

jennys massage and wellness

Jenny's Massage and Wellness: Your Oasis of Calm and Rejuvenation

Are you feeling stressed, tense, or simply in need of some serious self-care? Do you crave a sanctuary where you can melt away the pressures of daily life and reconnect with your inner peace? Then look no further than Jenny's Massage and Wellness! This comprehensive guide dives deep into what makes Jenny's Massage and Wellness a unique and exceptional choice for your relaxation and wellness needs. We'll explore the range of services offered, the philosophy behind the practice, and why choosing Jenny's could be the best decision you make for your physical and mental wellbeing. Get ready to discover your new haven of tranquility.

Unwinding with Jenny's Expert Touch: A Range of Massage Therapies

At Jenny's Massage and Wellness, we believe that touch is a powerful healing force. That's why we offer a diverse menu of massage therapies tailored to address your specific needs. Whether you're seeking deep tissue relief for chronic muscle pain, the gentle caress of Swedish massage for relaxation, the targeted precision of sports massage for athletic recovery, or the calming aromatherapy infused massage for stress reduction, Jenny has you covered.

Swedish Massage: This classic technique utilizes long, flowing strokes to promote relaxation, improve circulation, and ease muscle tension. It's perfect for those seeking a gentle yet effective massage to unwind and de-stress.

Deep Tissue Massage: For those who experience chronic pain or tightness, deep tissue massage targets deeper layers of muscle and connective tissue to release tension and improve mobility. Jenny's expertise ensures a comfortable yet effective treatment, addressing problem areas with precision.

Sports Massage: Designed for athletes and active individuals, sports massage helps prevent injuries, improve performance, and accelerate recovery. This technique utilizes various strokes and techniques to address specific muscle groups and enhance flexibility.

Aromatherapy Massage: Immerse yourself in a blissful experience with our aromatherapy massage. Therapeutic essential oils are carefully blended to create a calming and invigorating atmosphere, enhancing the relaxation and therapeutic benefits of the massage. We offer a range of blends to suit individual preferences and needs.

Beyond Massage: Holistic Wellness at Jenny's

Jenny's Massage and Wellness is more than just a massage therapy center; it's a holistic wellness haven. We understand that true wellbeing encompasses physical, mental, and emotional health. Therefore, we offer a range of additional services designed to support your overall wellness journey.

Wellness Consultations: Before your first massage, Jenny offers personalized consultations to understand your needs and goals. This allows her to tailor a treatment plan that best addresses your specific concerns. This commitment to personalized care ensures that you receive the most effective and beneficial treatment possible.

Reflexology: This ancient healing art focuses on applying pressure to specific points on the feet to stimulate energy flow and promote relaxation and overall wellbeing. Reflexology can help relieve stress, improve circulation, and restore balance to the body.

Hot Stone Massage: Experience the ultimate in relaxation with our hot stone massage. Smooth, heated stones are strategically placed on the body to penetrate deep into the muscles, releasing tension and promoting deep relaxation. The warmth of the stones helps to ease muscle stiffness and create a truly blissful experience.

The Jenny's Massage and Wellness Difference: Experience the Jenny Touch

What truly sets Jenny's Massage and Wellness apart is Jenny herself. With years of experience and a genuine passion for helping others, Jenny brings a level of expertise, compassion, and personalized attention that you won't find anywhere else. She's dedicated to creating a safe, comfortable, and nurturing environment where you can fully relax and unwind. Her intuitive touch and ability to connect with her clients on a deeper level contribute to the transformative experience that Jenny's Massage and Wellness offers.

Jenny's commitment to continuing education ensures that she stays at the forefront of massage therapy techniques and holistic wellness practices. She regularly attends workshops and training sessions to enhance her skills and knowledge, constantly striving to provide the best possible care to her clients.

Booking Your Tranquil Escape: A Simple and Seamless Process

Booking your appointment at Jenny's Massage and Wellness is easy and straightforward. You can conveniently book online through our user-friendly website, or call us directly to schedule your session. We offer flexible appointment times to accommodate your busy schedule. We are committed to

providing a seamless and stress-free booking experience, ensuring that your journey to relaxation begins the moment you reach out.

Conclusion

Jenny's Massage and Wellness offers a comprehensive approach to wellbeing, combining expert massage therapy with holistic wellness practices to create a truly transformative experience. Whether you're seeking pain relief, relaxation, or simply a moment of self-care, Jenny's provides a haven of tranquility where you can rejuvenate your mind, body, and spirit. Book your appointment today and discover the difference!

Frequently Asked Questions (FAQs)

Q1: What forms of payment do you accept?

A1: We accept cash, credit cards (Visa, Mastercard, American Express), and debit cards.

Q2: Do you offer gift certificates?

A2: Yes! Gift certificates are the perfect way to show someone you care. They are available in various denominations and can be purchased online or in person.

Q3: What should I wear to my appointment?

A3: Wear comfortable clothing that allows for easy movement. We provide robes and towels, but comfortable clothing is best for pre- and post-massage relaxation.

Q4: What is your cancellation policy?

A4: We require a 24-hour notice for cancellations to avoid a cancellation fee.

Q5: Do you offer packages or discounts?

A5: Yes, we regularly offer packages and discounts on our services. Check our website or contact us for current promotions.

jennys massage and wellness: Anna K Away Jenny Lee, 2021-04-27 It's Crazy Rich Asians meets Gossip Girl! Anna K Away follows the fabulous cast of characters from Anna K over the course of the next summer, when new freedoms lead to life-changing adventures, risks, and self-discovery How the mighty have fallen. Anna K, once the golden girl of Greenwich, CT, and New York City, has been brought low by a scandalous sex tape and the tragic death of her first love, Alexia Vronsky. At the beginning of the summer, her father takes her to the other side of the world, to connect with his

family in South Korea and hide her away. Is Anna in exile? Or could this be her chance to figure out who she really is? Back in the U.S., Lolly has forgiven Steven for cheating on her, and their relationship feels stronger than ever. But when Lolly meets a boy at her beloved theater camp, she has to ask herself how well Steven will ever really know her. Meanwhile, in Manhattan, everything between Kimmie and her new boyfriend, Dustin, is easy—except when it comes to finally having sex. And Bea escapes to LA, running away from her grief at her beloved cousin's death, until a beautiful stranger steals her heart. Is Bea ready to finally forgive Anna, and let herself truly fall in love for the very first time? Set over the course of one unforgettable summer, Jenny Lee's *Anna K Away* is full of the risk, joy, heartbreak, and adventure that mark the three months between the end of one school year and the beginning of the next.

jennys massage and wellness: *Modalities for Massage and Bodywork* Elaine Stillerman, 2014-12-18 Ideal for both classroom and practice, *Modalities for Massage & Bodywork*, 2nd Edition presents 23 modalities of bodywork, their history, development, effects, benefits, contraindications, basic curricula and certification requirements. Updated photos and illustrations, critical thinking questions, and flash cards give you a better picture of today's massage best practices. Evolve companion website provides matching activities, flash cards, answers to multiple-choice questions, weblinks and video demonstrations of various modalities covered in the text to make learning more interactive. - Case histories in each chapter illustrate the effects of the modality within a therapeutic context, creating the opportunity for integrative, clinical reasoning that helps prepare you for work in the various modalities. - Student objectives and key terms at the start of each chapter provides a framework for what to expect and what to focus on with each chapter. - In My Experience boxes provide personal insights about specific techniques from experts in the field. - Full-color design and techniques shown with photos and illustrations enhance understanding and comprehension of each modality. - Multiple-choice test questions at the end of each chapter with answers on the Evolve website help you measure your understanding of the modality and obtain instant feedback from the answer key that includes rationales. - Suggested readings, resources and references in each chapter offer robust resources for you to further research each modality. - Clinically relevant boxes and tables highlight important information. - NEW Modalities chapters provide you with a greater awareness of the opportunities and options available as they pursue a massage therapy career and practitioners with more practical information they can apply to their work. - NEW! Student resources on Evolve supplement the classroom experience and ensures you retain the material in the text. - 23 different body techniques are introduced to help you learn about different modalities you may want to pursue and reaffirm your knowledge of techniques. - More than 2 hours of video on the Evolve website bring the modalities to life and help put the text instructions in perspective. - NEW! Updated content, photos and illustrations equip you with the latest information and visuals on modalities from experts in the field that reflect current practices in the field and the needs and wants of massage therapy practitioners and students. - NEW! Critical thinking questions added to each chapter actively engage and challenge your reasoning skills. - NEW! Additional review questions added to each chapter supply you with more opportunities to review what you have learned and test your knowledge.

jennys massage and wellness: *The Sinatra Solution* Stephen T. Sinatra, 2007-10 A board-certified cardiologist discusses the importance of energy metabolism on cardiovascular health and the positive impact three energy-supplying nutrients--CoQ10, Carnitine, and Ribose--have on the cardiovascular system.

jennys massage and wellness: *New York*, 2007

jennys massage and wellness: *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'.

jennys massage and wellness: Fascia in Sport and Movement, Second edition Robert Schleip, Jan Wilke, Amanda Baker, 2021-03-30 Fascia in Sport and Movement, Second edition is a multi-author book with contributions from 51 leading teachers and practitioners across the entire spectrum of bodywork and movement professions. It provides professionals from all bodywork and movement specialisms with the most up-to-date information they need for success in teaching, training, coaching, strengthening, tackling injury, reducing pain, and improving mobility. The new edition has 21 new chapters, and chapters from the first edition have been updated with new research. This book is an essential resource for all bodywork professionals - sports coaches, fitness trainers, yoga teachers, Pilates instructors, dance teachers and manual therapists. It explains and demonstrates how an understanding of the structure and function of fascia can inform and improve your clinical practice. The book's unique strength lies in the breadth of its coverage, the expertise of its authorship and the currency of its research and practice base.

jennys massage and wellness: The Book of Lymph Lisa Levitt Gainsley, 2021-05-04 A first-of-its-kind guide that outlines and explains the health-promoting properties of lymphatic massage, featuring beautifully illustrated, five-minute self-massage sequences anyone can do at home. Thanks to the astonishing results it provides—glowing skin, a flatter stomach, enhanced immunity, and full-body detox—the practice of manually stimulating the lymphatic system has become one of the most popular wellness practices today. Lymphatic drainage works because the lymphatic system—a complex geography of rivers that snake throughout the body just beneath the surface of the skin—connects every other bodily system. When lymph flows, everything else flows, too. In this first-of-its-kind guide, veteran lymphatic drainage practitioner, educator, and advocate Lisa Levitt Gainsley explains how to maintain lymphatic health, sharing the five-minute self-massage techniques she originally developed for her high-powered Los Angeles clientele. These simple sequences are tailored to address a number of specific and common issues: bloating, headaches, digestive problems, immune health, anxiety, weight loss, acne, inflammation, and more. Whether you just want to look and feel your best or are facing a more serious health issue such as cancer treatment or recovery, The Book of Lymph offers educational and practical instruction to help you cultivate a body free of pain and lethargy, activate a calmer state of being, and boost overall glow—in just five minutes a day.

jennys massage and wellness: Official Gazette of the United States Patent and

Trademark Office , 2006

jennys massage and wellness: Staying Alive in Toxic Times Jenny Goodman, 2020-01-23
The must-have health bible that explains exactly how to stay in radiant, optimal health all year round. Are you confused about what supplements you should be taking? Do you want to know how you can reverse the effects of pollution on your body? Would you like to eat seasonally? Drawing on Dr Jenny Goodman's 20+ years' experience as a medical doctor, lecturer and qualified nutritionist, *Staying Alive in Toxic Times* sets out exactly what to eat in order to live our healthiest lives, and how to adapt our lifestyle according to the season we are in. Dr Jenny Goodman lays out how to safely and effectively supplement your diet with vitamins and minerals, explains what really works in terms of detoxing your body, and sorts through the confusing myriad of diets and healthy eating fads, using her expertise to myth-bust. *Staying Alive in Toxic Times* also reveals how to avoid seasonal health hazards, such as indoor pollution, hay fever and SAD. With so many people feeling tired, ill and run-down, this timely guide is what everyone needs to read in order to live vibrant, happy and long lives.

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

jennys massage and wellness: The Clean-Eating Kid Jenny Carr, 2020-01-21 For those with children who suffer from chronic health conditions like sensory conditions, ADD or ADHD, depression, anxiety, asthma, autoimmune disorders, diabetes, arthritis, respiratory conditions, poor digestion, food allergies, obesity, or developmental learning disorders, *The Clean-Eating Kid* reveals how all of those conditions may share the same root: inflammatory eating. Jenny Carr, health coach and international best-selling author of *Peace of Cake: The Secret To An Anti-Inflammatory Diet* shows parents, grandparents, and pediatricians how replacing inflammatory foods with alternatives that kids (or kids at heart) love is the single most effective way to begin reversing chronic symptoms. Jenny has designed a streamlined approach to anti-inflammatory eating for children by focusing on one simple food group: processed sugar. In *The Clean-Eating Kid*, Jenny outlines the steps to allow children to experience natural, health-based fat loss, stop cravings in their tracks, help children find their own motivation for eating an anti-inflammatory diet, and navigate events like holidays and birthday parties. *The Clean-Eating Kid* also includes over 30 grocery store food swaps for cake mixes, cookies, breads, pizza, and more and guides readers to making anti-inflammatory eating a movement for the whole family.

jennys massage and wellness: BLACK BK OF MICRO ACUPUNCTURE Andy Rosenfarb, 2017-02-14
Acupuncture has been used to treat and prevent disease for over 4,000 years. By revealing strengths and weaknesses affected by genetics, emotions, environmental and lifestyle factors, doctors of Chinese Medicine can help patients achieve long and healthy lives. After decades of clinical experience and treating thousands of patients using the Micro Acupuncture 48 system, Dr. Rosenfarb introduced this highly effective acupuncture system to the acupuncture community to make the method more widely available for patients in need. As a world-renown expert in treating pain and ophthalmic diseases, he has written *The Black Book of Micro Acupuncture 48* to explain the theory and clinical applications behind the Micro Acupuncture 48 system and to help the practitioner to understand and correct underlying factors that drive the pain and dysfunction the people experience. Additionally, Dr. Rosenfarb describes Micro Acupuncture 48's ophthalmic applications for degenerative eyes conditions like macular degeneration, retinitis pigmentosa, glaucoma and diabetic retinopathy - including case studies for the practitioners benefit. Researchers are encouraged to review a list of acupuncturists trained in Micro Acupuncture 48 at www.microacupuncture48.com. The true mark of an expert professional is one that conveys the idea so somebody like me (a novice) can easily do and apply the ideas presented. Andy does just this in his new book! I don't have much experience with ophthalmic acupuncture but by reading his book I have been able to apply his ideas, theories, and points IMMEDIATELY! I have always respected and

valued what Andy does and has done for our profession. This book is MUST for anybody wanting to help their patients! I'm grateful and thankful for Andy! Bravo! Amazing work! Brad Whisnant, DAOM, LAc The Black Book of Micro Acupuncture 48 by Andy Rosenfarb is an instant classic in the field of Acupuncture. Introducing this new acupuncture system called Micro Acupuncture 48, a contemporary acupuncture system using only 48 newly discovered acupuncture points. Dr. Rosenfarb is the world's leading practitioner in the field of TCM Ophthalmology. He shares the secrets of Micro Acupuncture 48 with treatment methods, strategies and frequencies of treating Pain & Ophthalmic Diseases, including guidelines and detailed case studies. This book is a must for all Acupuncturists and TCM practitioners wanting to practice a highly effective form of Micro Acupuncture! Robert Chu, PhD, LAc., QME This book is an invaluable resource for practitioners who are interested in treating pain, degenerative eye diseases and other chronic neurological conditions. As a profession we are fortunate that Andy, a highly experienced academic and clinical practitioner, is sharing his vast knowledge with us. For the first time in print, a thorough explanation of Micro Acupuncture 48 theory and practice will allow the practitioner to begin using these techniques immediately and improving their clinical results. Matt Callison, LAc.

jennys massage and wellness: 10-Day Green Smoothie Cleanse JJ Smith, 2014-07-01 The New York Times bestselling 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health as you lose ten to fifteen pounds in just ten days. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it! This book provides a shopping list, recipes, and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier, and sexier than you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you will... • Lose 10-15 pounds in 10 days • Get rid of stubborn body fat, including belly fat • Drop pounds and inches fast, without grueling workouts • Learn to live a healthier lifestyle of detoxing and healthy eating • Naturally crave healthy foods so you never have to diet again • Receive over 100 recipes for various health conditions and goals

jennys massage and wellness: Let's Pretend This Never Happened Jenny Lawson, 2012-04-17 The #1 New York Times bestselling (mostly true) memoir from the hilarious author of *Furiously Happy*. "Gaspingly funny and wonderfully inappropriate."—O, The Oprah Magazine When Jenny Lawson was little, all she ever wanted was to fit in. That dream was cut short by her fantastically unbalanced father and a morbidly eccentric childhood. It did, however, open up an opportunity for Lawson to find the humor in the strange shame-spiral that is her life, and we are all the better for it. In the irreverent *Let's Pretend This Never Happened*, Lawson's long-suffering husband and sweet daughter help her uncover the surprising discovery that the most terribly human moments—the ones we want to pretend never happened—are the very same moments that make us the people we are today. For every intellectual misfit who thought they were the only ones to think the things that Lawson dares to say out loud, this is a poignant and hysterical look at the dark, disturbing, yet wonderful moments of our lives. Readers Guide Inside

jennys massage and wellness: Pacific Natural Jenni Kayne, 2019-03-19 Both practical and inspiring, the first book from Jenni Kayne--the creator of the eponymous lifestyle brand--offers ideas and tips for entertaining and living well throughout the year. Jenni Kayne embodies an effortless aesthetic, where natural beauty is found in every detail. *Pacific Natural* illustrates Jenni's conscious way of living through personal anecdotes and tips with Jenni's home state of California serving as the backdrop. Organized by season, this entertaining book is your guide to creating special moments with family and friends. Each chapter includes tabletop ideas, simple crafts, tips for keeping a stocked kitchen and pantry, what to plant in your garden, and healthy, delicious recipes. From an apple harvest dinner and at-home herb drying in the fall, cocktail parties and DIY gift ideas in the

winter, flower arranging in the spring and a beach picnic in the summer, Jenni shares her philosophy for creating traditions and living mindfully all year long. A thoughtful hands-on approach for stylish and balanced living, Pacific Natural shows us how to make the most of the time we spend together, treating life's details with creativity and care.

jennys massage and wellness: Acupuncture Physical Medicine Mark Seem, 2000

jennys massage and wellness: Spa Business , 2009

jennys massage and wellness: Mindful Birthing Nancy Bardacke, 2012-07-10 With Mindful Birthing, Nancy Bardacke, nurse-midwife and mindfulness teacher, lays out her innovative program for pregnancy, childbirth, and beyond. Drawing on groundbreaking research in neuroscience, mindfulness meditation, and mind/body medicine, Bardacke offers practices that will help you find calm and ease during this life-changing time, providing lifelong skills for healthy living and wise parenting. SOME OF THE BENEFITS OF MINDFUL BIRTHING: Increases confidence and decreases fear of childbirth Taps into deep inner resources for working with pain Improves couple communication, connection, and cooperation Provides stress-reducing skills for greater joy and wellbeing

jennys massage and wellness: Total Reflexology Martine Faure-Alderson, 2008-11-26 The first complete book of reflexology to incorporate acupuncture, naturopathy, homeopathy, and the chakra system • Remaps the entire foot to fine-tune the pressure points • Explains how to work with the emotional reactions that may be released when physical conditions are treated • Full-color detailed diagrams provide precise illustrations of pressure points In this groundbreaking work, Dr. Martine Faure-Alderson takes reflexology to a new level by integrating acupuncture, naturopathy, homeopathy, and other holistic healing modalities into the practice. From her background as a physician, she brings a scientific precision to using the foot as a map of the body and all of its systems. She then uses her training in alternative therapies to integrate the mental and psychological issues that may accompany physical conditions, providing the first complete holistic approach to using reflexology for physical, emotional, and mental health. Total Reflexology presents each of the major body systems in turn--from the digestive system to the human energetic system--using 25 full-color newly mapped foot diagrams that provide precise indications of pressure points and their correspondences to all areas of the body. The author also includes her latest work using craniosacral therapy and the role of the cerebrospinal fluid in reflexology as well as how to integrate use of the chakra system. She shows how finely tuned reflexology stimulates the body's self-healing abilities, making this an indispensable resource for the layman and professional alike.

jennys massage and wellness: The Comfort Crisis Michael Easter, 2021-05-11 "If you've been looking for something different to level up your health, fitness, and personal growth, this is it."—Melissa Urban, Whole30 CEO and New York Times bestselling author of The Book of Boundaries "Michael Easter's genius is that he puts data around the edges of what we intuitively believe. His work has inspired many to change their lives for the better."—Dr. Peter Attia, #1 New York Times bestselling author of Outlive Discover the evolutionary mind and body benefits of living at the edges of your comfort zone and reconnecting with the wild—from the author of Scarcity Brain, coming in September! In many ways, we're more comfortable than ever before. But could our sheltered, temperature-controlled, overfed, underchallenged lives actually be the leading cause of many of our most urgent physical and mental health issues? In this gripping investigation, award-winning journalist Michael Easter seeks out off-the-grid visionaries, disruptive genius researchers, and mind-body conditioning trailblazers who are unlocking the life-enhancing secrets of a counterintuitive solution: discomfort. Easter's journey to understand our evolutionary need to be challenged takes him to meet the NBA's top exercise scientist, who uses an ancient Japanese practice to build championship athletes; to the mystical country of Bhutan, where an Oxford economist and Buddhist leader are showing the world what death can teach us about happiness; to the outdoor lab of a young neuroscientist who's found that nature tests our physical and mental endurance in ways that expand creativity while taming burnout and anxiety; to the remote Alaskan backcountry on a demanding thirty-three-day hunting expedition to experience the rewilding secrets

of one of the last rugged places on Earth; and more. Along the way, Easter uncovers a blueprint for leveraging the power of discomfort that will dramatically improve our health and happiness, and perhaps even help us understand what it means to be human. The Comfort Crisis is a bold call to break out of your comfort zone and explore the wild within yourself.

jennys massage and wellness: Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence, I.B.S. and Other Symptoms Without Surgery Amy Stein, 2008-08-31 Bronze Medal Winner of a 2009 National Health Information Award Stop your pelvic pain . . . naturally! If you suffer from an agonizing and emotionally stressful pelvic floor disorder, including pelvic pain, irritable bowel syndrome, endometriosis, prostatitis, incontinence, or discomfort during sex, urination, or bowel movements, it's time to alleviate your symptoms and start healing--without drugs or surgery. Natural cures, in the form of exercise, nutrition, massage, and self-care therapy, focus on the underlying cause of your pain, heal your condition, and stop your pain forever. The life-changing plan in this book gets to the root of your disorder with: A stretching, muscle-strengthening, and massage program you can do at home Guidelines on foods that will ease your discomfort Suggestions for stress- and pain-reducing home spa treatments Exercises for building core strength and enhancing sexual pleasure

jennys massage and wellness: Slovenia Robin McKelvie, Jenny McKelvie, 2005 A full-length guide to this little-known corner of Europe, once part of the larger republic of Yugoslavia, but now an independent country in its own right. In addition to full practical information and extensive coverage of the capital, Ljubljana, the Bradt guide explores those areas off the beaten track including wine-growing regions,

jennys massage and wellness: The Imperfect Nutritionist Jennifer Medhurst, 2023-02-02 'This is a fab book where science-based nutrition meets easy, joyful, flavour-packed foods.' -Melissa Hemsley 'Easy-to-digest nutrition advice, with compelling lifestyle tips woven throughout.' - Nina Parker Being healthy shouldn't be about trying to do everything perfectly and then feeling terrible when you don't. There is no one-size-fits-all approach when it comes to nutrition; every body is unique and everyone has their own imperfect way of eating. The Imperfect Nutritionist is your complete guide to improving key aspects of your health and wellbeing, including boosting your energy levels, gut health, immunity and sleep quality. Instead of telling you what you can and cannot eat, registered nutritionist Jennifer Medhurst's evidence-based approach to nutrition empowers you to decide what is best for your health while still giving you the freedom to eat the foods you enjoy. Part One outlines the 7 easy-to-follow principles that Jennifer believes underpin any healthy diet including: Focus on Whole foods Be diverse What the fat!? Include fermented, prebiotic and probiotic foods Reduce refined carbohydrates Be aware of liquids Eat mindfully Part Two consists of 70 delicious, enjoyable recipes that you will want to cook and eat, using ingredients available at any supermarket. The Imperfect Nutritionist is about adding more to your life, not taking away. Learn how easy it is to feel better, all while eating food you enjoy.

jennys massage and wellness: The Optimal Body Jen Esquer, 2022-01-11 Discover what optimal means within your own body to reduce pain, move better, and live longer. What is THE optimal body? The internet is flooded with people telling women what exercises to do or not to do, what posture is bad for them, and what tools will relieve their pain. The messaging can get confusing and is sometimes filled with false information. It can make women believe they need to look or function a certain way. The thing is, there is NO one-size-fits-all approach to human movement, exercise, or pain relief. As a Doctor of Physical Therapy, Doc Jen Esquer is not out to fix people; she is here to facilitate the journey toward rebuilding trust in your body. The Optimal Body will provide specific, practical tools that will: - Help you address your physical pain; turns out it's not as scary or bad as we've been taught - Examine how adapting your body (by optimizing your breathing, targeting specific body areas, and using manual techniques) can have massive impacts on how you feel pain and even help to reduce inflammation--without adding any new supplements - Teach you the tricks to overcoming stiffness, tightness, and recurring aches and pains - Provide you with self-assessments and effective exercises to get you understanding your body and moving in a

better way, without having to buy some special gadget or expensive tool Doc Jen is going to cut through the BS and get real with you. The truth is that keeping it simple is better, and a regimen doesn't have to be complicated to be effective.

jennys massage and wellness: I Am a Soul Champion Rachael White, 2016-09-13 It is not unusual for families to face health issues. Most will turn to conventional medicine to at least treat if not cure them. But what happens when those methods don't work? In fact, instead of getting better, they get worse. This is what happened to author Rachael White and her family. In her book, *I AM a Soul Champion: How to live a spiritually guided life through Manifestation, Intuition, Positivity and Archangel Aromatherapy* she provides an account of her extraordinary life changing journey to heal her family's so-called incurable illnesses. She shares the knowledge and wisdom she gained after she opened up to living a spiritually guided life. *I AM a Soul Champion* is a practical guide for using intuition, healing and manifesting along with archangel aromatherapy. The author has distilled the information into a combination of healing guides, teachings and easy-to-use daily practices and rituals. A soul champion is someone who understands that he or she is more than just mind and body. Rachael believes that everyone has the ability to access healing and guidance from angels and spiritual guides in order to heal, co-create, and manifest in every aspect of life. Are you ready to let go of ego-driven fear, negativity, mental and physical illness out of the driver's seat and let the soul be the champion driver of your life?

jennys massage and wellness: Broken (in the best possible way) Jenny Lawson, 2021-04-06 An Instant New York Times Bestseller From the #1 New York Times bestselling author of *Furiously Happy* and *Let's Pretend This Never Happened* comes a deeply relatable book filled with humor and honesty about depression and anxiety. As Jenny Lawson's hundreds of thousands of fans know, she suffers from depression. In *Broken*, Jenny brings readers along on her mental and physical health journey, offering heartbreaking and hilarious anecdotes along the way. With people experiencing anxiety and depression now more than ever, Jenny humanizes what we all face in an all-too-real way, reassuring us that we're not alone and making us laugh while doing it. From the business ideas that she wants to pitch to *Shark Tank* to the reason why Jenny can never go back to the post office, *Broken* leaves nothing to the imagination in the most satisfying way. And of course, Jenny's long-suffering husband Victor—the Ricky to Jenny's Lucille Ball—is present throughout. A treat for Jenny Lawson's already existing fans, and destined to convert new ones, *Broken* is a beacon of hope and a wellspring of laughter when we all need it most. Includes Photographs and Illustrations

jennys massage and wellness: Telephone Directory, Boston and Its Vicinity, 2002

jennys massage and wellness: Cincinnati Magazine, 2008-01 Cincinnati Magazine taps into the DNA of the city, exploring shopping, dining, living, and culture and giving readers a ringside seat on the issues shaping the region.

jennys massage and wellness: 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.

jennys massage and wellness: The Rebel's Apothecary Jenny Sansouci, 2020-05-19 Learn how to improve your health and wellness with the healing magic of cannabis, CBD and medicinal mushrooms. When health coach and wellness blogger Jenny Sansouci learned that her father was diagnosed with stage 4 pancreatic cancer, her extensive knowledge of the latest alternative

therapies was put to the test. Jenny dove into the world of cannabis and mushrooms and their medicinal properties - and she and her dad are now outspoken champions of the healing power of these plants and fungi - not only to tame the side effects of chemotherapy, but to address everyday wellness concerns. The Rebel's Apothecary is the result of her heartfelt and rigorous quest -- a science-based and supportive guide that will enhance the lives of anyone living with pain, anxiety, depression, a weakened immune system, insomnia, and more. Complete with background information, dosing instructions, and everyday recipes, this is the essential handbook for harnessing the ancient healing powers of cannabis and mushrooms --safely, without confusion, fear, or an unwanted high. In addition to debunking myths and de-stigmatizing these powerful healing plants and fungi, The Rebel's Apothecary presents: Specific protocols and dosage guides for wellness uses (mood, sleep, immunity, focus, energy) and managing common chemotherapy side effects Everyday wellness routines Recipes for delicious, easy, health-enhancing cannabis and mushroom infused smoothies, coffee drinks, teas, elixirs, gummies, and broths - including recipes from chefs and wellness experts like Dr. Andrew Weil, Kris Carr, Seamus Mullen, Marco Canora and more The latest research on CBD, THC, medicinal mushrooms and psilocybin Tips for creating a cutting-edge home apothecary of your own

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Style Wise: A Practical Guide to Becoming a Fashion Stylist is a comprehensive manual on establishing a successful career as a stylist.

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jennys massage and wellness: Chic Jozi Nikki Temkin, 2012-09-27 Where do you go for cut-price designer labels, that must-have little black dress, or a unique ensemble for an exclusive evening out? Where can you take your children so they'll be entertained and safe while you can relax? And what actually are 44 Stanley, Arts on Main, and Gramadoelas? How do you fool your mother-in-law with a delicious home-made - read: catered - lasagne served in the dish she gave you (because what working girl has time to cook a gourmet meal during the week)? Who should you trust

for that fantastic facial or perfect pedi? Are you looking for somewhere to sip exotic sundowners while the sun sets on the Jozi skyline, or the trendiest hangouts for a Saturday night on the town? How about where to find the juiciest cut of steak or the freshest fish in this landlocked city, organic veggies, freshly ground coffee beans, and still-warm, flour-dusted ciabatta? And if it's the most decadent Belgian chocolate cake that you're after to share with your girlfriends or a melt-in-the-mouth cheesecake, you'll find all this and much, much more in Chic Jozi: The Savvy Style Companion. From restaurants, bargain-hunting, landscape gardening and urban chilling, to club-hopping, museums, markets and vintage stores; from spas, the best boutiques, and local designers, to going green with organic products, kids' courses, yoga and meditation: this is your one stop, utterly essential guide on how to have a good time in Joburg.

jennys massage and wellness: Insiders' Guide® to Massachusetts Maria Olia, 2013-08-20 Insiders' Guide to Massachusetts is the essential source for in-depth travel information for visitors and locals to the Bay State. Written by a local, and true insider, Insiders' Guide to Massachusetts offers a personal and practical perspective of the state that makes it a must-have guide for travelers as well as residents looking to rediscover their home state.

jennys massage and wellness: 97 Ways to Make a Dog Smile Jenny Langbehn, 2015-04-07 News for dogs and dog lovers to smile about: The irresistible bestseller is now even more irresistible with a 4-by-6-inch "chunky" format. As quirky, colorful, and giftable as ever, 97 Ways to Make a Dog Smile is now fresher and more appealing. Developed by Jenny Langbehn, a veterinary nurse who has a gift for making dogs happy, here are 97 foolproof methods and tricks for putting any dog into a state of pure pleasure. Enhancing each entry is an adorable, full-color photograph of the guaranteed result—a smiling dog. Give these a try: Lower-Ear Noogies. The Thumper. Lazy Man's Tetherball. The Hansel and Gretel—"For an afternoon of fun, scamper about the house leaving a trail of plain popped popcorn in your wake." Or "Subliminal Game," which works by sneaking a favorite word like "cookie" into otherwise boring jabber.* The tricks require no fancy props or special talents—just a willingness to surrender yourself to sheer silliness. They combine the creative gift of touch—unexpected ways to rub, massage, scratch, tickle, and knead—with imaginative play scenarios that are just loopy enough to ensure your dog will be amused, whether he's laughing with you or at you. These tricks really work. *Don't forget to have said cookie on hand.

jennys massage and wellness: Therapeutic Fasting: The Buchinger Amplius Method Françoise Wilhelmi de Toledo, Hubert Hohler, 2011-09-21 Learn the world-famous Buchinger method of therapeutic fasting for long-term health benefits Accepted as a classic cure for many medical and physical issues, as well as a key to good general health, Otto Buchinger's therapeutic fasting methods have attracted millions of followers and been in use for more than five decades. In Therapeutic Fasting, written by an internationally renowned authority on fasting (also, a member of the original Buchinger family), the details and methodology of this highly effective program are disclosed for a whole new generation of readers and clinicians. Special Features Offers easy-to-follow guidelines for implementing the original, acclaimed Buchinger method of therapeutic fasting, which is firmly rooted in concepts of medical sciences and physiology Enhanced by step-by-step instructions, how-to tips, clear explanations, full-color photographs, and compelling personal commentary by individuals who have experienced the program The author Françoise Wilhelmi de Toledo, MD, is an international authority on fasting and heads the well-known Buchinger clinics in Europe. Explores the far-reaching physical, spiritual, and psychological effects of fasting Shows how motivational techniques and physical exercises complement the program and lead to a strong sense of well-being, with examples of yoga, correct breathing, abdominal massage, and more Demonstrates how food is slowly and safely introduced after the fast, with more than 40 savory recipes that promote nutritional awareness in everyday life The only book on this topic available in English, Therapeutic Fasting: The Buchinger-Amplius Method will enable all readers to learn patterns of healthy behavior, practice them with professional guidance, and integrate them into a balanced, healthy lifestyle. It is a fascinating reference for general practitioners, nutritionists, and informed lay people who want to learn more about the powerful combination of therapeutic

fasting, supporting scientific medical principles, and natural healing concepts.

jennys massage and wellness: Women's Health and Wellness Editors of Health Magazine, 2002-12-01 Over 70 Health magazine features organized into chapters based on the eight most important health issues concerning women--weight loss, aging, fitness, beauty, wellness, food and nutrition, stress control, relationships--have been collected into this one, easy-to-use volume. Also includes quick, easy-to-prepare, family-pleasing recipes and healthy cooking tips.

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