

massage and wellness by jessica

Massage and Wellness by Jessica: Your Journey to Total Relaxation Begins Here

Are you feeling stressed, tense, or just plain exhausted? Do you crave a sanctuary where you can escape the daily grind and reconnect with your inner peace? Then you've come to the right place! At Massage and Wellness by Jessica, we're dedicated to providing you with an exceptional experience that rejuvenates your body, mind, and spirit. This blog post will delve into what makes Massage and Wellness by Jessica unique, the services we offer, the benefits of massage therapy, and why choosing us is the perfect step towards achieving your wellness goals.

Understanding the Massage and Wellness by Jessica Experience

Massage and Wellness by Jessica isn't just about a quick rub-down; it's a holistic approach to wellness. We believe that true relaxation comes from a carefully crafted experience that caters to your individual needs. From the moment you step into our serene space, you'll be enveloped in a calming atmosphere designed to melt away your stress. We pride ourselves on our personalized service, focusing on building a trusting relationship with each client to understand their specific concerns and tailor the massage accordingly. We use only high-quality, natural products, and our therapists are highly trained and experienced professionals dedicated to providing you with the best possible care.

A Spectrum of Services: Finding Your Perfect Massage

At Massage and Wellness by Jessica, we offer a wide variety of massage therapies to address your unique needs. Whether you're seeking deep tissue relief, gentle relaxation, or something in between, we have the perfect treatment for you. Some of our most popular services include:

Swedish Massage: This classic massage technique uses long, flowing strokes to promote relaxation, reduce muscle tension, and improve circulation. It's perfect for those seeking a gentle yet effective massage.

Deep Tissue Massage: Ideal for chronic pain and muscle stiffness, deep tissue massage targets deeper layers of muscle and connective tissue to release tension and improve mobility. It's a more intense massage, but incredibly beneficial for long-term relief.

Hot Stone Massage: This luxurious treatment utilizes smooth, heated stones to warm and relax muscles, promoting deeper relaxation and pain relief. The heat penetrates deep into the muscles, enhancing the therapeutic benefits of the massage.

Prenatal Massage: Designed specifically for expecting mothers, prenatal massage addresses the aches and pains associated with pregnancy, promoting relaxation and reducing stress. We use specialized techniques and positions to ensure your comfort and safety.

Sports Massage: Perfect for athletes and active individuals, sports massage helps prevent injuries, improve performance, and reduce muscle soreness. It combines various techniques to address specific muscle groups and improve flexibility.

The Unparalleled Benefits of Massage Therapy

The benefits of regular massage therapy extend far beyond simple relaxation. Studies have shown that massage can significantly improve:

Stress Reduction: Massage helps reduce cortisol levels (the stress hormone), promoting a sense of calm and well-being.

Pain Management: Massage can effectively alleviate pain from various sources, including muscle tension, headaches, and arthritis.

Improved Sleep: Relaxation and stress reduction from massage contribute to better sleep quality.

Increased Circulation: Massage improves blood flow, delivering essential nutrients and oxygen to muscles and tissues.

Enhanced Flexibility and Range of Motion: Regular massage can improve flexibility and reduce muscle stiffness.

Mental Clarity and Focus: By reducing stress and promoting relaxation, massage can improve cognitive function and mental clarity.

Why Choose Massage and Wellness by Jessica?

We understand that choosing a massage therapist is a personal decision. At Massage and Wellness by Jessica, we differentiate ourselves through:

Personalized Service: We take the time to understand your individual needs and preferences, tailoring each massage to your specific requirements.

Experienced Therapists: Our therapists are highly trained, licensed professionals with years of experience.

Serene Environment: Our tranquil space is designed to create a relaxing and welcoming atmosphere where you can truly unwind.

High-Quality Products: We use only the finest, natural products to ensure a luxurious and effective massage experience.

Commitment to Client Satisfaction: Your comfort and satisfaction are our top priorities. We strive to exceed your expectations with every visit.

Book Your Appointment Today and Experience the Difference!

Don't let stress and tension control your life. Take the time to invest in your well-being. Book your appointment with Massage and Wellness by Jessica today and discover the transformative power of massage therapy. We look forward to welcoming you to our sanctuary of relaxation and rejuvenation. Visit our website [Insert Website Address Here] or call us at [Insert Phone Number Here] to schedule your appointment.

Conclusion

Massage and Wellness by Jessica offers more than just a massage; it provides a holistic wellness journey. Our commitment to personalized service, experienced therapists, and a tranquil environment ensures that each client receives the ultimate relaxation and rejuvenation experience. We invite you to embark on your path to wellness with us.

Frequently Asked Questions (FAQs)

1. What forms of payment do you accept?

We accept cash, credit cards (Visa, Mastercard, American Express), and sometimes debit cards. It's always best to check our website for the most up-to-date payment options.

1. Do you offer gift certificates?

Yes! Gift certificates are a perfect way to show someone you care. They can be purchased online or in person.

1. What should I wear to my massage appointment?

We recommend wearing comfortable, loose-fitting clothing. You will be provided with a sheet or blanket to drape over yourself during the massage.

1. How long should I expect my massage to last?

The length of your massage will depend on the type of service you choose. Please refer to our service menu for specific durations.

1. What if I need to reschedule or cancel my appointment?

We understand that things come up. Please notify us as soon as possible if you need to reschedule or cancel your appointment, so we can accommodate other clients. Our cancellation policy is outlined on our website.

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

massage and wellness by jessica: The Power of Guided Meditation Jessica Crow, 2021-05-25 The Power of Guided Meditation provides an accessible and easy entry point into starting a meditation practice, offering a range of practices and benefits so you can decide how to choose and integrate a program to suit your specific needs. First, explore meditation from the perspective of mindfulness. Why Mindfulness? Mindfulness is the practice of bringing the attention back to the present moment. Mindfulness is not only meditation and meditation is not only mindfulness. Mindfulness in its most complete sense, is a way of living, thinking, and being that is self-aware and deliberate. Most practices as we know them in the West are rooted in mindfulness. Discover mindfulness through: Body Breath Thoughts Sounds Walking Eating Listening/Communication Compassion/Kindness Another focus of meditation is to relieve stress. Why stress relief? Particular meditation techniques induce a calm, serene state very quickly by activating the parasympathetic nervous system. These practices have the power to lower the heart rate, reduce inflammation in the body, settle the emotions, deepen the qualities of our sleep, boost the immune system, and much more. Relieve stress with: Yoga nidra Breathing exercises—calm breathing, diaphragmatic breath, square breathing Progressive muscle relaxation Sleep Affirmation Or, use visualization techniques to anchor a practice. Why Visualization? Visualization lets our mind remain somewhat active as it takes instruction to create images internally. The mind-body connection is

powerful and we're learning more about it everyday. Visualization techniques have been successfully used in the fields of medicine, sports, music, and psychology for many years. Practice visualization through: Haven visualization Oasis journey Wake up Color therapy Renewal Accessing your inner genius There is also a useful and complete directory to reference if you have a specific issue you'd like to address or a desired meditative effect—like more energy, clarity, pain relief—that you'd like to achieve. Depending on your goal, it will direct you to a guided meditation in the book, or it will give you a new exercise for your particular focus. You can search through some common physical conditions that are often helped with meditation, or you can choose an activity from the "Quick Re-sets." Begin a customized meditation practice right away with this versatile beginner's guide.

massage and wellness by jessica: Sports Performance Massage Steve Bedford, 2021-09-30 Sports Performance Massage instructs the student and practising therapist to use a combination of experience and scientific evidence to inform their sports massage practice, particularly when working with athletic populations. Strength and conditioning coaches, managers and athletes frequently ask questions about the best use of sports massage in order to recover quicker from injury and fatigue and improve performance. Sports Performance Massage empowers the therapist and gives them greater confidence by improving their scientific understanding when working with injured or competitive athletes. The exciting new volume covers all the aspects required to make a highly skilled, confident and employable sports massage therapist. Working with high-level athletes requires an additional skill level compared to working with the general public. Furthermore, advanced massage skills taught in this book, such as soft tissue release and trigger point therapy, are essential when working on muscular adhesions and injured areas. Pregnant athletes, those with disabilities, contraindications and athletes with special requirements have also been considered. Sports Performance Massage is a learning and research aid for those studying vocational sports massage courses as well as those studying other courses where massage forms part of the undergraduate and postgraduate degree, such as sports therapy, sports rehabilitation, osteopathy and physiotherapy. Unlike other sports massage books, Sports performance Massage has a strong academic focus, allowing the graduate therapist to stay up to date with the latest research in their respective field.

massage and wellness by jessica: 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'.

massage and wellness by jessica: *Starlight Skin* Kaye Escalona, Jessica Campana, 2020-07-16 Kaye and Jessica, co-founders of Starlight Med Spa and “skincare sisters”, share their vast knowledge of skincare advice in this guide to complexion perfection. Learn about your skin’s unique needs and how to put your best face forward by following along with the tips given in Starlight Skin. Inside, you’ll discover how to determine your skin’s type and conditions, how to achieve a clear, even, and youthful complexion, and how to shine from the inside out. Let Starlight Skin be your complete guide to glow!

massage and wellness by jessica: *I Had a Miscarriage* Jessica Zucker, 2021-03-09 Sixteen weeks into her second pregnancy, psychologist Jessica Zucker miscarried at home, alone. Suddenly, her career, spent specializing in reproductive and maternal mental health, was rendered corporeal, no longer just theoretical. She now had a changed perspective on her life’s work, her patients’ pain, and the crucial need for a zeitgeist shift. Navigating this nascent transition amid her own grief became a catalyst for Jessica to bring voice to this ubiquitous experience. She embarked on a mission to upend the strident trifecta of silence, shame, and stigma that surrounds reproductive loss—and the result is her striking memoir meets manifesto. Drawing from her psychological expertise and her work as the creator of the #IHadaMiscarriage campaign, *I Had a Miscarriage* is a heart-wrenching, thought-provoking, and validating book about navigating these liminal spaces and the vitality of truth telling—an urgent reminder of the power of speaking openly and unapologetically about the complexities of our lives. Jessica Zucker weaves her own experience and other women's stories into a compassionate and compelling exploration of grief as a necessary, nuanced personal and communal process. She inspires her readers to speak their truth and, in turn, to ignite transformative change within themselves and in our culture.

massage and wellness by jessica: *Shine* Jessica Jung, 2022-05-10 Seventeen-year-old Rachel Kim confronts the dark underbelly of the K-pop world as she strives to become a K-pop star.

massage and wellness by jessica: *Bicycle Odyssey* Carla Fountain, 2020-10-07 When author Carla Fountain set off on her year-long cycling journey, she expected new discoveries about the world. But she hadn’t anticipated a shocking rediscovery of herself. *Bicycle Odyssey*, a travel memoir, follows Carla and her husband, Dermot, as they embark on a challenging bicycling adventure that not only tests their survival skills, but ultimately their relationship. Armed with a will to persevere, they face unexpected danger and a cultural learning curve that nearly costs one of them their lives. In a time before modern conveniences, these two travelers off the beaten path lived disconnected from all communication. No cell phones to call home. No ATM for quick cash. No internet cafes to send a message. Relying solely on themselves, and a few helpful angels along the way, they experienced the lush beauty of Uganda, the welcoming people of Vietnam, the isolated mountains and hill tribes of Thailand, the terror of traffic in India, and the magic of Bali. Their journey did not end the moment they stepped foot at home. In fact, it continued for almost three decades as the couple digested the trip and acted on the lessons they learned. By telling their story, they hope to inspire and give confidence to others in pursuing dreams. Told with vivid observation about the world and the people in it, *Bicycle Odyssey* shares the story of a rich and enlightening pilgrimage.

massage and wellness by jessica: *Who Is Wellness For?* Fariha Roisin, 2022-06-14 The multi-disciplinary artist and author of *Like a Bird* and *How to Cure a Ghost* explores the commodification and appropriation of wellness through the lens of social justice, providing resources to help anyone participate in self-care, regardless of race, identity, socioeconomic status or able-bodiedness. Growing up in Australia, Fariha Róisín, a Bangladeshi Muslim, struggled to fit in. In attempts to assimilate, she distanced herself from her South Asian heritage and identity. Years later, living in the United States, she realized that the customs, practices, and even food of her native

culture that had once made her different—everything from ashwagandha to prayer—were now being homogenized and marketed for good health, often at a premium by white people to white people. In this thought-provoking book, part memoir, part journalistic investigation, the acclaimed writer and poet explores the way in which the progressive health industry has appropriated and commodified global healing traditions. She reveals how wellness culture has become a luxury good built on the wisdom of Black, brown, and Indigenous people—while ignoring and excluding them. Who Is Wellness For? is divided into four sections, beginning with The Mind, in which Fariha examines the art of meditation and the importance of intuition. In part two, The Body, she investigates the physiology of trauma, detailing her own journey with fatphobia and gender dysmorphia, as well as her own chronic illness. In part three, Self-Care, she argues against the self-care industrial complex but cautions us against abandoning care completely and offers practical advice. She ends with Justice, arguing that if we truly want to be well, we must be invested in everyone's well being and shift toward nurturance culture. Deeply intimate and revelatory, Who Is Wellness For? forces us to confront the imbalance in health and healing and carves a path towards self-care that is inclusionary for all.

massage and wellness by jessica: 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.

massage and wellness by jessica: NeuroKinetic Therapy David Weinstock, 2012-06-05 NeuroKinetic Therapy is based on the premise that when an injury has occurred, certain muscles shut down or become inhibited, forcing other muscles to become overworked. This compensation pattern can create pain or tightness. By applying light pressure that the client then resists, the practitioner can evaluate the strength or weakness of each muscle, revealing the sources of injury and retraining the client's body to remove the compensation patterns—reprogramming the body at

the neural level. This easy-to-follow practitioner's manual presents a series of muscle tests specially designed to uncover and resolve compensation patterns in the body. Author David Weinstock begins by explaining how this approach stimulates the body and mind to resolve pain. Organized anatomically, each section of the book includes clear photographs demonstrating correct positioning of the muscle accompanied by concise explanations and instructions. Labeled anatomical illustrations appear at the end of each section showing the relationships between the muscles and muscle groups. This essential resource is especially useful for physical therapists, chiropractors, orthopedists, and massage therapists looking for new ways to treat underlying causes of pain.

massage and wellness by jessica: The Danish Way of Parenting Jessica Joelle Alexander, Iben Sandahl, 2016-06-29 International bestseller As seen in The Wall Street Journal--from free play to cozy together time, discover the parenting secrets of the happiest people in the world What makes Denmark the happiest country in the world--and how do Danish parents raise happy, confident, successful kids, year after year? This upbeat and practical book presents six essential principles, which spell out P-A-R-E-N-T: Play is essential for development and well-being. Authenticity fosters trust and an inner compass. Reframing helps kids cope with setbacks and look on the bright side. Empathy allows us to act with kindness toward others. No ultimatums means no power struggles, lines in the sand, or resentment. Togetherness is a way to celebrate family time, on special occasions and every day. The Danes call this *hygge*--and it's a fun, cozy way to foster closeness. Preparing meals together, playing favorite games, and sharing other family traditions are all *hygge*. (Cell phones, bickering, and complaining are not!) With illuminating examples and simple yet powerful advice, The Danish Way of Parenting will help parents from all walks of life raise the happiest, most well-adjusted kids in the world.

massage and wellness by jessica: Wind Through Quiet Tensions Adam Grossi, 2015-10-01 Wind Through Quiet Tensions is a book about personal healing, uncertainty, and optimism. The book consists of two parts. Part One: Thicket is a memoir focused on the last 12 years of my life, my journey through mental illness, psychotherapy, and therapeutic applications of yoga and ayurveda. Part Two: Garden is a collection of working theories: musings on what it meant for me to be sick and how I've been able to heal.

massage and wellness by jessica: The Massage Therapist's Guidebook Diane Matkowski, 2018-11-01 The Massage Therapist's Guidebook is approved by NCBTMB as a home study course toward continuing education credits (CEU's) for massage therapists. Diane Matkowski shares invaluable insights into the business world of massage. As a leader in the field she gives an authentic and realistic view about how she has thrived as a massage therapist. Drawing on her decades of experience she explains how to:

- understand massage as a business
- provide excellent client care
- continue growing in all aspects of your work
- increase self-care awareness as a massage therapist
- balance emotional, physical, and financial energy
- be more conscious of the human body on many levels
- deepen your appreciation for your work and lifestyle

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

massage and wellness by jessica: 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
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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.

massage and wellness by jessica: The Alternative Medicine Cabinet Kathy Gruver, 2010 The Alternative Medicine Cabinet is a wealth of natural health information. Easy-to-incorporate, practical advice about treating depression, better sleep, alternative cancer treatments and so much more. Without drugs or surgery.

massage and wellness by jessica: Tarot for Change Jessica Dore, 2021-10-26 "An instant classic, a must-have for every tarot enthusiast, and a manifesto for insightful living." —Chani Nicholas, astrologer and author of *You Were Born for This* "Generous, practical, and gently radical." —New York Times Though tarot is often thought of as a tool for divination and fortune-telling, it also has deep roots in spirituality and psychology. For those who know how to see and listen, the cards hold the potential to help us better navigate the full spectrum of the human experience. In *Tarot for Change*, Jessica Dore divulges years of hard-won secrets about how to work with tarot to better understand ourselves and live in alignment with what's precious. Dore shows readers how to choose a deck, interpret images, and build a relationship with the cards, while also demonstrating how the mythic imagery of tarot supports modern therapeutic concepts like mindfulness, acceptance, and compassion. Her reflections on each of the seventy-eight cards are a vibrant tapestry that weaves together ideas from psychology, behavioral science, spirituality, and old stories, breathing new language into ancient wisdoms about what it means to be human. This is as much a book for those who are new to tarot as it is for those who have worked with the cards for years. And it's a book for anyone interested in exploring what it means to experience joy, heartbreak, wonder, stagnation, grief, loneliness, love. A book of secrets, symbols, and stories, *Tarot for Change* is a charm for remembering that our problems are not new, we are never alone, and whether we know it or not, we are always in a process of change.

massage and wellness by jessica: The Uterine Health Companion Eve Agee, 2010-02-23 The uterus is a remarkable organ—it is our first home, contributes to women's sexual pleasure, houses some of the strongest muscles in the body, and even helps prevent heart disease and high blood pressure. However, in the West, the uterus has generally been viewed as insignificant beyond reproduction and rarely receives our attention except when it becomes problematic or when we focus on getting pregnant or giving birth. Even though health-promoting strategies for organs like the heart and lungs have become common knowledge, preventative measures for lifelong uterine health have been largely absent from Western medical care. Consequently, one-third of all women in the United States will have a hysterectomy—the highest rate in the world. In *The Uterine Health Companion*, anthropologist and holistic health expert Eve Agee reveals that women in many non-Western societies do not share our high rates of benign uterine problems or our negative attitudes about the uterus. Drawing on her research with women in the United States and abroad, Agee shows how traditional practices from other cultures can help create lasting health so that issues such as PMS, fibroids, and endometriosis do not have to be our destiny as women. Through poignant narratives as well as global insights, the book inspires us to develop new understandings about health and healing that affirm all women. *The Uterine Health Companion* demonstrates why the uterus matters and how we can take care of it, from menarche to menopause—and beyond. A comprehensive holistic plan including nutrition, exercise, and visualization guides us to promote uterine wellness and enhance conventional medical therapies. Chapters dedicated to specific uterine issues illustrate how to support our health through simple daily practices and fundamental attitude shifts in our relationship to our bodies. The book also includes strategies for women who have had hysterectomies. This empowering resource offers a prescriptive, balanced approach to developing and maintaining optimal uterine health, for every woman at any stage of life. Award-Winner, Health:

Women's Health category, 2011 International Book Awards

massage and wellness by jessica: *Seeing Jess* Jenny Glazebrook, 2022-03-22

massage and wellness by jessica: **Living with Crohn's & Colitis** Jessica Black, N.D., Dede Cummings, 2010-06-29 A wellness plan for those with inflammatory bowel diseases like Crohn's and ulcerative colitis—with expert guidance on creating a gut-healthy diet, finding the right treatments for you, and much more Approximately 1.5 million people in the United States alone are afflicted with inflammatory bowel disease (IBD), a category of illnesses that includes Crohn's disease and ulcerative colitis, and that number is steadily growing. Although there is not yet a cure for Crohn's or ulcerative colitis, patients can help reduce their symptoms and improve their overall wellbeing by following a comprehensive wellness plan such as those outlined in *Living with Crohn's & Colitis*. *Living with Crohn's & Colitis* offers patient-focused, expert guidance on everything from the latest medical treatments, how to cope with a diagnosis, and tips for balancing diet with a busy lifestyle so you can form a personalized wellness plan. Also included:

- Easy to understand information on the role of inflammation and the immune system on gut health
- Traditional and alternative treatment options for a broad, full-body approach to wellness
- A three-month wellness plan adjustable to each individual's health needs
- Over 25 delicious recipes designed for those with IBD

Learning to live with the myriad aspects of Crohn's and ulcerative colitis treatment, including dietary restrictions and medications, can seem overwhelming. Written by a naturopathic doctor and a Crohn's patient, *Living with Crohn's & Colitis* is a thoughtful, balanced resource to help you on your journey to wellness.

massage and wellness by jessica: Hands Heal Diana L. Thompson, 2006 The Third Edition of this widely used text provides manual therapists with much-needed guidance on taking client histories, setting functional goals, communicating with health care and legal professionals, documenting outcomes, and billing insurance companies. This edition includes crucial information on HIPAA regulations, new and updated blank forms, and lists of codes for self-referred patients and for insurance verification forms. Reader-friendly features include sidebars, case studies, chapter summaries, and useful appendices. A front-of-book CD-ROM includes the blank forms for use in practice, a quick-reference abbreviation list, and a quiz tool to review key concepts. Faculty ancillaries are available upon adoption.

massage and wellness by jessica: **Nine Perfect Strangers** Liane Moriarty, 2018-09-18 From the no. 1 New York Times bestselling author of *The Husband's Secret*, and *Big Little Lies* with new novel *Apples Never Fall* out now. NOW A MAJOR TV MINISERIES ON AMAZON PRIME The retreat at health and wellness resort Tranquillum House promises total transformation. Nine stressed city dwellers are keen to drop their literal and mental baggage, and absorb the meditative ambience while enjoying their hot stone massages. Watching over them is the resort's director, a woman on a mission to reinvigorate their tired bodies and minds. These nine perfect strangers have no idea what is about to hit them. With her wit, compassion and uncanny understanding of human behaviour, Liane Moriarty explores the depth of connection that can be formed when people are thrown together in... unconventional circumstances. LONGLISTED FOR THE ABIA GENERAL FICTION BOOK OF THE YEAR 2019 LONGLISTED FOR THE INDIE BOOK AWARD FOR FICTION 2019 PRAISE FOR NINE PERFECT STRANGERS She is...both hugely popular yet subversive...Nine Perfect Strangers shows Moriarty still taking risks with fiction...weighty issues writ with humour and a light touch. The hammer is still in the handbag, ready to smash a glass window or two. Lucy Sussex, *The Australian* Welcome to Tranquillum House where those Perfect Strangers ... have come to sort out their lives ...This gives Moriarty the opportunity to do what she does best, write about the human condition and connections that bind us all, with wicked humour, empathy and compassion - and a little bit of danger thrown in. Frances Whiting, *Courier Mail* PRAISE FOR LIANE MORIARTY One of the few writers I'll drop anything for. Her books are wise, honest, beautifully observed... Jojo Moyes Moriarty is a deft storyteller who creates believable, relatable characters. *Washington Post* Moriarty is brilliant at her craft, all the time cranking up the suspense. *The Age* funny and scary Stephen King Sharply intelligent *Entertainment Weekly* Mistress of the razor-sharp observation Kate

Morton

massage and wellness by jessica: *Witchcraft. The Library of Esoterica* Jessica Hundley, Pam Grossman, 2021-11-03 A spellbinding journey through the global history of witchcraft, the third volume in The Library of Esoterica follows this magical tradition from its ancient roots to its modern incarnations. Through more than 400 artworks, and revelatory essays and interviews with modern practitioners, *Witchcraft* chronicles a cathartic evolution, from the...

massage and wellness by jessica: *Million Dollar Women* Julia Pimsleur, 2015-10-06 The "useful and inspiring" (Diane von Furstenberg) guide for female entrepreneurs who want to take their businesses into the big leagues. "Do you have an ambitious vision for your business, but aren't sure what to do next? Successful entrepreneur Julia Pimsleur provides an invaluable guide for any woman who wants to make a big jump" (Gretchen Rubin, author of *Better Than Before* and *The Happiness Project*). Over the past twenty years, women in the US have started nearly twice as many businesses as men, but only three percent of all women business owners ever make revenues of one million dollars or more. Most are stuck running kitchen-table businesses, just getting by, or in many cases, running out of cash. Julia Pimsleur aims to change that with *Million Dollar Women*, which will show you how to take your business to that million-dollar mark and beyond. *Million Dollar Women* introduces you to Pimsleur and seven other women who have raised capital, developed powerful networks, and built multimillion-dollar companies from scratch. It teaches you the concepts and the vocabulary you need to secure funding and scale up. It explains how to make the right connections, when to delegate, and when to seek coaching and support. Drawing on her own experience of becoming a CEO, Pimsleur also provides help for overcoming the hurdles you have to clear to leap to that next level. "With thought-provoking interviews of women entrepreneurs and other business experts and important exercises at the end, this resourceful book is rich in ideas and valuable insight" (Booklist).

massage and wellness by jessica: *Spas*, 1999

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resources on stretches for athletes and sports injuries Also featuring detailed descriptions of important principles of anatomy and physiology, *The Anatomy of Stretching*, Second Edition is the ultimate guide to improving flexibility, increasing strength, and relieving pain through stretching.

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- REMOVE "anti-nutrients" from your diet
- RESTORE foods that speak directly to fat-burning genes
- REBALANCE energy and your hormones for effortless weight loss

Michaels offers a wealth of information throughout, including: shopping lists and online shopping resources, hormone-trigger food charts, how to eat "power nutrient" foods on a budget, smart strategies for eating out, quick and easy recipes, as well as mini-programs for addressing PMS, andropause, metabolic syndrome, PCOS, and menopause.

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