnessing that healing power of the mind, a book based on the principles of Ayurveda, a 5000-year-old system of mind/body medicine that has recently been rediscovered. The book provides a step-by-step programme of mind/body medicine tailored to the individual's need. The result is a plan for re-establishing the body's essential balance with nature.

balance massage and wellness studio: Franklin Method Ball and Imagery Exercises for Relaxed and Flexible Shoulders, Neck and Thorax Eric N. Franklin, 2008 Through the Franklin training, learn to see movement more clearly, correct movement patterns more easily and teach with a greater sense of joy and fun than ever before--P. [4] of cover

balance massage and wellness studio: Los Angeles Magazine , 2007-07

balance massage and wellness studio: Top 100 Juices Sarah Owen, 2016-09-22 Do you feel overweight? Tired? Stressed-out? The remedy could be in a simple glass of juice. Jam-packed with nutrients, juices and smoothies possess amazing therapeutic properties, which help with detoxifying, energizing, immunity-boosting and stress-relieving, and can enable you to lose weight, protect against the effects of ageing, and enhance your energy and vitality. This collection incorporates everything from the humble apple to more exotic ingredients such as goji berry. Each entry gives the

low-down on the health benefits of a particular juice, as well as nutritional information, practical tips and, of course, a perfect recipe - from the age-defying apple, blackcurrant and acai berry juice to the stress-relieving banana, coconut milk and lemongrass smoothie, you'll discover new and exciting ways to enjoy the wonderful advantages of juicing.

balance massage and wellness studio: San Diego Magazine , 2007-04

balance massage and wellness studio: 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'

balance massage and wellness studio: The MELT Method Sue Hitzmann, 2015-01-20 The New York Times–bestselling guide to at-home exercises you can do to live a life free of pain, stress and tension. In this enhanced digital edition of *The MELT Method*, Sue Hitzmann shows you how to live without pain, illustrating her MELT techniques with 20 instructional videos plus 10 audio clips, so you can listen hands-free while you start your journey toward a pain-free body. In *The MELT Method*, therapist Sue Hitzmann offers a breakthrough self-treatment system to combat chronic pain and erase the effects of aging and active living—in as little as ten minutes a day. With a focus on the body's connective tissues and the role they play in pain, stress, weight gain, and overall health, Hitzmann's life-changing program features techniques that can be done in your own home. A nationally known manual therapist and educator, Hitzmann helps her clients find relief from pain and suffering by taking advantage of the body's natural restorative properties. *The MELT Method* shows you how to eliminate pain, no matter what the cause, and embrace a happier, healthier lifestyle.

balance massage and wellness studio: 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.

balance massage and wellness studio: Yoga for Osteoporosis: The Complete Guide Loren Fishman, Ellen Saltonstall, 2010-03-29 A comprehensive, user-friendly medical yoga program designed for the management and prevention of osteoporosis, with more than four hundred illustrations. Osteoporosis leads to painful fractures due to loss of bone mass; yoga strengthens bones without endangering joints: it stands to reason that yoga is the perfect therapy for osteoporosis. Forty-four million Americans suffer from low bone mass, and osteoporosis is responsible for more than 1.5 million fractures annually. Drugs and surgeries can alleviate pain, but study after study has shown that exercise is the best treatment, specifically low-impact, bone-strengthening exercises—hence, yoga. In this comprehensive and thoroughly illustrated guide, Loren Fishman and Ellen Saltonstall, who between them have seven decades of clinical experience,

help readers understand osteoporosis and give a spectrum of exercises for beginners and experts. Classical yoga poses, as well as physiologically sound adapted poses, are presented with easy-to-follow instructions and photographs. The authors welcome readers of all ages and levels of experience into the healing and strengthening practice of yoga.

balance massage and wellness studio: Spa Allison Arieff, Bryan Burkhart, 2005 Die Entspannung erfolgt schon beim Blättern. Zwischen Whirlpools, Hängematten, Bäder in Rosenblättern und Swimmingpools in allen Formen und Farben, in Granit und Marmor, in eisigen Landschaften oder tropischen Wäldern finden wir den siebten Himmel! Der Überblick rahmt unter anderem Afrika, Asien, Karibik, Europa, Kanada, Ozeanien, Mexiko ein. Viele Interieurfotos und Außenaufnahmen illustrieren die ausgewählten Adressen. Zu jeder heilenden Quelle gibt es eine ganze Seite mit Bildern und eine Übersicht mit allen wichtigen Informationen wie Preise, Serviceangebote, Kontaktadressen (teils auch in Deutschland und der Schweiz), Websites, Verpflegung, Hotels). Buchnummer des Verkäufers 000743

balance massage and wellness studio: New York Magazine , 1997-12-22 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.

balance massage and wellness studio: *Yoga Journal* , 2005-01 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.

balance massage and wellness studio: Spa , 2009

balance massage and wellness studio: *Finding Forward* Jeffrey Morse, 2021-10-12 When Jeffrey Morse visited his doctor on an ordinary day in 2012, he could not have imagined that what began as a headache would swiftly spiral into an aneurism, a dissected artery, and a spinal stroke. The old Jeffrey--a flight engineer, Air Force reservist, and avid scuba diver--died on the operating table that day. The new Jeffrey awoke from surgery paralyzed from the neck down. But Jeffrey had never been the sort to give up. Despite immense pain, depression, anxiety, and doctors who claimed he would never recover, he swore he would walk out of that hospital. Through rigorous therapy, determination, optimism, humor, and support, he not only accomplished that goal but has since recovered the use of nearly all his muscles and gone on to greater adventures than ever. Trauma and disability manifest in many forms, and isolation and despair can overwhelm. Although life may never be the same as it was before, it is possible to survive setbacks and learn new ways to adapt, adjust, and thrive. Join Jeffrey on his inspiring journey, and learn how he found his way forward to a new life.

balance massage and wellness studio: *Yoga Journal* , 2003-12 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.

balance massage and wellness studio: *The Massage Therapist's Guidebook* Diane Matkowski, 2018-11-01 The Massage Therapist's Guidebook is approved by NCBTMB as a home study course toward continuing education credits (CEU's) for massage therapists. Diane Matkowski shares invaluable insights into the business world of massage. As a leader in the field she gives an authentic and realistic view about how she has thrived as a massage therapist. Drawing on her decades of experience she explains how to: · understand massage as a business · provide excellent client care · continue growing in all aspects of your work · increase self-care awareness as a massage therapist · balance emotional, physical, and financial energy · be more conscious of the human body on many

levels · deepen your appreciation for your work and lifestyle By recognizing the value that touch brings, you'll be able to enjoy your work more and become a better (and more successful) massage therapist. Help your community and make a quantum leap in the booming business of massage with The Massage Therapist's Guidebook.

balance massage and wellness studio: *Aveda Rituals* Horst Rechelbacher, 1999 The founder of Aveda, which sells plant-based beauty products, reveals daily rituals that touch on every aspect of life, including cleansing, nutrition, meditation, aromatherapy, relaxation, body movement, massage, goal setting, and stress management. 125+ color photos & drawings.

balance massage and wellness studio: *Relax* Anneke Bokern, Karim Rashid, 2007 A huge number of wellness centres and related facilities continue to appear in response to this popular demand. Thirty-two of the hottest designs are showcased in Relax. The book is divided into three sections: Spas, Salons and Gyms. Each project featured has been selected for its aesthetic qualities and for the designer's innovative approach to health and wellbeing. Relax presents work by well-established names such as Mario Botta, Steven Holl and Karim Rashid, while also introducing younger talent,. All projects are accompanied by high-quality photography, in-depth essays, floor plans, project details and contact information.

balance massage and wellness studio: *The Player Bookazine Issue 17* The Player, 2011-04-01

balance massage and wellness studio: *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'.

balance massage and wellness studio: *Therapeutic Medical Massage* Michael Stiers M.T. B.A., 2014-02-21 Create or modify your HTML page in the text box. Click Show Page to see your page in the frame to the right. This book was written for the beginning student entering the Massage Therapy profession. It is not intended to replace the schools anatomy and physiology text but be a companion to the materials. This handbook answers many questions at the beginning of a future career. such as the history of massage, the tools and equipment, the basic hour massage,

advanced diagnostic procedures, the different styles and purposes of massage,

balance massage and wellness studio: [Indianapolis Monthly](#) , 2004-01 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.

balance massage and wellness studio: [Healing Hotels of the World](#) Anna Löhlein, 2012-12-07 Diese exklusive Zusammenstellung von Hotels und Resorts auf der ganzen Welt ist Ausdruck einer der größten Bewegungen des modernen Zeitalters: ganzheitliche Gesundheit und Wohlbefinden. Unser hektischer Alltag führt uns mehr und mehr zu der Erkenntnis, dass Urlaub und Reisen eine Atempause sein können - eine Chance zur körperlichen und geistigen Erneuerung. Dieser Reiseguide stellt Unterkünfte auf allen fünf Kontinenten vor, die ihren Gästen Wege aufzeigen, wie sie die Verantwortung für eine gesunde Lebensführung selbst in die Hand nehmen können - sei es durch Wellnessbehandlungen, eine gesundheitsfördernde Küche, Fitness- und Entspannungstrainings, Gesundheitsberatung oder Lifestyle-Coaching. Eingebettet in inspirierende Landschaften, von saftigen Berghängen bis zu idyllischen Tropenstränden, sind diese einzigartigen Refugien die ideale Alternative für alle, die ihr Leben in ausgeglichene Bahnen lenken möchten.

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