

serenity massage oc bodywork wellness

Serenity Massage OC: Your Oasis of Bodywork & Wellness

Are you feeling overwhelmed, stressed, or just plain tense? Do you crave a sanctuary where you can melt away the daily grind and rediscover your inner peace? Then look no further than Serenity Massage OC, your premier destination for exceptional bodywork and wellness in Orange County. This comprehensive guide dives deep into what makes Serenity Massage OC unique, exploring our services, philosophy, and commitment to your overall well-being. We'll uncover why we're the top choice for those seeking relaxation, rejuvenation, and a truly transformative experience.

Unwinding with Serenity: Our Range of Bodywork Services

At Serenity Massage OC, we believe that true wellness encompasses the mind, body, and spirit. Our skilled and certified massage therapists offer a diverse menu of services designed to address your individual needs and preferences. Whether you're seeking deep tissue relief, the gentle touch of Swedish massage, or the targeted precision of sports massage, we have the perfect treatment to revitalize you.

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

Deep Tissue Massage: Designed to target deeper layers of muscle and connective tissue, deep tissue massage is perfect for releasing chronic tension, addressing specific pain points, and improving flexibility. While more intense, it's incredibly effective for long-term pain relief.

Sports Massage: Athletes and active individuals will appreciate the benefits of sports massage. This specialized technique helps to prevent injuries, improve performance, and accelerate recovery after strenuous activity. We tailor this massage to address the specific needs of each individual athlete.

Hot Stone Massage: Experience the ultimate in relaxation with our hot stone massage. Smooth, heated stones are used to melt away tension, improve circulation, and deeply soothe tired muscles. It's a luxurious experience that leaves you feeling completely rejuvenated.

Prenatal Massage: Pregnancy can be physically demanding. Our prenatal massage is specifically designed to address the unique needs of expectant mothers, providing relief from back pain, leg cramps, and other pregnancy-related discomforts in a safe and comfortable environment.

Couples Massage: Share a relaxing and intimate experience with your loved one with our couples massage. Enjoy side-by-side massages in a private room, creating a memorable moment of connection and relaxation.

Beyond Massage: A Holistic Approach to Wellness

Serenity Massage OC is more than just a massage therapy center; it's a wellness sanctuary. We believe in a holistic approach, recognizing the interconnectedness of your physical, mental, and emotional well-being. That's why we offer a range of complementary services to enhance your overall health and vitality.

We offer aromatherapy, utilizing carefully selected essential oils to enhance your massage experience and promote relaxation. Our tranquil environment, designed to minimize stress and maximize comfort, plays a crucial role in creating the perfect setting for deep relaxation and rejuvenation. We encourage our clients to take time for themselves, breathe deeply, and fully immerse themselves in the experience.

Our Commitment to Excellence: Why Choose Serenity Massage OC?

We pride ourselves on providing exceptional service and a truly transformative experience. Our therapists are highly skilled, licensed professionals who are passionate about helping you achieve optimal wellness. We use only high-quality products and maintain the strictest standards of hygiene and cleanliness to ensure your safety and comfort.

Experienced Therapists: Our team undergoes rigorous training and regularly attends continuing education courses to stay at the forefront of massage therapy techniques.

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

Tranquil Environment: Our serene and calming atmosphere is designed to promote relaxation and help you escape the stresses of daily life.

Exceptional Customer Service: We are committed to providing you with a welcoming, comfortable, and unforgettable experience.

Finding Serenity: Location and Booking Your Appointment

Serenity Massage OC is conveniently located in the heart of Orange County, providing easy access for residents and visitors alike. Booking your appointment is simple and straightforward. You can easily schedule your massage online through our website or by calling us directly. We encourage you to browse our online booking system to find a time that suits your schedule. We look forward to welcoming you to our oasis of tranquility.

Conclusion: Your Journey to Wellness Begins Here

At Serenity Massage OC, we understand that taking care of your well-being is essential. We invite you to experience the transformative power of our services and discover the serenity you deserve. Let us help you melt away stress, rejuvenate your body, and rediscover your inner peace. Book your appointment today and embark on your journey to a healthier, happier you.

FAQs

Q1: What forms of payment do you accept?

A1: We accept cash, major credit cards (Visa, Mastercard, American Express, Discover), and often offer flexible payment plans, depending on the service. It's best to check our website or call for the most up-to-date payment options.

Q2: Do you offer gift certificates?

A2: Yes! Gift certificates are a wonderful way to show someone you care. You can purchase them online or in person. They make perfect gifts for birthdays, anniversaries, or any special occasion.

Q3: What should I wear to my massage appointment?

A3: We recommend wearing comfortable, loose-fitting clothing. You will be provided with a robe and towels to ensure your privacy and comfort during the massage.

Q4: What if I need to reschedule or cancel my appointment?

A4: We understand that things come up. Please contact us as soon as possible to reschedule or cancel your appointment. There may be a cancellation fee depending on how much notice you provide. Check our cancellation policy on our website.

Q5: What makes your massage therapists unique?

A5: Our therapists are not only highly skilled and licensed but also deeply passionate about their work. Many have years of experience and specialize in specific massage modalities. We prioritize ongoing professional development to ensure our clients receive the highest quality care. They are selected for their exceptional touch, intuitive abilities, and commitment to client well-being.

serenity massage oc bodywork wellness: *Complementary & Alternative Therapies in Nursing* Ruth Lindquist, Mariah Snyder, PhD, Mary Frances Tracy, 2014 Print+CourseSmart

serenity massage oc bodywork wellness: *Seeing Jess* Jenny Glazebrook, 2022-03-22

serenity massage oc bodywork wellness: The Therapeutic Community George De Leon, PhD, 2000-04-15 This volume provides a comprehensive review of the essentials of the Therapeutic Community (TC) theory and its practical whole person approach to the treatment of substance abuse disorders and related problems. Part I outlines the perspective of the traditional views of the substance abuse disorder, the substance abuser, and the basic components of this approach. Part II explains the organizational structure of the TC, its work components, and the role of residents and staff. The chapters in Part III describe the essential activities of TC life that relate most directly to the recovery process and the goals of rehabilitation. The final part outlines how individuals change in the TC behaviorally, cognitively, and emotionally. This is an invaluable resource for all addictions professionals and students.

serenity massage oc bodywork wellness: Buyology Martin Lindstrom, 2010-02-02 NEW YORK TIMES BESTSELLER • “A fascinating look at how consumers perceive logos, ads, commercials, brands, and products.”—Time How much do we know about why we buy? What truly influences our decisions in today’s message-cluttered world? In *Buyology*, Martin Lindstrom presents the astonishing findings from his groundbreaking three-year, seven-million-dollar neuromarketing study—a cutting-edge experiment that peered inside the brains of 2,000 volunteers from all around the world as they encountered various ads, logos, commercials, brands, and products. His startling results shatter much of what we have long believed about what captures our interest—and drives us to buy. Among the questions he explores: • Does sex actually sell? • Does subliminal advertising still surround us? • Can “cool” brands trigger our mating instincts? • Can our other senses—smell, touch, and sound—be aroused when we see a product? *Buyology* is a fascinating and shocking journey into the mind of today's consumer that will captivate anyone who's been seduced—or turned off—by marketers' relentless attempts to win our loyalty, our money, and our minds.

serenity massage oc bodywork wellness: Fundamentals of Complementary and Alternative Medicine - E-Book Marc S. Micozzi, 2010-04-01 Focusing on emerging therapies and those best supported by clinical trials and scientific evidence, *Fundamentals of Complementary and Alternative Medicine* describes some of the most prevalent and the fastest-growing CAM therapies in use today. Prominent author Dr. Marc Micozzi provides a complete overview of CAM, creating a solid foundation and context for therapies in current practice. Coverage of systems and therapies includes mind, body, and spirit; traditional Western healing; and traditional ethnomedical systems from around the world. Discussions include homeopathy, massage and manual therapies, chiropractic, a revised chapter on osteopathy, herbal medicine, aromatherapy, naturopathic medicine, and nutrition and hydration. With its wide range of topics, this is the ideal CAM reference for both students and practitioners! An evidence-based approach focuses on treatments best supported by clinical trials and scientific evidence. Coverage of CAM therapies and systems includes those most commonly encountered or growing in popularity, so you carefully evaluate each treatment. Global coverage includes discussions of traditional healing arts from Europe, Asia, Africa, and the Americas. Longevity in the market makes this a classic, trusted text. Expert contributors include well-known writers such as Kevin Ergil, Patch Adams, Joseph Pizzorno, Victor Sierpina, and Marc Micozzi himself. Suggested readings and references in each chapter list the best resources for further research and study. New, expanded organization covers the foundations of CAM, traditional Western healing, and traditional ethnomedical systems from Asia, Africa, and the Americas, putting CAM in perspective and making it easier to understand CAM origins and contexts. NEW content includes legal and operational issues in integrative medicine, creative and expressive arts therapies, ecological pharmacology, hydration, mind-body thought and practice in America, osteopathy, reflexology, South American healing, traditional medicines of India, and Unani medicine. Revised and updated chapters include aromatherapy, classical acupuncture, energy medicine, biophysical devices (electricity, light, and magnetism), massage and touch therapies, traditional osteopathy, reflexology, vitalism, and yoga. New research studies explain how and why CAM therapies work, and also demonstrate that they do work, in areas such as acupuncture, energy healing, and mind-body therapies. Expanded content on basic sciences includes biophysics, ecology, ethnomedicine, neurobiology, and pschoneuroimmunology, providing the scientific background needed to learn and practice CAM and integrative medicine. Expanded coverage of nutrition and hydration includes practical information on Vitamin D and healthy hydration with fluid and electrolytes.

serenity massage oc bodywork wellness: The Small Business Advocate , 1996-05

serenity massage oc bodywork wellness: Soulful Freedom MaryLou Hunter, 2013-11 It doesn't matter what your story is, the important thing is where do you go from where you don't want to be? How do you free yourself from everything that holds you hostage? How do you get comfortable in your skin? How can you experience Soulful Freedom? This book will give you the tools to rediscover what you believe and how to be authentic and comfortable in your skin.

serenity massage oc bodywork wellness: Making of a Therapist Louis J. Cozolino, 2004-06-29 Lessons from the personal experience and reflections of a therapist. The difficulty and cost of training psychotherapists properly is well known. It is far easier to provide a series of classes while ignoring the more challenging personal components of training. Despite the fact that the therapist's self-insight, emotional maturity, and calm centeredness are critical for successful psychotherapy, rote knowledge and technical skills are the focus of most training programs. As a result, the therapist's personal growth is either marginalized or ignored. The Making of a Therapist counters this trend by offering graduate students and beginning therapists a personal account of this important inner journey. Cozolino provides a unique look inside the mind and heart of an experienced therapist. Readers will find an exciting and privileged window into the experience of the therapist who, like themselves, is just starting out. In addition, The Making of a Therapist contains the practical advice, common-sense wisdom, and self-disclosure that practicing professionals have found to be the most helpful during their own training. The first part of the book, 'Getting Through Your First Sessions,' takes readers through the often-perilous days and weeks of conducting initial sessions with real clients. Cozolino addresses such basic concerns as: Do I need to be completely healthy myself before I can help others? What do I do if someone comes to me with an issue or problem I can't handle? What should I do if I have trouble listening to my clients? What if a client scares me? The second section of the book, 'Getting to Know Your Clients,' delves into the routine of therapy and the subsequent stages in which you continue to work with clients and help them. In this context, Cozolino presents the notion of the 'good enough' therapist, one who can surrender to his or her own imperfections while still guiding the therapeutic relationship to a positive outcome. The final section, 'Getting to Know Yourself,' goes to the core of the therapist's relation to him- or herself, addressing such issues as: How to turn your weaknesses into strengths, and how to deal with the complicated issues of pathological caretaking, countertransference, and self-care. Both an excellent introduction to the field as well as a valuable refresher for the experienced clinician, The Making of a Therapist offers readers the tools and insight that make the journey of becoming a therapist a rich and rewarding experience.

serenity massage oc bodywork wellness: How God Changes Your Brain Andrew Newberg, M.D., Mark Robert Waldman, 2009-03-24 God is great—for your mental, physical, and spiritual health. Based on new evidence culled from brain-scan studies, a wide-reaching survey of people's religious and spiritual experiences, and the authors' analyses of adult drawings of God, neuroscientist Andrew Newberg and therapist Mark Robert Waldman offer the following breakthrough discoveries: • Not only do prayer and spiritual practice reduce stress, but just twelve minutes of meditation per day may slow down the aging process. • Contemplating a loving God rather than a punitive God reduces anxiety and depression and increases feelings of security, compassion, and love. • Fundamentalism, in and of itself, can be personally beneficial, but the prejudice generated by extreme beliefs can permanently damage your brain. • Intense prayer and meditation permanently change numerous structures and functions in the brain, altering your values and the way you perceive reality. Both a revelatory work of modern science and a practical guide for readers to enhance their physical and emotional health, How God Changes Your Brain is a first-of-a-kind book about faith that is as credible as it is inspiring.

serenity massage oc bodywork wellness: Mindfulness and Meditation at University Andreas de Bruin, 2021-04-30 Why should mindfulness and meditation be taught at universities? What impact could the establishment of such programs have on students and on the education system itself? Andreas de Bruin showcases the remarkable results of the first ten years of the Munich Model »Mindfulness and Meditation in a University Context« - a program started in the year 2010 in which 2000 students have already participated. Through meditation-journal entries featured in the book, students describe the effects of mindfulness and meditation on their studies and in their daily lives. In addition to an overview of cutting-edge research into mindfulness and meditation, along with in-depth analyses and explanations of key terms, the book also contains numerous practical exercises with instructions.

serenity massage oc bodywork wellness: *Against All Odds* Tyree Washington, 2020-07-20 Tyree's book is an inspirational story of setbacks and how to persevere to overcome them. In the exciting and highly competitive field of track and field, Tyree was able to stand out as a dedicated athlete who always stood for the right.

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serenity massage oc bodywork wellness: *Psychiatric Nursing* Mary C Townsend, 2014-08-19 Here's the most complete and easy-to-use resource on how to develop practical, individualized plans of care for psychiatric and mental health patients. It's really two books in one! The first half provides the diagnostic information needed to create a care plan; the second half covers the safe prescription and administration of psychotropic medications. And, the concepts can be applied to a variety of healthcare settings...from in-patient hospitalization through the outpatient clinic...to home health and private practice. Completely revised and updated throughout, the 9th Edition reflects all of the new knowledge and new medications in the field, including the DSM-5, all of today's new psychotropic medications, and the 2012-2014 content in the NANDA Nursing Diagnoses: Taxonomy II.

serenity massage oc bodywork wellness: *Essentials of Complementary and Alternative Medicine* Wayne B. Jonas, Jeffrey S. Levin, Brian Berman, 1999 Four out of ten patients visited a complementary and alternative medicine (CAM) practitioner last year--Your Patients! *Essentials of Complementary and Alternative Medicine* provides you with the information you need to understand this phenomenon. This practical source brings together today's leading CAM researchers and practitioners to offer the reader insights into the social and scientific foundations of CAM, the safety and efficacy of CAM products and practices, and overviews of 20 commonly used CAM modalities. *Essentials of Complementary and Alternative Medicine* helps you inform, educate, and treat patients who are interested in or currently using CAM.

serenity massage oc bodywork wellness: *Authentic Movement* Patrizia Pallaro, 1999-05-01 Patrizia Pallaro's second volume of essays on Authentic Movement, eight years after her first, is a tour de force. It is indeed an extraordinary array of papers, as Pallaro puts it, and an immensely rich, moving and highly readable sweep through the landscapes of Authentic Movement, this form of creative expression, meditative discipline and/or psychotherapeutic endeavour. You don't need to practice Authentic Movement to get a lot out of this book, but it certainly helps! I defy anyone to read the first two sections and not be curious to have their own experience.' - Sesame Institute 'Authentic Movement can be seen as a means by which analysts can become more sensitive to unconscious, especially pre-verbal aspects of themselves and their patients.' - Body Psychotherapy Journal Newsletter 'This book is a collection of articles, some of which are interviews, brought together for the first time. It is very valuable to have them all together in one place...It is a wonderful collection of articles on topics you have always wanted to read, such as the role of transference in dance therapy or Jung and dance therapy. The book also includes scripts for exercises.' - Somatics Authentic Movement, an exploration of the unconscious through movement, was largely defined by the work of Mary Starks Whitehouse, Janet Adler and Joan Chodorow. The basic concepts of Authentic Movement are expressed for the first time in one volume through interviews and conversations with these important figures, and their key papers. They emphasize the importance of movement as a means of communication, particularly unconscious or 'authentic' movement, emerging when the individual has a deep, self-sensing awareness - an attitude of 'inner listening'. Such movement can trigger powerful images, feelings and kinesthetic sensations arising from the depths of our stored childhood memories or connecting our inner selves to the

transcendent. In exploring Authentic Movement these questions are asked: - How does authentic movement differ from other forms of dance and movement therapy? - How may 'authentic' movement be experienced?

serenity massage oc bodywork wellness: The Handbook of Body Psychotherapy and Somatic Psychology Gustl Marlock, Halko Weiss, Courtenay Young, Michael Soth, 2015-12-08 The Handbook of Body Psychotherapy and Somatic Psychology provides a comprehensive overview of body-centered psychotherapies, which stress the centrality of the body to overcoming psychological distress, trauma, and mental illness. Psychologists and therapists are increasingly incorporating these somatic or body-oriented therapies into their practices, making mind-body connections that enable them to provide better care for their clients. Designed as a standard text for somatic psychology courses, The Handbook of Body Psychotherapy and Somatic Psychology contains 100 cutting-edge essays and studies by respected professionals from around the world on such topics as the historical roots of Body Psychotherapy; the role of the body in developmental psychology; the therapeutic relationship in Body Psychotherapy; and much more, as well as helpful case studies and essays on the use of Body Psychotherapy for specific disorders. This anthology will be indispensable for students of clinical and counseling psychology, somatic psychology, and various forms of body-based therapy (including dance and movement therapies), and is also an essential reference work for most practicing psychotherapists, regardless of their therapeutic orientation. Contributors: Gustl Marlock, Halko Weiss, Courtenay Young, Michael Soth, Ulfried Geuter, Judyth O. Weaver, Wolf E. Bütig, Nicholas Bassal, Michael Coster Heller, Heike Langfeld, Dagmar Rellensmann, Don Hanlon Johnson, Christian Gottwald, Andreas Wehowsky, Gregory J. Johanson, David Boadella, Alexander Lowen, Ian J. Grand, Marilyn Morgan, Stanley Keleman, Eugene T. Gendlin, Marion N. Hendricks-Gendlin, Michael Harrer, Ian J. Grand, Marianne Bentzen, Andreas Sartory, George Downing, Andreas Wehowsky, Marti Glenn, Ed Tronick, Bruce Perry, Susan Aposhyan, Mark Ludwig, Ute-Christiane Bräuer, Ron Kurtz, Christine Caldwell, Albert Pesso, Michael Randolph, William F. Cornell, Richard A. Heckler, Gill Westland, Lisbeth Marcher, Erik Jarlmaes, Kirstine Münster, Tilmann Moser, Frank Röhricht, Ulfried Geuter, Norbert Schrauth, Ilse Schmidt-Zimmermann, Peter Geissler, Ebba Boyesen, Peter Freudl, James Kepner, Dawn Bhat, Jacqueline Carleton, Ian Macnaughton, Peter A. Levine, Stanley Keleman, Narelle McKenzie, Jack Lee Rosenberg, Beverly Kitaen Morse, Angela Belz-Knöferl, Lily Anagnostopoulou, William F. Cornell, Guy Tonella, Sasha Dmochowski, Asaf Rolef Ben-Shahar, Jacqueline A. Carleton, Manfred Thielen, Xavier Serrano Hortelano, Pat Ogden, Kekuni Minton, Thomas Harms, Nicole Gäbler, John May, Rob Fisher, Eva R. Reich, Judyth O. Weaver, Barnaby B. Barratt, Sabine Trautmann-Voigt, Wiltrud Krauss-Kogan, Ilana Rubenfeld, Camilla Griggers, Serge K. D. Sulz, Nossrat Peseschkian, Linda H. Krier, Jessica Moore Britt, and Daniel P. Brown.

serenity massage oc bodywork wellness: Heal Thy Self Saki Santorelli, 2010-04-07 Perhaps our real work, whether offering or seeking care, is to recognize that the healing relationship--the field upon which patient and practitioner meet--is, to use the words of the mythologist Joseph Campbell, a 'self-mirroring mystery'--the embodiment of a singular human activity that raises essential questions about self, other, and what it means to heal thy self. --Saki Santorelli Today we are experiencing extraordinary technological advances in the diagnosis and treatment of illness while at the same time learning to take more responsibility for our own health and well-being. In this book, Saki Santorelli, director of the nationally acclaimed Stress Reduction Clinic, explores the ancient roots of medicine, and shows us how to introduce mindfulness into the crucible of the healing relationship, so that both patients and caregivers begin to acknowledge that we are all wounded and we are all whole. His approach revolutionizes the dynamics of the patient/practitioner relationship. In describing the classes at the clinic and the transformation that takes place in this alchemical process, he offers insights and effective methods for cultivating mindfulness in our everyday lives. As he reveals the inner landscape of his own life as a health care professional and we join him and those with whom he works on this journey of human suffering and courage, we become aware of and honor what is darkest and brightest within each one of us.

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serenity massage oc bodywork wellness: Yogic Management of Common Diseases Swami Karmananda Saraswati, 2003 Deals with 36 common as well as serious diseases afflicting the human body. Diseases covered include those affecting the head and neck, the cardiovascular and respiratory systems, the gastrointestinal tract, the joint and musculoskeletal system, and the urogenital system. Basic information is provided about the causes and effects of each condition from both the yogic and medical viewpoints. In depth yogic management of each disease is also presented along with the current medical treatment, dietary recommendations and other advice.

serenity massage oc bodywork wellness: Goldfield Mountain Hikes Ted Tenny, 2006-01-01 The Goldfield Mountains are only 40 miles from Phoenix yet largely undiscovered. In this book, Ted Tenny, a lifelong outdoor enthusiast and master hiker guides you throughout this picturesque wilderness area on 33 meticulously charted routes. Each hike has a unique point of interest or scenic reward. Each is introduced with a listing including difficulty rating, distance, estimated time, elevation change, and descriptive synopsis. Your hike in the Goldfieldswill be enhanced by 24 pages of gorgeous color photos, B&W photos throughout, 12 topographical maps with trails and annotated text references, GPS co-ordinates for trailheads and junctions, invaluable information and safety tips

serenity massage oc bodywork wellness: *Bringing The Prophets To Life* Neil Winkler, 2019-04-15 In *Bringing the Prophets to Life*, Rabbi Neil Winkler offers us a masterful source of inspiration and insight into the early prophets. He shows us that in order to understand the vital messages of the stories, we must go beyond a simple translation of the text and identify the themes of the stories, as well as the struggles and challenges that faced the outstanding personalities of each era: the warriors and the women, the prophets and the kings.

serenity massage oc bodywork wellness: News of the Weird Chuck Shepherd, John J. Kohut, Roland Sweet, 1989 For news junkies and fans of the bizarre-but-true, here is an outrageous collection of all-real, all-weird news stories culled from the nation's mainstream newspapers. Line art throughout.

serenity massage oc bodywork wellness: *Psychiatric Nursing* Mary C. Townsend, Karyn I. Morgan, 2018 Index of Client Behaviors with page numbers listed on inside covers. Concept Mapping and the use of Concept Care Map Plans introduced in Chapter 1. Organized by DSM-5 and NANDA diagnoses. Nursing diagnoses and interventions include the definition, possible etiologies (Related to ...), defining characteristics (Evidenced by ...), objectives broken down to show long- and short-term goals, interventions with selected rationales, and desired patient outcomes/discharge criteria. Each psychiatric disorder lists background assessment data, predisposing factors, symptomatology, and nursing diagnoses and nursing interventions commonly associated with the disorder. Unit on psychotropic drug classifications covers anti-anxiety agents, antidepressants, mood stabilizing agents, antipsychotics, antiparkinsonian drugs, sedative hypnotics, and agents for attention-deficit/hyperactivity disorder. Indications, route, and dosage listed for individual drugs as well as for classifications. Communication interventions in the care plans reinforce the emphasis on therapeutic communication. Clinical Pearl boxes highlight must-know information and interventions for diagnoses. Helpful rating scales appear in the appendices, including the Hamilton Depression Rating Scale, Abnormal Involuntary Movement Scale, and Hamilton Anxiety Rating Scale.

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serenity massage oc bodywork wellness: *Zibu* Debbie Zylstra Almstedt, 2007 Almstedt shares her personal story of how she connected with the Divine and shows how to use these powerful and graceful symbols in healing. Drawings of 88 symbols and the channeled messages are included, as well as personal healing stories.

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