

celestial touch wellness studio

Celestial Touch Wellness Studio: Your Journey to Inner Peace Begins Here

Are you feeling overwhelmed, stressed, or simply disconnected from your inner self? Longing for a sanctuary where you can unwind, rejuvenate, and rediscover your inner peace? Then look no further than Celestial Touch Wellness Studio. This isn't just another spa; it's a transformative experience designed to nurture your mind, body, and soul. This blog post will delve into what makes Celestial Touch Wellness Studio unique, exploring our services, philosophy, and the overall experience we offer to help you achieve optimal wellness.

Unveiling the Celestial Touch Experience: More Than Just a Spa

At Celestial Touch Wellness Studio, we believe that true wellness stems from a holistic approach. We go beyond superficial treatments; we aim to address the root causes of stress and imbalance, helping you cultivate a deeper connection with yourself and the world around you. We offer a carefully curated selection of services designed to promote relaxation, healing, and self-discovery.

A Sanctuary of Calm: Our Tranquil Atmosphere

Stepping into Celestial Touch Wellness Studio is like entering a different world. We've meticulously crafted a serene and inviting atmosphere designed to soothe your senses and melt away stress. From the soft lighting and calming music to the gentle aromas of essential oils, every detail is intended to create a haven of peace and tranquility. Our spacious and elegantly designed treatment rooms are equipped with everything you need to fully relax and let go. The focus is on creating a sanctuary where you can disconnect from the outside world and reconnect with your inner self.

Our Signature Treatments: A Journey for Body and Mind

Celestial Touch Wellness Studio offers a diverse range of treatments, each carefully chosen for its unique ability to promote wellness. These aren't just procedures; they are journeys designed to nurture your body and mind. Some of our most popular services include:

Aromatherapy Massage: Experience the transformative power of essential oils blended to address your specific needs, whether it's stress relief, muscle pain, or improved sleep. Our skilled therapists use a variety of techniques to customize your massage, ensuring a truly personalized experience.

Reiki Healing: Tap into the universal life force energy to promote healing and balance within your body. Reiki is a gentle, non-invasive therapy that can help reduce stress, improve sleep, and boost your overall well-being.

Crystal Healing: Discover the power of crystals to unlock your inner energy and promote emotional and physical healing. Our experienced practitioners use a variety of crystals to facilitate balance and harmony within your energy field.

Sound Therapy: Immerse yourself in the healing vibrations of sound bowls and other instruments to induce deep relaxation and promote mental clarity. This therapeutic approach can help reduce stress, anxiety, and improve sleep quality.

Yoga & Meditation Classes: Cultivate inner peace and strength through our expertly guided yoga and meditation classes. We offer a variety of styles to suit different levels and preferences.

Our Commitment to Holistic Wellness: Beyond the Treatments

Our commitment to holistic wellness extends beyond the individual treatments we offer. We believe in fostering a supportive and nurturing community where individuals can connect with themselves and others on a deeper level. We regularly host workshops and events focusing on mindfulness, self-care, and personal growth. Our aim is to empower you to take control of your well-being and live a life filled with purpose and joy.

The Celestial Touch Difference: Personalized Care and Exceptional Service

At Celestial Touch Wellness Studio, we pride ourselves on providing personalized care and exceptional service. We take the time to understand your individual needs and preferences, tailoring our treatments to address your specific concerns. Our highly skilled and experienced therapists are passionate about their work and dedicated to helping you achieve your wellness goals. We strive to create a welcoming and inclusive environment where you feel comfortable and respected.

Book Your Escape Today: Begin Your Journey to Wellness

Ready to experience the transformative power of Celestial Touch Wellness Studio? We invite you to book your appointment today and embark on a journey toward inner peace and optimal well-being. Don't just treat yourself; invest in yourself. Your well-being is an investment that will pay dividends in every aspect of your life.

Conclusion

Celestial Touch Wellness Studio offers a unique and transformative experience designed to help you achieve optimal wellness. Our holistic approach, combined with our serene atmosphere and skilled therapists, creates a sanctuary where you can escape the stresses of daily life and reconnect with your inner self. We invite you to explore our services and discover the Celestial Touch difference.

Frequently Asked Questions (FAQs)

Q1: What forms of payment do you accept?

A1: We accept all major credit cards, debit cards, and cash.

Q2: Do you offer gift certificates?

A2: Yes, we offer gift certificates in various denominations, making it the perfect gift for loved ones.

Q3: What is your cancellation policy?

A3: We require at least 24 hours' notice for cancellations to avoid a cancellation fee.

Q4: Are your therapists licensed and insured?

A4: Yes, all our therapists are fully licensed and insured, ensuring your safety and well-being.

Q5: Do you offer packages or discounts?

A5: Yes, we frequently offer packages and discounts on our services. Check our website or contact us for the latest deals.

celestial touch wellness studio: Heart of the Sun Warrior Sue Lynn Tan, 2022-11-15 The stunning sequel to Daughter of the Moon Goddess delves deeper into beloved Chinese mythology, concluding the epic story of Xingyin—the daughter of Chang'e and the mortal archer, Houyi—as she battles a grave new threat to the realm, in this powerful tale of love, sacrifice, and hope. After winning her mother's freedom from the Celestial Emperor, Xingyin thrives in the enchanting tranquility of her home. But her fragile peace is threatened by the discovery of a strange magic on

the moon and the unsettling changes in the Celestial Kingdom as the emperor tightens his grip on power. While Xingyin is determined to keep clear of the rising danger, the discovery of a shocking truth spurs her into a perilous confrontation. Forced to flee her home once more, Xingyin and her companions venture to unexplored lands of the Immortal Realm, encountering legendary creatures and shrewd monarchs, beloved friends and bitter adversaries. With alliances shifting quicker than the tides, Xingyin has to overcome past grudges and enmities to forge a new path forward, seeking aid where she never imagined she would. As an unspeakable terror sweeps across the realm, Xingyin must uncover the truth of her heart and claw her way through devastation—to rise against this evil before it destroys everything she holds dear, and the worlds she has grown to love . . . even if doing so demands the greatest price of all.

celestial touch wellness studio: The Lady's Guide to Celestial Mechanics Olivia Waite, 2019-06-25 As Lucy Muchelney watches her ex-lover's sham of a wedding, she wishes herself anywhere else. It isn't until she finds a letter from the Countess of Moth, looking for someone to translate a groundbreaking French astronomy text, that she knows where to go. Showing up at the Countess' London home, she hoped to find a challenge, not a woman who takes her breath away. Catherine St Day looks forward to a quiet widowhood once her late husband's scientific legacy is fulfilled. She expected to hand off the translation and wash her hands of the project—instead, she is intrigued by the young woman who turns up at her door, begging to be allowed to do the work, and she agrees to let Lucy stay. But as Catherine finds herself longing for Lucy, everything she believes about herself and her life is tested. While Lucy spends her days interpreting the complicated French text, she spends her nights falling in love with the alluring Catherine. But sabotage and old wounds threaten to sever the threads that bind them. Can Lucy and Catherine find the strength to stay together or are they doomed to be star-crossed lovers?

celestial touch 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.

celestial touch wellness studio: Hands Free Mama Rachel Macy Stafford, 2014-01-07 Discover the power, joy, and love of living a present, authentic, and intentional life despite a world full of distractions. If technology is the new addiction, then multitasking is the new marching order. We check our email while cooking dinner, send a text while bathing the kids, and spend more time looking into electronic screens than into the eyes of our loved ones. With our never-ending to-do lists and jam-packed schedules, it's no wonder we're distracted. But this isn't the way it has to be. Special education teacher, New York Times bestselling author, and mother Rachel Macy Stafford says enough is enough. Tired of losing track of what matters most in life, Rachel began practicing simple strategies that enabled her to momentarily let go of largely meaningless distractions and engage in meaningful soul-to-soul connections. Finding balance doesn't mean giving up all technology forever. And it doesn't mean forgoing our jobs and responsibilities. What it does mean is seizing the little moments that life offers us to engage in real and meaningful interaction. In these pages, Rachel guides you through how to: Acknowledge the cost of your distraction Make purposeful connection with your family Give your kids the gift of your undivided attention Silence your inner critic Let go of the guilt from past mistakes And move forward with compassion and gratefulness So join Rachel and go hands-free. Discover what happens when you choose to open your heart--and your hands--to the possibilities of each God-given moment.

celestial touch wellness studio: The Sweetest Little Life Courtney Hanson, 2018-08-14 Do you know the path you're on? Is it a clear, freshly paved cement road? Is it more of a dusty desert storm with tumble weeds blowing everywhere and smacking you in the face as you try to walk? Either way, this book is for you. Finding your direction is crucial in creating your personal brand or small business. How do we know which way to run if we can't even walk properly first? Do you know how you work best? How you thrive? By the end of this journey my goal is to have you feeling inspired, motivated, and excited to wake up each day and live the life you've always dreamed of creating for yourself. The questions that are hard to answer when your mind feels cluttered - were sweeping the storm.

celestial touch wellness studio: Wellness and Harmony John A. Love, 2019-07-11 Those who serve the dying confront high-acuity challenges each and every day. Yet, as hospice caregivers learn how to cope and persevere, their work becomes more and more meaningful, more and more rewarding. To that end, it is hoped that Wellness and Harmony will inform, uplift, and inspire you—whether you're an enthusiastic beginner or a proud veteran. The material is thought provoking, yet reassuring. Much of the content is spiritual in nature, but not religious. Perhaps the lessons will help you perceive the world a bit differently, and that alone can be wonderfully energizing. You'll find helpful tips, practical interventions, and quiet reflections. Think of this endeavor as an opportunity for introspection. Therefore, allow the pathway to turn inward. By looking deeply into your heart, you'll become a more compassionate and effective caregiver, a more loving and supportive partner, and a more fulfilled and grateful person. And yes, an introspective journey will strengthen your most important relationship: the one you have with God. Each triumphant venture begins with a humble first step. Are you ready to do the work? Are you eager to add more wellness and harmony to your life? Praise for Wellness and Harmony ... "By following the guidelines of intentional living—by being proactive rather than reactive—I'm able to bless the things I can't change. I'm able to let them go!" —Rhonda Konicki, advanced practice nurse "Spiritual insights that will brighten your day at work, and at home." —Rev. Tom Myers, chaplain "I'm better equipped to handle stress 'under fire' and turn obstacles into opportunities." —Kristie Lindon, registered nurse "Innovative methods for achieving work-life balance." —Bonnie Orlins, licensed independent social worker "Compelling stories, and lots of wow moments!" —Deb Hunter, registered nurse "This journey not only helps you recognize the gifts of bedside care, it empowers you to cope with the challenges as well." —Dana Datz, registered nurse

celestial touch wellness studio: Mindfulness Cards Rohan Gunatillake, 2018

celestial touch wellness studio: The Filipino Instant Pot Cookbook Tisha Gonda Domingo, Jorell Domingo, Jeannie E. Celestial, Art Swenson, Romeo Roque-Nido, Jaymar Cabebe, 2020-06-16 To truly appreciate and understand Filipino dishes, you have to understand the evolution of the spices, the nuances of the flavor profiles, the land from which these dishes were birthed. That's what this book provides. This is not just a book of recipes; this is a book about our story. --Pati Navalta Poblete, Editor-in-Chief, San Francisco Magazine No cuisine and appliance are better suited for one another than Filipino food and the Instant Pot. From classic dinner staples like the traditionally sour Sinigang na Baboy (pork tamarind soup) to sweet treats like Putong Puti (steamed rice cake), the rich flavors of Filipino food are typically unlocked through a long braise or boil, a delicate steam, or some other treatment by moist heat. Fortunately, this is exactly what the Instant Pot does best. The Filipino Instant Pot Cookbook is written by six home cooks who set out to explore their Filipino heritage and intimate family histories, one dish at a time. The result is a collection of over 75 heartfelt Filipino recipes, all carefully translated for preparation in today's most essential piece of kitchenware, the Instant Pot. Just as Filipino food is now a mainstay in the consciousness of foodies from around the world, The Filipino Instant Pot Cookbook is an absolute must-have for every modern home cook. It is written with humor and heart, and lined with beautifully styled photography that will trigger a warm sense of nostalgia. Praised by the Culinary Director of the Filipino Food Movement, the President Emeritus of the Filipino American National Historical Society, and chefs from around the world, The Filipino Instant Pot Cookbook will help any home cook step into a

kitchen and create great Filipino food for any setting, without breaking the bank... or the clock. Whether you're cooking for a raucous affair featuring the tableside chatter of an entire extended family or a simple, quiet comfort-meal under your favorite blanket on the couch, *The Filipino Instant Pot Cookbook* will have you covered.

celestial touch wellness studio: *Star Daughter* Shveta Thakrar, 2020-08-11 *Chosen as a 2020 Kids' Indie Next pick * A Locus Reading List recommendation * An Andre Norton Nebula Award Finalist* "Shveta Thakrar's prose is as beautiful as starlight."—New York Times bestselling author Holly Black This gorgeously imagined YA debut blends shades of Neil Gaiman's *Stardust* and a breathtaking landscape of Hindu mythology into a radiant contemporary fantasy. The daughter of a star and a mortal, Sheetal is used to keeping secrets. Pretending to be "normal." But when an accidental flare of her starfire puts her human father in the hospital, Sheetal needs a full star's help to heal him. A star like her mother, who returned to the sky long ago. Sheetal's quest to save her father will take her to a celestial court of shining wonders and dark shadows, where she must take the stage as her family's champion in a competition to decide the next ruling house of the heavens—and win, or risk never returning to Earth at all. Brimming with celestial intrigue, this sparkling YA debut is perfect for fans of Roshani Chokshi and Laini Taylor.

celestial touch wellness studio: *You Are What You Click* Brian A. Primack, 2021-09-14 An empowering, forward-thinking solution for creating intentional and healthy social media habits from an expert on media, technology and health. Internationally acclaimed behavioral scientist and social media expert Brian Primack, MD, PhD, believes we do not need to swear off social media, delete all our online accounts, or give up our phones to live healthier, happier lives. In *You Are What You Click*, he offers a new approach to digital wellness, and a realist's perspective on how what we consume online affects our well-being. In response, he presents a social media pyramid that personalizes our tech diet so we can enjoy a fruitful, balanced relationship with social media. While many of us turn to social media looking for a sense of connection and comfort, the data show that it may paradoxically leave us feeling more alone and depressed. Drawing on over twenty years of original research, Dr. Primack explains the fascinating nuances of our relationship with social media, its impact on our mental health, and the dangers of social media using us instead of the other way around. He empowers us to take back control with a simple method: being more selective, positive, and creative with our lives online. Dr. Primack introduces surprising strategies you can use right away to fine-tune your online experience and discover your definition of digital balance. Through short, actionable chapters, you'll learn how to:

- Tailor your social media use to your personality.
- Select positive relationships over toxic ones.
- Overcome comparison syndrome and the fear of missing out.
- Fill your feed with meaningful, humorous, and uplifting content.
- Optimize your news intake and resist doomscrolling.
- Improve your sleep, create tech holidays, and more.

With innovative strategies for managing technology, you'll transform your relationship with tech and discover how to make social media work for you. *You Are What You Click* offers a science-backed approach from a credentialed doctor: Dr. Brian Primack has an MD and a PhD in Education and Behavioral Science. Primack is the go-to expert on this topic. His work on the intersection of media and health has been cited nearly 6,000 times in peer-reviewed scholarly literature, and he has been featured in major media outlets across the world. **FOR WELLNESS READERS, PARENTS, AND ANYONE WHO USES SOCIAL MEDIA:** Dropping off the digital map or deleting all our social media accounts isn't the only option—and often isn't something we feel ready to do. Rather than digital abstinence, with Primack's 3-step plan, tech lovers will be able to understand how to regulate their online social platforms in healthier ways. **A BALANCED PERSPECTIVE ON TECHNOLOGY AND SOCIAL MEDIA IN A POSITIVE LIGHT:** Almost every book in this genre portrays technology in a negative or even scary way. With this book, readers will learn how to adjust and balance their presence online with a personalized plan they can use across all platforms, no matter what new social media app goes public next. Primack offers an empowering solution that is forward-thinking, and will continue to be relevant as technology becomes more immersed into our lives. **QUICK, PRACTICAL ADVICE:** *You Are What You Click* is broken into short, actionable chapters that allow

readers to understand the research, take action, and see results—perfect for short attention spans whittled down by Facebook and Instagram stories, Twitter, Snapchat, and TikTok! FOR FANS OF PERSONALITY BOOKS: Fans of books like *The Road Back to You: An Enneagram Journey to Self-Discovery* and *The Four Tendencies: The Indispensable Personality Profiles that Reveal How to Make Your Life Better* will love the personality quiz and personalized solutions Primack offers for being selective, creative, and healthy with social media use.

celestial touch wellness studio: *The Circle* Dave Eggers, 2013-10-08 INTERNATIONAL BESTSELLER • A bestselling dystopian novel that tackles surveillance, privacy and the frightening intrusions of technology in our lives—a “compulsively readable parable for the 21st century” (Vanity Fair). When Mae Holland is hired to work for the Circle, the world’s most powerful internet company, she feels she’s been given the opportunity of a lifetime. The Circle, run out of a sprawling California campus, links users’ personal emails, social media, banking, and purchasing with their universal operating system, resulting in one online identity and a new age of civility and transparency. As Mae tours the open-plan office spaces, the towering glass dining facilities, the cozy dorms for those who spend nights at work, she is thrilled with the company’s modernity and activity. There are parties that last through the night, there are famous musicians playing on the lawn, there are athletic activities and clubs and brunches, and even an aquarium of rare fish retrieved from the Marianas Trench by the CEO. Mae can’t believe her luck, her great fortune to work for the most influential company in the world—even as life beyond the campus grows distant, even as a strange encounter with a colleague leaves her shaken, even as her role at the Circle becomes increasingly public. What begins as the captivating story of one woman’s ambition and idealism soon becomes a heart-racing novel of suspense, raising questions about memory, history, privacy, democracy, and the limits of human knowledge.

celestial touch wellness studio: *Astrostyle* Tali Edut, Ophira Edut, 2007-11-01 What's Your Astrostyle? From Dating to Dressing to Discovering Your Dreams Will a Leo-Scorpio match spawn a royal rumble or a sweet success? Why do some Tauruses seem more in love with their reflections than with you? Which clothes will maximize your sign's mojo and which will prompt the fashion police to put you under house arrest? Dishing the hottest advice under the sun signs, AstroTwins Tali & Ophira Edut -- the official astrologers for Teen People -- will guide you through the wild world of relationships, personal style, and everyday life -- with glamour, style, and a pinch of celebrity stardust. Spicing their savvy advice with insights into pop icons like J. Lo (a classic Leo megastar), Josh Hartnett (a sensitive Cancer boy), and Britney Spears (a feisty Sagittarius), the AstroTwins cover the whole universe of teen experience, including: Love: How to make any astro relationship last -- and how to end it fast Fashion: Cosmic wardrobe hints, custom-made for your sign Livin' it up: Tips on picking friends, managing your issues, and finding a favorite hangout Destiny: How the stars can guide you to fame, fortune, and figuring it all out

celestial touch wellness studio: *Hands of Light* Barbara Ann Brennan, 2011-03-23 With the clarity of a physicist and the compassion of a gifted healer with fifteen years of professional experience observing 5,000 clients and students, Barbara Ann Brennan presents the first in-depth study of the human energy field for people who seek happiness, health and their full potential. Our physical bodies exist within a larger body, a human energy field or aura, which is the vehicle through which we create our experience of reality, including health and illness. It is through this energy field that we have the power to heal ourselves. This energy body -- only recently verified by scientists, but long known to healers and mystics -- is the starting point of all illness. Here, our most powerful and profound human interactions take place, the precursor and healer of all physiological and emotional disturbances. *Hands of Light* is your guide to a new wholeness. It offers: • A new paradigm for the human, in health, relationship, and disease • An understanding of how the human energy field looks, functions, is disturbed, healed, and interacts with friends and lovers. • Training in the ability to see and interpret auras • Medically verified case studies of healing people from all walks of life with a variety of illnesses. • Guidelines for healing the self and others. • The author's personal and intriguing life adventure which gives us a model for growth, courage and possibilities

for expanded consciousness

celestial touch 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'

celestial touch wellness studio: Cackle Rachel Harrison, 2022-08-30 A darkly funny, frightening novel about a young woman learning how to take what she wants from a witch who may be too good to be true, from the author of The Return. All her life, Annie has played it nice and safe. After being unceremoniously dumped by her longtime boyfriend, Annie seeks a fresh start. She accepts a teaching position that moves her from Manhattan to a small village upstate. She's stunned by how perfect and picturesque the town is. The people are all friendly and warm. Her new apartment is dreamy too, minus the oddly persistent spider infestation. Then Annie meets Sophie. Beautiful, charming, magnetic Sophie, who takes a special interest in Annie, who wants to be her friend. More importantly, she wants Annie to stop apologizing and start living for herself. That's how Sophie lives. Annie can't help but gravitate toward the self-possessed Sophie, wanting to spend more and more time with her, despite the fact that the rest of the townsfolk seem...a little afraid of her. And like, okay. There are some things. Sophie's appearance is uncanny and ageless, her mansion in the middle of the woods feels a little unearthly, and she does seem to wield a certain power...but she couldn't be...could she?

celestial touch wellness studio: Lowriders to the Center of the Earth Cathy Camper, 2016-07-05 The lovable trio from the acclaimed Lowriders in Space are back! Lupe Impala, Elirio Malaria, and El Chavo Octopus are living their dream at last. They're the proud owners of their very own garage. But when their beloved cat Genie goes missing, they need to do everything they can to find him. Little do they know the trail will lead them to the realm of Mictlantecuhtli, the Aztec god of the Underworld, who is keeping Genie prisoner! With cool Spanish phrases on every page, a glossary of terms, and an action-packed plot that sneaks in science as well as Aztec lore, Lowriders to the Center of the Earth is a linguistic and visual delight. ¡Que suave!

celestial touch wellness studio: Lunar Abundance Ezzie Spencer, 2018-03-06 Lunar Abundance is a beautiful and practical guide for today's women on cultivating peace, purpose, and abundance in both their personal and professional lives, guided by the phases of the moon. In a world in which women feel increasingly disconnected from their inner selves, each other, and the world, Lunar Abundance offers a path to reconnection, with results that you can actually see. It shows how by tuning into the natural rhythm of lunar ebbs and flows, you can connect with work, relationships, your body, and surroundings on a higher level than ever before, becoming more productive and self-aware in the process. Filled with inspirational photography and interactive features, it's also a practical guide to self-care that will help you summon your true potential and create a better life for you and for those in your orbit. This beautiful book is perfect for any woman

seeking holistic wellness and unique inspiration to feed mind, body, and soul.

celestial touch wellness studio: *Nina Simone's Gum* Warren Ellis, 2021-08-31 THE TIMES TOP 10 BESTSELLER GUARDIAN, TELEGRAPH, THE TIMES, IRISH TIMES, ROUGH TRADE, MOJO, CLASH, ROLLING STONE, UNCUT BOOK OF THE YEAR From award-winning musician and composer Warren Ellis comes the unexpected and inspiring story of a piece of chewing gum. FEATURING AN INTRODUCTION BY NICK CAVE 'Warren has turned this memento, snatched from his idol's piano in a moment of rapture, into a genuine religious artefact.' NICK CAVE 'Such a mad, happy book about art and music and obsession. I'm so glad I got to read it. It made the world feel lighter.' NEIL GAIMAN 'In praise of meaning-rich relics and magical things. Totally heartwarming project.' MAX PORTER 'A unique study of a fan's devotion, of transcendence and of the artistic vocation - it's got depth and great warmth. It's a beautiful piece of work.' KEVIN BARRY 'I hadn't opened the towel that contained her gum since 2013. The last person to touch it was Nina Simone, her saliva and fingerprints unsullied. The idea that it was still in her towel was something I had drawn strength from. I thought each time I opened it some of Nina Simone's spirit would vanish. In many ways that thought was more important than the gum itself.' On Thursday 1 July, 1999, Dr Nina Simone gave a rare performance as part of Nick Cave's Meltdown Festival. After the show, in a state of awe, Warren Ellis crept onto the stage, took Dr Simone's piece of chewed gum from the piano, wrapped it in her stage towel and put it in a Tower Records bag. The gum remained with him for twenty years; a sacred totem, his creative muse, a conduit that would eventually take Ellis back to his childhood and his relationship with found objects, growing in significance with every passing year. *Nina Simone's Gum* is about how something so small can form beautiful connections between people. It is a story about the meaning we place on things, on experiences, and how they become imbued with spirituality. It is a celebration of artistic process, friendship, understanding and love. 'This is such a beautiful f*cking book. Thank you, Warren. I highly recommend this motherf*cker.' FLEA 'A beautifully written book about the power of music and objects. I powered through it in two days.' COURTNEY BARNETT 'A moving, inspiration insight into a beautiful mind.' JIM JARMUSCH 'The year's most eccentric and joyful musical memoir.' DAILY TELEGRAPH (Books of the year) '[Nina Simone's Gum] is a metaphor for [Ellis'] creativity - the blossoming of a small idea into something bigger and bolder - but also a journey inside the impulsive, improvisatory mind of Warren Ellis, his passions, obsessions and superstitions.' OBSERVER '[A] beautiful, strikingly idiosyncratic book - part memoir, part essay, part conceptual art project, all testament to humans at their strangest and best . . . [Ellis] sees significance where others might not.' MOJO 'A glorious piece of object fetishism . . . Marvel as Ellis' collection of eccentric personal mementos morphs into a celebration of the intangible wonder of music.' UNCUT 'Wonderful.' THE TIMES 'The most peculiar book I've ever read.' CRAIG BROWN, MAIL ON SUNDAY 'Delightful . . . A joy from start to finish.' BIG ISSUE 'A joyous work full of love, connection, creativity and gratitude.' THE SPECTATOR 'Completely charming and joyful . . . glorious.' LA REVIEW OF BOOKS 'Beautiful . . . remarkable.' NEW EUROPEAN

celestial touch wellness studio: The Kronos Chronicles Marie Rutkoski, 2016-01-12 Petra Kronos has a simple, happy life. But it's never been ordinary. She has a pet tin spider who likes to hide in her hair and give her advice. And her brilliant father has been commissioned by the prince of Bohemia to build the world's finest astronomical clock. When the prince steals her father's eyes to wear them as his own, Petra sets off for Prague to steal her father's eyes back. And that is only the beginning of this series brimming with magic and adventure that Publishers Weekly called a heady mix of history and enchantment. Includes all three books in the series, *The Cabinet of Wonders*, *The Celestial Globe*, and *The Jewel of the Kalderash*.

celestial touch wellness studio: I Have an Idea! (Interactive Books for Kids, Preschool Imagination Book, Creativity Books) Herve Tullet, 2019-05-07 An interactive picture book from Hervé Tullet the creator of the New York Times bestsellers *Press Here* and *Mix It Up!* Join the magical hunt for one little idea: From one of the true creative geniuses of this generation comes a unique meditation on and celebration of the magic of the birth of a simple idea. Sparkling with visual

wit and bubbling with imagination, *I Have an Idea!* is a richly emotional exploration of the creative process: from an initial tentative inkling, to the frustration of chasing the wrong notion, to finally the exhilaration of capturing—and nurturing—just the right idea. *I Have an Idea!* is a scrumptious cloth-spined package of color and inspiration equally at home on a child's bookshelf, in a new graduate's backpack, or atop a creative's desk. The perfect book of color and inspiration for children and those young at heart. Answers the questions how do you find an idea?, what does it feel like?, what can you do with an idea? in a simple and inspiring way. Known as the Prince of Preschool, the versatile Hervé Tullet has been an art director at various ad agencies, a magazine illustrator, and for the past 15 years, a creator of children's books. Fans of *Beautiful Oops!*, *The Day the Crayons Quit*, and *Iggly Peck, Architect* will love *I Have an Idea!*'s introduction to creative thought. The perfect gift to inspire creativity in young readers, new graduates, and budding artists. Kids of all ages will turn the pages with anticipation trying to catch that elusive idea Books for kids ages 5-8 Children's picture book for K-3

celestial touch wellness studio: *Earth and Space Coloring Book* Chronicle Books, 2017-03-21 With more than 35 magnificent images of outer space from NASA, this coloring book will capture the imagination of anyone interested in science, astronomy, and space exploration. Each spread features a full-color photograph from NASA's archives to inspire coloring on the adjacent page.

celestial touch wellness studio: *Here We Are* Oliver Jeffers, 2017-11-14 #1 New York Times bestseller A TIME Magazine Best Book of the Year A NPR Best Book of 2017 A Boston Globe Best Book of 2017 Moments of human intimacy jostle with scenes that inspire cosmic awe, and the broad diversity of Jeffers's candy-colored humans...underscores the twin messages that 'You're never alone on Earth' and that we're all in this together.--Publisher's Weekly (starred review) A true work of art.--BuzzFeed Oliver Jeffers, arguably the most influential creator of picture books today, offers a rare personal look inside his own hopes and wishes for his child--and in doing so gifts children and parents everywhere with a gently sweet and humorous missive about our world and those who call it home. Insightfully sweet, with a gentle humor and poignancy, here is Oliver Jeffers' user's guide to life on Earth. He created it specially for his son, yet with a universality that embraces all children and their parents. Be it a complex view of our planet's terrain (bumpy, sharp, wet), a deep look at our place in space (it's big), or a guide to all of humanity (don't be fooled, we are all people), Oliver's signature wit and humor combine with a value system of kindness and tolerance to create a must-have book for parents. Praise for *Here We Are*: -A sweet and tender distillation of what every Earthling needs to know and might well spend a lifetime striving to achieve. A must-purchase for new parent shelves--School Library Journal -From the skies to the animal kingdom to the people of the world and lots of other beautifully rendered examples of life on Earth, *Here We Are* carries a simple message: Be kind. --NPR -[An] enchanting gem of a children's book--NBC's Today Show -A must-have book for parents.--Gambit -A celebration of people all shapes and sizes, and of the beauty and mystery of our Earth.--Booklist ...a beautifully illustrated guide to living on Earth and being a good person.--Brightly -[Here We Are] is a tour through the land, the sea, the sky, our bodies; dioramas of our wild diversity....[Jeffers] is the master of capturing the joy in our differences.--New York Times Book Review

celestial touch wellness studio: *Heart of Darkness* Jeremiah P. Ostriker, Simon Mitton, 2015-05-26 *Heart of Darkness* describes the incredible saga of humankind's quest to unravel the deepest secrets of the universe. Over the past thirty years, scientists have learned that two little-understood components--dark matter and dark energy--comprise most of the known cosmos, explain the growth of all cosmic structure, and hold the key to the universe's fate.--Jacket.

celestial touch wellness studio: *The Everyday Ayurveda Cookbook* Kate O'Donnell, 2016-10-11 Keeping digestion on track is the key to health in Ayurveda, and eating natural, homemade foods in accordance with personal constitution and changes in environment is often all that we need to find balance. In *The Everyday Ayurveda Cookbook*, Kate O'Donnell inspires you to get into the kitchen and explore this time-honored system of seasonal eating for health and vibrancy. Season by season, learn how the changing weather and environment both mirror and

influence your body and appetite. Foundational everyday recipes can be adapted to any season and any dosha for nourishing, flavorful meals. Includes lifestyle advice on meal planning, self-care regimens, and how to ensure health during the change of seasons.

celestial touch wellness studio: *What We'll Build* Oliver Jeffers, 2020-10-06 An instant New York Times bestseller! From Oliver Jeffers, world-renowned picture book creator and illustrator of *The Crayons' Christmas*, comes a gorgeously told father-daughter story and companion to the #1 New York Times bestseller *Here We Are!* What shall we build, you and I? Let's gather all our tools for a start. For putting together . . . and taking apart. A father and daughter set about laying the foundations for their life together. Using their own special tools, they get to work, building memories to cherish, a home to keep them safe, and love to keep them warm. A rare and enduring story about a parent's boundless love, life's endless opportunities, and all we need to build a together future. The perfect baby shower gift or gift for new parents! Praise for *What We'll Build*: [Has] the offbeat, sweet style Jeffers' fans know and love. --Kirkus Reviews An intensely personal statement of intergenerational fellowship and an obvious pick for library shelves best explored at home. --School Library Journal Children will love his playbook for building a future of love and imagination, and they will delight in the special relationship the father and daughter share. --Booklist Stroked in generous swaths of warm color and Jeffers's signature childlike scribbles Jeffers's benediction portrays a parent who surrounds his child with love and steadies her as she learns how to bring her dreams to fruition. --Publishers Weekly

celestial touch wellness studio: *The Book of Sufi Healing* Abu Abdullah Ghulam Moinuddin, 1989

celestial touch wellness studio: *Songs in Ursa Major* Emma Brodie, 2021-06-22 A transporting love story of music, stardom, heartbreak, and a gifted young singer-songwriter who must find her own voice: "In the vein of Daisy Jones and the Six and *The Final Revival of Opal and Nev*, [this] is an intoxicating chronicle of the music industry, inspired largely by the love affair between artists Joni Mitchell and James Taylor" (Elle). The year is 1969, and the Bayleen Island Folk Fest is abuzz with one name: Jesse Reid. Tall and soft-spoken, with eyes blue as stone-washed denim, Jesse Reid's intricate guitar riffs and supple baritone are poised to tip from fame to legend with this one headlining performance. That is, until his motorcycle crashes on the way to the show. Jane Quinn is a Bayleen Island local whose music flows as naturally as her long blond hair. When she and her bandmates are asked to play in Jesse Reid's place at the festival, it almost doesn't seem real. But Jane plants her bare feet on the Main Stage and delivers the performance of a lifetime, stopping Jesse's disappointed fans in their tracks: A star is born. Jesse stays on the island to recover from his near-fatal accident and he strikes up a friendship with Jane, coaching her through the production of her first record. As Jane contends with the music industry's sexism, Jesse becomes her advocate, and what starts as a shared calling soon becomes a passionate love affair. On tour with Jesse, Jane is so captivated by the giant stadiums, the late nights, the wild parties, and the media attention, that she is blind-sided when she stumbles on the dark secret beneath Jesse's music. With nowhere to turn, Jane must reckon with the shadows of her own past; what follows is the birth of one of most iconic albums of all time. Shot through with the lyrics, the icons, the lore, the adrenaline of the early 70s music scene, *Songs in Ursa Major* pulses with romantic longing and asks the question so many female artists must face: What are we willing to sacrifice for our dreams?

celestial touch wellness studio: *Howl* , 2016-04-07 From master illustrator Katy Lipscomb comes a wild new adult coloring book: *Howl!* *Howl* contains a pack of 30 fantastical designs featuring wolves in a variety of settings and presentations. Printed on specially selected artist grade paper, this coloring book is fun for beginners, but also created with the advanced colorist in mind. Take your skills to the next level with blending, shading, and mixing utensils to create your masterpiece. Each image is hand-drawn and exquisitely detailed, with various styles ranging from minimalist to more defined detail. PS: *Howl* makes a perfect Christmas gift for any wolf-lover and creative artist in your life!

celestial touch wellness studio: *The Bloom Book* Heidi Smith, 2020-05-12 "Flowers represent

a branch of plant medicine that is specifically concerned with our consciousness and evolution. To connect with their essence catalyzes the blossoming of our own healing and spiritual journeys.” —Heidi Smith From lavender’s ability to soothe frazzled nerves to rose’s charms in healing the heart, flowers don’t just delight the senses—they have a secret history as doorways to transformation. With *The Bloom Book*, Heidi Smith offers a holistic and comprehensive guide for working with flower essences—the vibrational signatures of our botanical allies—to bring about healing, awakening, and deep change. A psychosomatic therapist, flower essence practitioner, registered herbalist, and long-time student of ancient wisdom traditions, Smith seamlessly integrates the healing power of flower essences with vibrational medicine and the rise of the divine feminine. The result is a cosmic doctrine of healing that empowers readers to align with their highest selves and help to bring about planetary transformation. Highlights include: - An intuitive approach to working with flower essences for balance and optimal health - Detailed instructions for making, selecting, and formulating flower essences - Rituals, recipes, and case studies for protection, grounding, dreamwork, grief, love, and more - Complementary applications of vibrational healing—including breath work, moon cycles, colors, chakras, and sacred symbols - Working with trauma and systemic oppression—how flower essences can support multi-general, intersectional healing - Reconnecting with nature, the divine feminine, and your true self through the healing power of flowers Filled with gorgeous illustrations by artist Chelsea Granger, *The Bloom Book* is both an information-rich resource and interactive guidebook for anyone who wants to awaken their most vibrant, balanced, and empowered self through the healing power of flower essences.

celestial touch wellness studio: Persian Yoga - Fundamentals Illustrated Manual Kashi Azad, 2017-12-07 Persian Yoga(tm) Illustrated Manual - Fundamentals, is an introduction to the the training methods that were developed by Persians over 2000 years ago as a complete yet simple martial arts conditioning system. Historically this type of training created an ideal warrior, forging elite soldiers out of the ordinary people. The warrior was known as a Pahlavān, who was valiant, powerful, capable, honorable and an enemy of falsehood. Persian Yoga(tm) (Pahlavāni) is still practiced in the Zurkhaneh (House of Power/Strength) as a complete system of strength conditioning by wrestlers, martial artists and strength enthusiasts. This manual is a never before seen, in depth and clear account of the exercises, variations, postures and techniques with the Shena(tm) (push-up board) and Meel(tm) (Persian Clubs) as well as the dynamic mobility and flexibility exercises and the kicking, stepping and stomping techniques used in the Zurkhaneh for cardiovascular (aerobic) and agility conditioning. The manual also includes progressions and regressions together with a complete practice routine.-----

In the Foreword Mr. Paul Taras Wolkowski, BA, (King of Clubs) says: Kashi Azad offers you a unique insight into these ancient customs, and has done a great job in presenting a step-by-step, no-nonsense guide. His knowledge is based on personal experience and research that is a life long passion. I have visited Iran for two years in succession to specifically study the physical arts of the Zurkhaneh, and even though I hired excellent translators, I found the Persian Yoga(tm) manual very useful and comprehensive in it's presentation and explanations. The Persian Yoga(tm) manual is comprehensively illustrated with photographs and detailed written descriptions of all the movements and exercises. This is great news for anyone who would like to learn more about this ancient art, and start to experience it for themselves. The Persian Yoga(tm) Fundamentals - Illustrated Manual is giving you first hand information directly from an active practitioner who introduces you to knowledge from his ancestral home of Iran.-----

...the most complete form of mobility, strength, endurance, coordination... ~ Dr David Oxenham, DC, ex. Professional Rugby player... Persian Yoga is unlike anything I have ever done before... ~ Dr Abbey Wiseman, DC, ex. Competitive Gymnast... Persian Yoga offers all of these benefits. From the body weight challenge of the Shena, the circular movements of the Meel, and the hardcore effort required to move the Sang in a fluid and balanced way, it has everything you need covered. ~ Dr David

McIntosh, MD, MBBS FRACS PhD...There is much breadth and depth to the practice...more holistic than I believed, working many fitness components...I'm sold!... ~ Dr Anthony Van Den Bergh, DCPersian Yoga is especially powerful in training and injury proofing shoulders and hips; and is an easily adaptable method of superior coordination and neuromuscular conditioning! ~ Mr Dominic Lo, Exercise Physiologist

celestial touch wellness studio: Every Day Is a Poem Jacqueline Suskin, 2020-10-20 "This is a practical guide for everyone to learn the requisite art of slowing down, becoming more curious in order to 'nurture transformation and love limitlessly.'" —Derrick C. Brown, author of *Hello. It Doesn't Matter.*, *UH-OH*, and *How the Body Works* the Dark How do we deal with the heaviness of everyday living? When we are surrounded by uncertainty, distrust, and destruction, how do we sift through the chaos and enjoy being alive? In *Every Day Is a Poem*, Jacqueline Suskin aims to answer these questions by using poetry as a tool for finding clarity and feeling relief. With provocative questions, writing practices, and mindset exercises, this celebrated poet shows you how to focus your senses, cultivate curiosity, and create your own document of the world's beauty. Emphasizing that the personal is inextricable from the creative, Suskin offers specific instructions on how make a map of your past and engage with your pain to write a healing poem. Poetry isn't a magic cure-all that makes adversity vanish, but it does summon the wondrous and sublime out of the shadows. Suskin seeks to remind you how incredible it is to be alive at all, even when it hurts. Most importantly, *Every Day Is a Poem* reveals that we all have the ability to weave beauty and meaning out of otherwise difficult and overwhelming times.

celestial touch wellness studio: Yoga Journal , 1979-09 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.

celestial touch wellness studio: Orion and the Dark Emma Yarlett, 2015-03-24 Orion is very scared of the dark—until Dark decides to pay him a visit! Orion is scared of a lot of things, but most of all he's scared of the dark. So one night the Dark decides to take Orion on an adventure. Emma Yarlett's second picture book combines her incredible storytelling and artwork with die-cut pages that bring the Dark to life.

celestial touch wellness studio: Glasgow Museums: Thomas Millie Dow: St Ives, Cornwall Pocket Diary 2023 Flame Tree Studio, 2022-08-23 Combining high-quality production with magnificent fine art, this luxurious week-to-view pocket diary has a foil and embossed cover with magnetic closure. Featuring on its cover *St Ives, Cornwall* by Thomas Millie Dow from the Glasgow Museums, this diary is the perfect gift or a special treat just for you. Printed on FSC-certified paper.

celestial touch wellness studio: The Gold Projections Joe Ramirez, 2017-02-01 Using a technique, which he has since patented, Ramirez projects films onto a circular, slightly convex, wooden panel, which he has gilded by hand in an elaborate process, leaf by leaf and layer by layer. This creates a unique projection surface, which determines the form of the projected images. In this debut artist book, an entire lifetime of dreaming in light is condensed to display a process unique to the California-born artist, whom Wim Wenders considers 'a true 21st century Renaissance artist.'

celestial touch wellness studio: The Complete Guide to Yin Yoga Bernie Clark, 2019-09 This second edition of this bestseller provides an in-depth look at the philosophy and practice of Yin Yoga with illustrated how-to sections, including detailed descriptions and photographs of more than 30 asanas.

celestial touch wellness studio: The Pursuit Of Happiness Douglas Kennedy, 2008-09-04 The critically acclaimed bestseller from the author of *The Moment* and *A Special Relationship*. New York, 1945 - Sara Smythe, a young, beautiful and intelligent woman, ready to make her own way in the big city attends her brothers Thanksgiving Eve party. As the party gets into full swing, in walks Jack Malone, a US Army journalist back from a defeated Germany and a man unlike any Sara has ever

met before - one who is destined to change Sara's future forever. But finding love isn't the same as finding happiness - as Sara and Jack soon find out. In post-war America chance meetings aren't always as they seem, and people's choices can often have profound repercussions. Sara and Jack find they are subject to forces beyond their control and that their destinies are formed by more than just circumstance. In this world of intrigue and emotional conflict, Sara must fight to survive -against Jack, as much as for him. In this mesmerising tale of longing and betrayal, *The Pursuit of Happiness* is a great tragic love story; a tale of divided loyalties, decisive moral choices, and the random workings of destiny.

celestial touch wellness studio: [الطاقة العالية للصحة](#) Amira Ayad, 2013

celestial touch wellness studio: *High Level Wellness* Donald B. Ardell, 1979

celestial touch wellness studio: [Small Press Record of Books in Print](#) , 1986

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