

dose of wellness massage facials

Dose of Wellness: Massage & Facials – Your Ultimate Guide to Relaxation and Rejuvenation

Are you feeling stressed, tense, or just plain worn out? Do you crave a moment of pure, blissful relaxation? Then you've come to the right place! This comprehensive guide dives deep into the world of Dose of Wellness massage & facials, exploring everything from the benefits of each treatment to how to choose the perfect one for your needs. We'll uncover the science behind the serenity and help you understand why incorporating regular massage and facial treatments into your self-care routine is a game-changer. Get ready to unwind and discover your path to ultimate wellness.

Understanding the Power of Massage at Dose of Wellness

Massage therapy isn't just a luxury; it's a powerful tool for both physical and mental well-being. At Dose of Wellness, we offer a range of massage styles to cater to diverse needs and preferences. From the deep tissue massage that targets chronic muscle pain and tension to the soothing Swedish massage that promotes relaxation and improves circulation, our skilled therapists personalize each session to your individual requirements.

What makes our massages unique?

Experienced Therapists: Our team undergoes rigorous training and possesses years of experience, ensuring you receive expert care.

Personalized Approach: We don't believe in a "one-size-fits-all" approach. Your massage is tailored to your specific needs and preferences, ensuring maximum benefit.

High-Quality Products: We use only premium, natural oils and lotions that nourish your skin and enhance the therapeutic effects of the massage.

Serene Environment: Our spa is designed to create a tranquil and peaceful atmosphere, allowing you to fully relax and de-stress.

Types of Massage Offered at Dose of Wellness:

Swedish Massage: A classic massage technique focusing on long, flowing strokes to relieve muscle tension, improve circulation, and promote relaxation.

Deep Tissue Massage: Targets deeper layers of muscle and connective tissue to address chronic pain and tension. This is ideal for those with persistent muscle knots or injuries.

Hot Stone Massage: Uses smooth, heated stones to warm muscles and improve

blood flow, resulting in deeper relaxation and pain relief.

Prenatal Massage: A gentle, safe massage designed specifically for pregnant women to relieve back pain, reduce stress, and improve overall well-being. (Always consult your doctor before booking a prenatal massage.)

The Rejuvenating Effects of Dose of Wellness Facials

Just as massage addresses physical tension, facials target the skin, promoting a healthy glow and addressing various skin concerns. At Dose of Wellness, our facials are more than just a pampering experience; they're a holistic approach to skin health.

Why Choose a Dose of Wellness Facial?

Customized Treatments: Our estheticians conduct a thorough skin analysis to create a personalized treatment plan that addresses your unique needs.

Advanced Techniques: We utilize cutting-edge techniques and products to deliver visible results.

High-Quality Products: We use only high-quality, professional-grade skincare products that are gentle yet effective.

Relaxing Atmosphere: Our spa provides a relaxing and rejuvenating atmosphere, allowing you to escape the stresses of daily life.

Facial Treatments Available at Dose of Wellness:

Classic Facial: A thorough cleansing, exfoliation, and hydration treatment designed to leave your skin feeling refreshed and revitalized.

Anti-Aging Facial: Targets signs of aging, such as wrinkles and fine lines, using advanced techniques and potent anti-aging ingredients.

Acne Facial: Addresses acne-prone skin with targeted treatments to clear blemishes and prevent future breakouts.

Hydrating Facial: Perfect for dry, dehydrated skin, this treatment replenishes moisture and leaves your skin feeling soft and supple.

Combining Massage and Facials for Ultimate Wellness

For the ultimate indulgence and holistic wellness experience, consider combining a massage and facial. This powerful duo provides a synergistic effect, leaving you feeling refreshed, rejuvenated, and deeply relaxed. The massage will release muscle tension, while the facial will leave your skin radiant and healthy. This combination is perfect for a special occasion, a much-needed self-care day, or simply a treat to improve your overall well-being.

Choosing the Right Treatment at Dose of Wellness

With so many options, choosing the right treatment can seem overwhelming. Don't worry! Our team is here to help. Before your appointment, we encourage

you to schedule a consultation to discuss your needs and preferences. This ensures you receive the perfect treatment tailored to your specific requirements. Consider these factors when choosing:

Your main concerns: Are you experiencing muscle pain, stress, acne, or dry skin? This will help determine the best treatment type.

Your desired outcome: Do you want deep relaxation, pain relief, or skin rejuvenation?

Your time constraints: Massage and facials vary in duration, so choose a treatment that fits your schedule.

Conclusion

At Dose of Wellness, we believe that self-care is not a luxury, but a necessity. Our massage and facial services are designed to help you achieve a state of deep relaxation, rejuvenate your skin, and improve your overall well-being. We invite you to experience the transformative power of Dose of Wellness and discover the path to your ultimate serenity. Book your appointment today and embark on your journey to a healthier, happier you!

FAQs

1. What should I wear to my appointment? Comfortable clothing is recommended for massages. For facials, you can wear whatever you feel comfortable in, though we provide robes and towels.
1. Do you offer gift certificates? Yes! Gift certificates make wonderful presents for birthdays, holidays, or any special occasion.
1. What payment methods do you accept? We accept all major credit cards and debit cards.
1. How far in advance should I book my appointment? We recommend booking in advance, especially during peak seasons. Walk-ins are sometimes possible depending on availability.
1. What is your cancellation policy? We have a 24-hour cancellation policy. Cancellations made less than 24 hours in advance may be subject to a

fee. Please contact us as soon as possible if you need to reschedule your appointment.

dose of wellness massage facials: Health , 2007

dose of wellness massage facials: **Ebony** , 2000-07 EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

dose of wellness massage facials: 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

dose of wellness massage facials: *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.

dose of wellness massage facials: **New York Magazine** , 1997-05-05 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.

dose of wellness massage facials: **Spa** , 2006

dose of wellness massage facials: **Principles and Labs for Fitness and Wellness** Werner W. K. Hoeger, Sharon A. Hoeger, 2004 PRINCIPLES AND LABS FOR PHYSICAL FITNESS AND WELLNESS, SEVENTH EDITION, guides students through the development of an attainable and enjoyable fitness and wellness program. With over 150 pieces of art to make this text truly engaging, it also gives students the motivation and techniques they need to apply their learning experiences and knowledge received from their fitness and wellness course. Perforated laboratory worksheets found at the end of each chapter allows readers to analyze and understand the concepts that they have learned, and move to the next state of behavioral modification. The emphasis is on teaching individuals how to take control of their personal health and lifestyle habits so they can make a constant and deliberate effort to stay healthy and realize their highest potentials for well being. In addition to the strength of the text, PRINCIPLES AND LABS FOR PHYSICAL FITNESS AND WELLNESS comes with a wide-range of teaching and learning resources unlike any other to support your course! Besides the exclusive offerings of the CNN Video Today series and InfoTrac College Edition, or the extensive PowerPoint and WebTutor Advantage Online teaching support, each copy of

the text comes packaged FREE with the exciting and interactive PROFILE PLUS CD-ROM. Unique to any learning tutorial, this CD-ROM includes self-paced, guided assessments, exercise prescriptions and logs, nutrition analysis, and a text-specific study guide appropriate for all health students. Whether supporting active learning or active teaching, this text has it all!

dose of wellness massage facials: 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.

dose of wellness massage facials: Alternative Medicines & Biotechnology for overall wellness Dr. Deepak Kumar, 2020-07-30 This book is written for the students of alternative medicines such as ayurveda, naturopathy, homeopathy, electro-homeopathy, healthcare wellness in biotechnology and the persons who want to get ideas in this area for knowledge and learning for overall wellness.

dose of wellness massage facials: High Vibrational Beauty Kerrilynn Pamer, Cindy DiPrima Morisse, 2018-04-03 Beauty is Wellness. Wellness is Beauty. Kerrilynn Pamer and Cindy DiPrima Morisse, founders of CAP Beauty, the all-natural beauty site and store, want to share their deep knowledge of the benefits of natural beauty, foods, and mindfulness techniques with you. Natural beauty is about making choices that create true radiance from the foods we eat to the way we move to how we care for ourselves and our planet. You've already purified your meals, workouts, and bodies by returning to clean naturals. Now it's time to align your beauty routine with the other wellness practices you follow. What we put on our skin is easily as important as what we put in our mouths. But natural beauty is about much more than just products. Through routines, recipes, and rituals, High Vibrational Beauty addresses beauty from the inside out and vibrancy from the outside in. Divided into seasons and focused on self-care and rejuvenation, High Vibrational Beauty combines mantras, meditations, natural skin care regimens, and more than 100 plant-based recipes to help you achieve radical radiance. This is the only guidebook you need to create true and lasting beauty for the mind, body, and soul.

dose of wellness massage facials: Clinical Aromatherapy - E-Book Jane Buckle, 2014-11-14 Enhance patient care with the help of aromatherapy! Clinical Aromatherapy: Essential Oils in Healthcare is the first and only peer-reviewed clinical aromatherapy book in the world and features a foreword by Dr. Oz. Each chapter is written by a PhD nurse with post-doctoral training in research and then peer reviewed by named experts in their field. This clinical text is the must-have resource for learning how to effectively incorporate aromatherapy into clinical practice. This new third edition takes a holistic approach as it examines key facts and topical issues in aromatherapy practice and applies them within a variety of contexts and conditions. This edition also features updated information on aromatherapy treatments, aromatherapy organizations, essential oil providers, and

more to ensure you are fully equipped to provide patients with the best complementary therapy available. Expert peer-reviewed information spans the entire book. All chapters have been written by a PhD nurse with post-doctoral training in research and then peer reviewed by named experts in their field. Introduction to the principles and practice of aromatherapy covers contraindications, toxicity, safe applications, and more. Descriptions of real-world applications illustrate how aromatherapy works in various clinical specialties. Coverage of aromatherapy in psychiatric nursing provides important information on depression, psychosis, bipolar, compulsive addictive, addiction and withdrawal. In-depth clinical section deals with the management of common problems, such as infection and pain, that may frequently be encountered on the job. Examples of specific oils in specific treatments helps readers directly apply book content to everyday practice. Evidence-based content draws from thousands of references. NEW! First and only totally peer-reviewed, evidence-based, clinical aromatherapy book in the world. NEW Chapter on integrative Healthcare documenting how clinical aromatherapy has been integrated into hospitals and healthcare in USA, UK and elsewhere. NEW Chapter on the M Technique: the highly successful method of gentle structured touch pioneered by Jane Buckle that is used in hospitals worldwide. All chapters updated with substantial additional references and tables.

dose of wellness massage facials: College Men and Masculinities Shaun R. Harper, Frank Harris, III, 2010-03-08 COLLEGE MEN AND MASCULINITIES is a comprehensive handbook that offers a compilation of the best classic and contemporary research on male students in higher education. The editors, Shaun R. Harper and Frank Harris III two experts in the field of men and masculinities frame each of the six sections of the book with a summary of issues and implications for educational practice. Each section also includes a wealth of forward-thinking strategies and suggestions that faculty and institutional leaders can creatively employ on their campuses to reverse problematic trends and outcomes among male undergraduates. With contributions from leading scholars in education, sociology, psychology, and other disciplines, College Men and Masculinities explores the following issues in depth: Identity development and gender socialization Sexualities and sexual orientations Destructive behaviors (judicial offenses, alcohol abuse, and violence) Health and wellness College men of color College men and sports This vital resource will help educators and administrators address the alarming trends and issues that arise from identity-related challenges among boys and college men. What a valuable resource! This book includes some of the most influential research and theory on all aspects of collegiate masculinity from sports to spirituality, hazing to hook-ups, and alcohol to assault. Always sensitive to how different groups of men experience college life, Harper and Harris's book will surely become the touchstone text for those who work with or study college men. Michael Kimmel, author of Manhood in America and professor of sociology, Stony Brook University Essential reading for all who care about gender equity, this book advances the conversation about men in college at the critical nexus of identity development, culture, and relationship, enabling faculty and student affairs administrators to build more thoughtful and challenging educational environments for men from diverse populations. Susan Marine, Women's Center director and assistant dean for student life, Harvard University This book offers educators and administrators much-needed guidance for understanding and effectively meeting the developmental, academic, and social needs of undergraduate men. Chauncey Smith, undergraduate student leader, Morehouse College

dose of wellness massage facials: Asian American Herbalism Erin M. Wilkins, 2023-10-17 Japanese American herbalist and acupuncturist Erin Masako Wilkins shares accessible and comprehensive herbal wellness practices, remedies, and recipes, rooted in Asian tradition for optimal health. Erin Masako Wilkins is a California-based herbalist, acupuncturist, and the founder of Herb Folk, an online shop with an array of Asian American herbs, teas, and wellness products. In Asian American Herbalism, Wilkins shares a beautifully illustrated and photographed collection of herbal recipes, remedies, and wellness practices. Rooted in East Asian history and culture, these offerings will help the reader to prevent illness and restore health and vitality. This comprehensive wellness guide addresses the root causes of illnesses and offers 100 easy and accessible herbal

recipes to heal, uplift, and improve the quality of daily life. A central theme of this book is that food is our greatest medicine, and there is an emphasis on incorporating herbs into daily meals and drinks to address common ailments, such as allergies, anxiety and depression, digestion and gut health, menstrual disorders, and sleep difficulties. For example: Loquat cough syrup for a lingering cough Nettle soup and magnolia bud tea for seasonal allergies Okayu (Japanese rice porridge) for recovering from illness Reishi mushroom decoction for insomnia and night sweats Medicinal herb stock to increase energy and vitality Fresh mulberry sweet tea or an infusion of marshmallow leaf and rose to ease digestive woes Illustrated instructions offer guidance on how to practice gua sha for better health with a culturally mindful framework In addition, Wilkins visually walks readers through the process of preparing homemade herbal remedies with ingredients that can be found at local markets. The first contemporary book exploring the intersection of American folk herbalism and traditional Chinese medicine by an AAPI author, *Asian American Herbalism* is filled with practical remedies easy enough for even the busiest reader to implement and beautiful enough to display on a shelf or coffee table. An exploration of what it means to practice traditional Asian medicine in the context of modern-day life, it is the perfect health and wellness reference guide for our time.

dose of wellness massage facials: Femina , 2005

dose of wellness massage facials: New York , 1997-05

dose of wellness massage facials: Clinical Case Studies for the Family Nurse Practitioner

Leslie Neal-Boylan, 2011-11-28 *Clinical Case Studies for the Family Nurse Practitioner* is a key resource for advanced practice nurses and graduate students seeking to test their skills in assessing, diagnosing, and managing cases in family and primary care. Composed of more than 70 cases ranging from common to unique, the book compiles years of experience from experts in the field. It is organized chronologically, presenting cases from neonatal to geriatric care in a standard approach built on the SOAP format. This includes differential diagnosis and a series of critical thinking questions ideal for self-assessment or classroom use.

dose of wellness massage facials: Massage Therapy Research Tiffany Field, 2006-05-10

Written by the Director of the world-renowned Touch Research Institutes, this book examines the practical applications of important massage therapy research findings. Each chapter of this comprehensive resource provides a clear and authoritative review of what is reliably known about the effects of touch for a variety of clinical conditions such as depression, pain management, movement problems, and functioning of the immune system. Coverage also includes the benefits of massage to specific populations such as pregnant women, neonates, infants, and adolescents. This book is suitable for massage therapists (including Shiatsu practitioners), aromatherapists, chiropractors, osteopaths, physical therapists, and nurses. - Provides a thorough yet concise review of recent research related to the importance of touch. - Offers practical guidance to healthcare professionals whose work involves physical contact with patients. • Becomes a new book as new studies will be incorporated. • Research techniques, not previously included.

dose of wellness massage facials: Essentials of Human Diseases and Conditions - E-Book

Margaret Schell Frazier, Jeanette Drzymkowski, 2012-02-06 Prepare for the changing healthcare field with current disease pathology information and ICD-10-CM codes for more than 500 commonly encountered conditions with *Essentials of Human Diseases and Conditions*, 5th Edition. Consistently organized and easy to read, this portable, practical reference provides the comprehensive disease information you need to successfully perform common clinical and administrative medical assisting responsibilities you'll encounter in the physician's office, including telephone screening, taking patient examinations, understanding diagnostic and treatment procedures, assembling patient education programs, and more. Enrichment boxes relate disease information to everyday practice. ICD-9-CM and ICD-10-CM codes included for each disease entry provide valuable practice looking up codes and illustrate differences between the two code sets. Current information on the most commonly encountered clinical disorders is presented in small segments for easier understanding. Full-color illustrations clarify difficult concepts. Consistent coverage for all diseases walks you

through each step of patient care and treatment, including: Description Symptoms and Signs Patient Screening UNIQUE! Etiology Diagnosis Treatment Prognosis Prevention Patient Teaching Pharmacology appendix details drug names, therapeutic objectives, side effects, and general comments for commonly prescribed drugs. Alerts highlight safety precautions for physician-based practice. Review Challenges reinforce content and reveal areas requiring additional study. Real-life Challenges test your ability to apply chapter content to real-world cases. Internet activities on the companion Evolve site broaden your understanding and direct you to additional information available online. Anatomy and physiology reviews of specific body systems include clearer descriptions and more illustrations, helping students compare systems in normal and disease states. Coverage of Avian Flu describes how diseases emerge from the animal to the human world, and prepares medical assistants for the potential dangers of this disease. Key Terms include pronunciations and are broken down into prefixes, roots and suffixes.

dose of wellness massage facials: *Consumer Health & Nutrition Index* , 1994

dose of wellness massage facials: *Managing Complications in Pregnancy and Childbirth* , 2003 The emphasis of the manual is on rapid assessment and decision making. The clinical action steps are based on clinical assessment with limited reliance on laboratory or other tests and most are possible in a variety of clinical settings.

dose of wellness massage facials: 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'.

dose of wellness massage facials: *Disease Control Priorities in Developing Countries* Dean T. Jamison, Joel G. Breman, Anthony R. Measham, George Alleyne, Mariam Claeson, David B. Evans, Prabhat Jha, Anne Mills, Philip Musgrove, 2006-04-02 Based on careful analysis of burden of disease and the costs of interventions, this second edition of 'Disease Control Priorities in Developing Countries, 2nd edition' highlights achievable priorities; measures progress toward providing efficient, equitable care; promotes cost-effective interventions to targeted populations; and encourages integrated efforts to optimize health. Nearly 500 experts - scientists, epidemiologists,

health economists, academicians, and public health practitioners - from around the world contributed to the data sources and methodologies, and identified challenges and priorities, resulting in this integrated, comprehensive reference volume on the state of health in developing countries.

dose of wellness massage facials: *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.

dose of wellness massage facials: *Step-by-step Massage Therapy Protocols for Common Conditions* Charlotte Michael Versagi, 2011-07-26 Step-by-Step Massage Therapy Protocols for Common Conditions is intended to give massage therapy students and practitioners the knowledge and confidence to work safely with clients who have medical conditions. The text provides practical, thorough protocols to help therapists support their clients while steering them away from doing any harm.

dose of wellness massage facials: *Magnesium in the Central Nervous System* Robert Vink, Mihai Nechifor, 2011 The brain is the most complex organ in our body. Indeed, it is perhaps the most complex structure we have ever encountered in nature. Both structurally and functionally, there are many peculiarities that differentiate the brain from all other organs. The brain is our connection to the world around us and by governing nervous system and higher function, any disturbance induces severe neurological and psychiatric disorders that can have a devastating effect on quality of life. Our understanding of the physiology and biochemistry of the brain has improved dramatically in the last two decades. In particular, the critical role of cations, including magnesium, has become evident, even if incompletely understood at a mechanistic level. The exact role and regulation of magnesium, in particular, remains elusive, largely because intracellular levels are so difficult to routinely quantify. Nonetheless, the importance of magnesium to normal central nervous system activity is self-evident given the complicated homeostatic mechanisms that maintain the concentration of this cation within strict limits essential for normal physiology and metabolism. There is also considerable accumulating evidence to suggest alterations to some brain functions in both normal and pathological conditions may be linked to alterations in local magnesium concentration. This book, containing chapters written by some of the foremost experts in the field of magnesium research, brings together the latest in experimental and clinical magnesium research as it relates to the central nervous system. It offers a complete and updated view of magnesium's involvement in central nervous system function and in so doing, brings together two main pillars of contemporary neuroscience research, namely providing an explanation for the molecular mechanisms involved in brain function, and emphasizing the connections between the molecular changes and behavior. It is the untiring efforts of those magnesium researchers who have dedicated their lives to unraveling the mysteries of magnesium's role in biological systems that has inspired the collation of this volume of work.

dose of wellness massage facials: *Danielle Collins' Face Yoga* Danielle Collins, 2019-07-09

Have you ever thought why every workout you have ever done stopped at the neck? Or wondered why traditional yoga calms the mind, tones the body but forgets the face? Are you looking for a natural way to look and feel younger and healthier? Danielle Collins, TV's Face Yoga Expert, believes we should all have the opportunity to look and feel the very best we can for our age and to care for our face, body and mind using natural and holistic techniques. Her method requires just 5 minutes a day and could not be easier to get started. Integrating practical facial exercises with inspirational lifestyle tips, including diet and skincare, Danielle Collins' Face Yoga is a revolutionary new programme to help you achieve healthier, firmer, glowing skin..

dose of wellness massage facials: *The 100 Best Vacations to Enrich Your Life* Pam Grout, 2009-09-30 Travel statistics say that baby boomers travel more than any other age group in America—and that an ever increasing number of them are looking for ways to spend their leisure time in substantial, meaningful ways. One especially fast-growing area of interest is the experience-driven or wellness vacation, a proactive approach based on the idea that true recreation involves positive engagement: acquiring a new skill or volunteering to share your own expertise; exercising your intellect or extending yourself in some creative, physical, or spiritual way. In response to such aspirations, this timely book showcases a broad range of the most life-enriching getaways in the U.S., Canada, and Mexico, with something for every taste and every interest. Here are programs dedicated to kayaking lessons, mountain biking, yoga instruction, and more. Perhaps you'd prefer to spend an arts and crafts holiday focused on a creative activity like cooking, painting, or woodworking. Imagine studying French in a Maine village, learning about nutrition at a historic North Carolina spa, or helping rebuild the devastated communities of the Gulf Coast. Weave a Navajo rug; make a film in New York; learn to surf in Mexico; or choose any of scores of other possibilities. Elegantly designed and packed with attractive and fun descriptions, detailed travel information, lists of unique activities, and special sidebars, this unusual resource tells you all you need to know to ensure that your next vacation won't just be time off—it will be time well spent.

dose of wellness massage facials: *Business Week* , 2004

dose of wellness massage facials: *Glow* Nadia Neumann, 2017-06-20 Get Your Glow On With Skin-Loving Foods & Homemade Products Improve your skin the way nature intended—with real, fresh ingredients! Nutritional Therapist Nadia Neumann completely transformed her skin by making simple switches to a nourishing, real food diet and natural skincare routine. In *Glow*, Nadia walks you through the steps to naturally clear, radiant skin from the inside out. Learn the ways that issues inside your body—like inflammation you may not even notice—manifest themselves on your skin as acne, dryness or eczema. On the flip side, get the deets on how common skincare products and routines—like washing your face with harsh cleansers twice a day—can actually make these skin troubles worse. It's science, but Nadia's fun and friendly writing makes these issues easy to understand and fix for good. She'll even spark your creativity in the kitchen with fabulous recipes like glow-getting smoothies, easy lunches and skin-nourishing dinners. Not to mention plenty of fun and unique DIY skincare products like masks, toners, eye creams and face oil blends. Packed with Nadia's stunning photography, no other book will both inform and inspire you like this. Everybody—both young and old—has naturally gorgeous skin just waiting to be revealed; with this book, you will finally get your glow for life.

dose of wellness massage facials: *Far Outside the Ordinary* Prissy Elrod, 2015-07-20 If anybody had told Prissy, a conservative Southern housewife, she would one day be driving around town with a stoned, drunk black man named Willie in her backseat while she begged--no, ordered--him into her house for the night, she would have told them they were nuts. But it happened. An emotionally honest account, *Far Outside the Ordinary* chronicles the period in Prissy's life when, during a routine physical, her fifty-year-old husband is given less than a year to live. Southern black caregivers move into her home and work around the clock to aid her family. Soon, Prissy finds herself a spectator in her own home, observing events far outside the boundaries of her once ordinary life. *Far Outside the Ordinary* is also a story of happily ever after, a romantic fairy tale. When her high school boyfriend reappears in her life, Prissy learns love has no expiration date.

Sometimes a second chance at love can come disguised, and when least expected.

dose of wellness massage facials: Dirty Genes Ben Lynch, 2018-01-30 Instant National Bestseller After suffering for years with unexplainable health issues, Dr. Ben Lynch discovered the root cause—"dirty" genes. Genes can be "born dirty" or merely "act dirty" in response to your environment, diet, or lifestyle—causing lifelong, life-threatening, and chronic health problems, including cardiovascular disease, autoimmune disorders, anxiety, depression, digestive issues, obesity, cancer, and diabetes. Based on his own experience and successfully helping thousands of clients, Dr. Lynch shows you how to identify and optimize both types of dirty genes by cleaning them up with targeted and personalized plans, including healthy eating, good sleep, stress relief, environmental detox, and other holistic and natural means. Many of us believe our genes doom us to the disorders that run in our families. But Dr. Lynch reveals that with the right plan in place, you can eliminate symptoms, and optimize your physical and mental health—and ultimately rewrite your genetic destiny.

dose of wellness massage facials: Prescription for Happiness Robin Berzin, 2023-03-14 A "compassionate, authoritative, and wise" (Mark Hyman, MD, New York Times bestselling author of *The Pegan Diet*) 30-day program that "will shift the way you think about your body and your health" (Gabrielle Bernstein, #1 New York Times bestselling author and international speaker) based on a paradigm-shifting idea: You have to change your body to change your mind and mood. *Perscription for Happiness* offers a 30-day program for reaching a new level of energy, clarity, and calm. Too often, conventional medicine treats the mind as separate from the body. However, science shows that physical issues, such as chronic illness and weight fluctuation, are oftentimes intricately entwined with mental health conditions like depression, anxiety, fatigue, and more. This must-read book explores the new science of optimizing the body in ways that will help anyone attain a new baseline for energy, calm, and optimism. Dr. Berzin draws on cutting-edge research and her work with thousands of patients to tell the complete story of how our physical health influences our energy level, mood, focus, and emotional wellbeing. This builds on her work at her nationally renowned holistic health service Parsley Health, where Dr. Berzin and her team of over 100 highly trained medical providers focus on treating the whole patient, yielding extraordinary results for those dealing with gastrointestinal, hormone-related, autoimmune, and mental health conditions. Leveraging Parsley's unique patient data and successful proprietary protocols, *Perscription for Happiness* is the ultimate gateway to creating your new baseline for peak physical and mental health.

dose of wellness massage facials: Disease Control Priorities, Third Edition (Volume 2) Robert Black, Ramanan Laxminarayan, Marleen Temmerman, Neff Walker, 2016-04-11 The evaluation of reproductive, maternal, newborn, and child health (RMNCH) by the Disease Control Priorities, Third Edition (DCP3) focuses on maternal conditions, childhood illness, and malnutrition. Specifically, the chapters address acute illness and undernutrition in children, principally under age 5. It also covers maternal mortality, morbidity, stillbirth, and influences to pregnancy and pre-pregnancy. Volume 3 focuses on developments since the publication of DCP2 and will also include the transition to older childhood, in particular, the overlap and commonality with the child development volume. The DCP3 evaluation of these conditions produced three key findings: 1. There is significant difficulty in measuring the burden of key conditions such as unintended pregnancy, unsafe abortion, nonsexually transmitted infections, infertility, and violence against women. 2. Investments in the continuum of care can have significant returns for improved and equitable access, health, poverty, and health systems. 3. There is a large difference in how RMNCH conditions affect different income groups; investments in RMNCH can lessen the disparity in terms of both health and financial risk.

dose of wellness massage facials: Gabbard's Treatments of Psychiatric Disorders Glen O. Gabbard, 2014-05-05 The definitive treatment textbook in psychiatry, this fifth edition of *Gabbard's Treatments of Psychiatric Disorders* has been thoroughly restructured to reflect the new DSM-5® categories, preserving its value as a state-of-the-art resource and increasing its utility in the field. The editors have produced a volume that is both comprehensive and concise, meeting the needs of

clinicians who prefer a single, user-friendly volume. In the service of brevity, the book focuses on treatment over diagnostic considerations, and addresses both empirically-validated treatments and accumulated clinical wisdom where research is lacking. Noteworthy features include the following: Content is organized according to DSM-5® categories to make for rapid retrieval of relevant treatment information for the busy clinician. Outcome studies and expert opinion are presented in an accessible way to help the clinician know what treatment to use for which disorder, and how to tailor the treatment to the patient. Content is restricted to the major psychiatric conditions seen in clinical practice while leaving out less common conditions and those that have limited outcome research related to the disorder, resulting in a more streamlined and affordable text. Chapters are meticulously referenced and include dozens of tables, figures, and other illustrative features that enhance comprehension and recall. An authoritative resource for psychiatrists, psychologists, and psychiatric nurses, and an outstanding reference for students in the mental health professions, Gabbard's Treatments of Psychiatric Disorders, Fifth Edition, will prove indispensable to clinicians seeking to provide excellent care while transitioning to a DSM-5® world.

dose of wellness massage facials: Creative Integrative Medicine Dr. Paul Drouin, 2014-08-19 A family tragedythe loss of his youngest brother at age eighteen from an osteosarcoma of the skulltriggered Dr. Drouin's interest in studying medicine. Unsatisfied with the model of healing he encountered in medical school, he explored many other models of medicine that eventually led him to practice what is now called integrative medicine. He soon realized that for these complementary medicines to be accepted and integrated into our health care system, they must be scientifically recognized and become part of the curriculum in medical schools. The entire foundation of our approach to health and disease must be redefined through a deeper understanding of reality as described by quantum physics. Dr. Drouin's initial quest has evolved into the creation of a medical and natural medicine curriculum that embraces this new paradigm of healing and the foundation of the International Quantum University for Integrative Medicine (Quantum University). The cost of an incomplete model of understanding in medicine has enormous consequences in the management of chronic and mind-related disease. Creative integrative medicine addresses the real questions and offers a solution to the present crisis in health care. Dr. Paul Drouin is a true hero for writing this long overdue book. Finally, people are being told the truth about health, healing, and alternative treatments. This book has sound scientific proof to empower you back to true health care instead of sick care. Read and learn. Joe Dispenza, DC, New York Times best-selling author of *You Are the Placebo* and *Evolve Your Brain*

dose of wellness massage facials: *Body & Soul* (Watertown, Mass.) , 2004

dose of wellness massage facials: The Raw Food Detox Diet Natalia Rose, 2009-10-13 A top nutritionist provides her simple, proven five-level diet plan to safely make the transition to eating raw foods, and to detoxify and achieve a perfect body no matter how you eat now. The raw food craze has taken off, as raw restaurants spring up and celebrities, models, and other fans tout the effects of eating raw. However, many people who are intrigued by raw food simply don't know how to make the transition from what they're eating now, or how to achieve the benefits of eating raw without giving up their lifestyle or the foods they love. Natalia Rose, an in-demand nutritionist, shows how in *The Raw Food Detox Diet*. Whether your diet is primarily made up of meat and potatoes, or tofu and tempeh, you can incorporate the flavour and lasting health benefits of raw food into your life. Over time, our bodies build up poisons and store waste from food that is not fully eliminated. Raw food helps to detoxify the body by flushing out these poisons and setting us back on a course toward greater energy, clearer skin and shinier hair, and a slim, natural figure. But making the transition to a raw diet too quickly can have negative effects on the body. Instead, the healthier way is to make a gentle change based on your previous diet and current needs. You do not conform to *The Raw Food Detox Diet*; it conforms to you, and you choose how far you want to go. Whether you're looking to live an all-raw lifestyle, or just to improve your energy and shape while still eating the foods you love, this groundbreaking diet book will energize and inspire you to achieve your goals safely and easily.

dose of wellness massage facials: New Woman , 1998

dose of wellness massage facials: Milwaukee Magazine , 2009

dose of wellness massage facials: The Ultimate Guide to CBD Jamie Evans, 2020-03-17

Discover new ways to live a healthy life by incorporating cannabidiol (CBD) into your daily routines. Whether you are seeking information on making your own CBD self-care products, how to cook with CBD, or how to administer CBD to your pet, this book makes for the perfect introduction. In *The Ultimate Guide to CBD*, you'll start by learning the basics—including the most current science in the field of CBD research. Since there are many ways to use cannabidiol, you'll also learn the differences between each application, with a detailed look at CBD oils, flower, ready-made beverages, tinctures, isolates, concentrates, capsules, salves, balms, face oil, vaping, and more. A discussion on homemade versus professional-made products is included, along with tips on how to pick a trustworthy brand. In the chapters that follow, you'll be able to explore CBD in a variety of ways:

Wellness: Self-care is the ultimate practice that can benefit your life, your relationships, and your overall happiness. This chapter will encourage the reader to evaluate their own personal wellness and hygiene routines, providing information on how to best use CBD-rich skincare, bath, and body products. An overview of other complimentary soothing herbs is provided, as well a “how-to” guide for crafting CBD face masks, salves, and massage oil.

Beverages and Food: Find your inner mixologist with CBD beverages, from CBD mocktails and cocktails to CBD coffee, matcha, and more. Learn how to make your own CBD oil at home and go gourmet with CBD honey, olive oil, butter and other infusions to craft delicious CBD cuisine.

Fitness: With opioid addiction on the rise, athletes are looking for new ways to manage pain, reduce anxiety, alleviate stress, and enhance performance. This section focuses on CBD and fitness by exploring the different ways that CBD may benefit the body during physical activities, such as yoga, running, skiing/snowboarding, and contact sports. An overview of CBD supplements and relief balms, as well as a “how-to” guide to making a post-workout balm to relieve sore muscles.

Pets and Other Uses: It turns out that our four-legged friends may also benefit from CBD. Learn how to safely share CBD with dogs and cats for anxiety reduction and pain management. With all this and more, including expert spotlights featuring some of the top names in CBD-related businesses, this is the go-to resource you've been looking for.

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