

wellness indulgence massage boston

Wellness Indulgence Massage Boston: Unwind and Rejuvenate in the Heart of the City

Are you feeling overwhelmed by the hustle and bustle of Boston life? Long days, demanding schedules, and the constant pressure to keep up can leave you feeling drained and depleted. It's time to prioritize your well-being and experience the ultimate escape with a wellness indulgence massage in Boston. This comprehensive guide will explore the transformative power of massage, highlight the best options available in the city, and help you find the perfect treatment to melt away stress and restore your inner peace. We'll cover everything you need to know to book your blissful escape, from understanding different massage types to choosing the right spa for your needs. Get ready to discover the ultimate wellness indulgence massage Boston has to offer!

Understanding the Benefits of Massage Therapy

Before we dive into the specifics of finding the perfect massage in Boston, let's explore the myriad benefits of massage therapy. More than just a luxurious treat, massage offers a wealth of therapeutic advantages for your physical and mental well-being.

Stress Reduction: Massage helps release endorphins, natural mood boosters that alleviate stress and anxiety. The rhythmic touch and soothing atmosphere create a calming effect, allowing you to unwind and disconnect from the daily grind.

Pain Relief: Whether you suffer from chronic back pain, muscle tension, or headaches, massage can significantly reduce pain levels. Targeted techniques can release tight muscles, improve circulation, and alleviate discomfort.

Improved Sleep: Stress and muscle tension are major contributors to sleep disturbances. A relaxing massage can promote better sleep quality by reducing these factors and promoting a sense of calm.

Increased Circulation: Massage stimulates blood flow, delivering oxygen and nutrients to your tissues and helping to remove metabolic waste products. This can improve overall health and reduce inflammation.

Enhanced Flexibility and Range of Motion: Regular massage can improve flexibility and range of motion by lengthening tight muscles and improving joint mobility. This is particularly beneficial for athletes and individuals with limited mobility.

Boosting Your Immune System: Studies suggest that massage can strengthen the immune system by increasing the number of lymphocytes, which are white blood cells that fight infection.

Finding the Right Wellness Indulgence Massage in Boston:

Types of Massage

Boston boasts a diverse range of spas and massage therapists offering a variety of massage styles. Understanding the different types will help you choose the perfect experience for your needs:

Swedish Massage: This classic massage technique uses long, flowing strokes to relax muscles and improve circulation. It's a great choice for relaxation and stress reduction.

Deep Tissue Massage: This more intense massage targets deeper layers of muscle tissue to relieve chronic pain and tension. It's ideal for individuals with muscle knots, stiffness, or injuries.

Hot Stone Massage: This therapeutic massage uses heated stones to relax muscles and promote deep relaxation. The warmth of the stones penetrates deeply, relieving tension and improving circulation.

Aromatherapy Massage: This massage incorporates essential oils to enhance relaxation and address specific concerns. Different oils offer various benefits, such as stress reduction, pain relief, or improved sleep.

Prenatal Massage: Specifically designed for pregnant women, this massage addresses the unique physical changes and discomforts of pregnancy. It helps alleviate back pain, leg cramps, and other common pregnancy symptoms.

Top Locations for a Wellness Indulgence Massage in Boston

Choosing the right spa is crucial for a truly indulgent experience. Consider factors like location, ambiance, therapist experience, and reviews when making your selection. Boston offers a wealth of options, ranging from luxurious spas to smaller, boutique studios. Researching online reviews and checking for certifications is always recommended. Look for spas with a commitment to hygiene and a focus on client comfort. Many spas offer online booking, making scheduling your massage convenient and hassle-free.

Preparing for Your Wellness Indulgence Massage in Boston

To maximize the benefits of your massage, it's helpful to prepare beforehand. Consider the following:

Communicate your needs: Inform your therapist about any specific areas of concern, pain, or preferences. Open communication ensures you receive a tailored treatment.

Hydrate: Drink plenty of water before and after your massage to help your body flush out toxins and replenish fluids.

Wear comfortable clothing: Most spas provide robes and towels, but wearing comfortable, loose-fitting clothing will make the experience more relaxing.

Arrive early: Allow extra time to check in and relax before your treatment.

Beyond the Massage: Enhancing Your Wellness Journey in Boston

Your wellness indulgence massage in Boston is just the beginning. To fully embrace a healthy lifestyle, consider incorporating other wellness practices into your routine. Boston offers many opportunities for yoga, meditation, healthy eating, and other activities that support overall well-being. Explore the city's parks, gardens, and fitness studios to find activities that resonate with you. Remember that self-care is an ongoing process, and consistency is key to reaping the long-term benefits.

Conclusion

Investing in a wellness indulgence massage in Boston is an investment in your physical and mental well-being. By understanding the benefits of massage, choosing the right type and spa, and preparing beforehand, you can create a truly transformative experience. Escape the stress of city life and embrace the rejuvenating power of touch. Book your massage today and rediscover your inner peace.

FAQs

Q1: How much does a wellness indulgence massage cost in Boston?

A1: The cost varies depending on the type of massage, the duration of the treatment, and the spa. Expect to pay anywhere from \$80 to \$200 or more for a massage session.

Q2: How often should I get a massage?

A2: The frequency depends on your individual needs and preferences. Some people benefit from weekly massages, while others find monthly treatments sufficient. Discuss your needs with a therapist to determine the best frequency for you.

Q3: Are there any contraindications to massage therapy?

A3: Yes, there are certain conditions where massage may not be appropriate. These include deep vein thrombosis, open wounds, severe infections, and certain medical conditions. Always inform your therapist about any health concerns before your treatment.

Q4: What should I wear to a massage?

A4: Most spas provide robes and towels. You'll likely undress to your comfort level; some people prefer to keep underwear on. The therapist will guide you through the process.

Q5: Can I tip my massage therapist?

A5: Tipping is customary and appreciated. A standard tip is typically 15-20% of the service cost.

wellness indulgence massage boston: New York , 2006

wellness indulgence massage boston: Plants First Katie Takayasu, 2021-11-09 Have you heard that a plant-forward lifestyle is better for you, but you don't know why you should make plant-based foods a bigger part of your diet? Or maybe you understand the why, but you've had trouble figuring out how to improve your vegetable intake. In *Plants First*, Dr. Katie Takayasu helps you understand the reasons for prioritizing plant-powered foods to clean up the hormonal cascades that cause cravings and leave you feeling sick and tired. She offers approachable science lessons that explain how a plant-forward diet can correct issues like inflammation and hormonal imbalances to help your body find its healthy weight and experience more restorative sleep. Then Dr. Katie explains how to make small, steady shifts in your lifestyle to calm and refresh your brain and body through her five-day plant-powered health reset, which will help tap into your body's innate wisdom for natural detoxification. She explains how to stock your Kitchen Pharmacy with good foods and supplements for a plant-forward diet, and with her yummy, family-friendly recipes, you will start creating balance on your plate and move along the path to a healthier lifestyle. Sample Recipes Include: • Almond Furikake Crusted Halibut with Roasted Vegetables, Black Rice and Coconut Lime Cream • Ginger Mandarin Almond Cake with Chocolate Ganache • Lavender Antioxidant Dream Milk • Slow Cooker Apple Pie Oatmeal • Roasted Chicken with Pears & Figs on Swiss Chard • Thai Coconut Curry Noodle Soup • Arugula, Lentil and Roasted Eggplant • "Menstrual Health" Salad with Lemon Balsamic Dressing • Kale & Quinoa Greek Salad • Coriander & Flax Roasted Eggplant

wellness indulgence massage boston: Telephone Directory, Boston and Its Vicinity , 2002

wellness indulgence massage boston: Make Way for Ducklings Robert McCloskey, 1999-02-01 Robert McCloskey's unusual and stunning pictures have long been a delight for their fun as well as their spirit of place.—The Horn Book Mrs. Mallard was sure that the pond in the Boston Public Gardens would be a perfect place for her and her eight ducklings to live. The problem was how to get them there through the busy streets of Boston. But with a little help from the Boston police, Mrs. Mallard and Jack, Kack, Lack, Nack, Ouack, Pack, and Quack arrive safely at their new home. This brilliantly illustrated, amusingly observed tale of Mallards on the move has won the hearts of generations of readers. Awarded the Caldecott Medal for the most distinguished American picture book for children in 1941, it has since become a favorite of millions. This classic tale of the famous Mallard ducks of Boston is available for the first time in a full-sized paperback edition. *Make Way for Ducklings* has been described as one of the merriest picture books ever (The New York Times). Ideal for reading aloud, this book deserves a place of honor on every child's bookshelf. This delightful picture book captures the humor and beauty of one special duckling family. ... McCloskey's illustrations are brilliant and filled with humor. The details of the ducklings, along with the popular sights of Boston, come across wonderfully. The image of the entire family proudly walking in line is a classic.—The Barnes & Noble Review The quaint story of the mallard family's search for the perfect place to hatch ducklings. ... For more than fifty years kids have been entertained by this warm and wonderful story.—Children's Literature

wellness indulgence massage boston: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 *Health and Wellness Tourism* takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

wellness indulgence massage boston: Yoga Journal , 2008-03 For more than 30 years, *Yoga Journal* has been helping readers achieve the balance and well-being they seek in their everyday

lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

wellness indulgence massage boston: Handbook of Research on Global Hospitality and Tourism Management Camillo, Angelo A., 2015-08-17 The tourism industry is a multi-billion dollar enterprise, with more people from all cultures and nationalities choosing to spend their leisure time traveling and visiting new locations. To exploit this burgeoning market, tourism agencies must carefully consider the desires and goals of travelers from around the world. The Handbook of Research on Global Hospitality and Tourism Management contributes to the body of knowledge on travel and tourism by presenting a global view of the hospitality industry, including theoretical research into industry trends as well as case studies from around the world. This handbook provides travel agents, owner-operators, and students and researchers in the hospitality industry with the latest research, findings, and developments in the field. Within this handbook of cutting-edge research, readers will find chapters and cases on topics such as travel and tourism in a global economy; local, global, and international hospitality; challenges in environmental management; cultural cuisine; and destination management, among others.

wellness indulgence massage boston: Wylde on Health Bryce Wylde, 2012-12-26 The value of living healthily is indisputable, but what exactly can we do in our daily lives to be our healthiest self? In his new book, Bryce Wylde sets out to answer that question. He sorts out the confusing terminology used to describe natural medicine and leads us through a process of discovery about our own real state of health by showing how state-of-the-art self-testing now permits us to properly assess where we're vulnerable and where we're not. Whether you are worried about a vitamin deficiency or wonder if you're lacking the feel good brain hormone serotonin -- or even if you just want to ensure you're not wasting your money on supplements -- you'll learn what simple steps to take to test yourself. Wylde surveys and individually rates an array of present-day natural remedies from a no-nonsense, evidence-based perspective. He takes us on a guided tour of today's hottest health trends, highlighting what is good and steering us away from what is dubious (or outright snake oil). Underlying Wylde's ratings is the very latest research -- and he makes it clear that in the face of the astronomical rise in disease and the ubiquity of nutrient-devoid foods, we have no choice but to supplement our diets with vitamins, minerals and antioxidants if we want to live to our fullest potential. Finally, Wylde on Health explores how we will increasingly use the strategic supplementation he recommends to redress genetic predispositions -- the future of preventative health care.

wellness indulgence massage boston: The Relevance of Social Science for Medicine L. Eisenberg, A. Kleinman, 2012-12-06 The central purpose of this book is to demonstrate the relevance of social science concepts, and the data derived from empirical research in those sciences, to problems in the clinical practice of medicine. As physicians, we believe that the biomedical sciences have made - and will continue to make - important contributions to better health. At the same time, we are no less firmly persuaded that a comprehensive understanding of health and illness, an understanding which is necessary for effective preventive and therapeutic measures, requires equal attention to the social and cultural determinants of the health status of human populations. The authors who agreed to collaborate with us in the writing of this book were chosen on the basis of their experience in designing and executing research on health and health services and in teaching social science concepts and methods which are applicable to medical practice. We have not attempted to solicit contributions to cover the entire range of the social sciences as they apply to medicine. Rather, we have selected key approaches to illustrate the more salient areas. These include: social epidemiology, health services research, social network analysis, cultural studies of illness behavior, along with chapters on the social labeling of deviance, patterns of therapeutic communication, and economic and political analyses of macro-social factors which influence health outcomes as well as services.

wellness indulgence massage boston: Scientific Basis for Ayurvedic Therapies Lakshmi

C. Mishra, 2003-09-29 Arguably the oldest form of health care, Ayurveda is often referred to as the Mother of All Healing. Although there has been considerable scientific research done in this area during the last 50 years, the results of that research have not been adequately disseminated. Meeting the need for an authoritative, evidence-based reference, *Scientific Basis for Ayurvedic Therapies* is the first book to analyze and synthesize current research supporting Ayurvedic medicine. This book reviews the latest scientific information, evaluates the research data, and presents it in an easy to use format. The editor has carefully selected topics based on the availability of scientific studies and the prevalence of a disease. With contributions from experts in their respective fields, topics include Ayurvedic disease management, panchkarma, Ayurvedic bhasmas, the current status of Ayurveda in India, clinical research design, and evaluation of typical clinical trials of certain diseases, to name just a few. While there are many books devoted to Ayurveda, very few have any in-depth basis in scientific studies. This book provides a critical evaluation of literature, clinical trials, and biochemical and pharmacological studies on major Ayurvedic therapies that demonstrates how they are supported by scientific data. Providing a natural bridge from Ayurveda to Western medicine, *Scientific Basis for Ayurvedic Therapies* facilitates the integration of these therapies by health care providers.

wellness indulgence massage boston: Allure , 2007

wellness indulgence massage boston: Health Issues in the Black Community Ronald L. Braithwaite, Sandra E. Taylor, Henrie M. Treadwell, 2009-10-22 *Health Issues in the Black Community* THIRD EDITION The outstanding editors and authors of *Health Issues in the Black Community* have placed in clear perspective the challenges and opportunities we face in working to achieve the goal of health equity in America. David Satcher, MD, PhD, 16th Surgeon General of the United States and director, Satcher Health Leadership Institute at Morehouse School of Medicine Eliminating health disparities must be a central goal of any forward thinking national health policy. *Health Issues in the Black Community* makes a valuable contribution to a much-needed dialogue by focusing on the challenges of the black community. Marc Morial, Esq., president, National Urban League *Health Issues in the Black Community* illuminates comprehensively the range of health conditions specifically affecting African Americans, and the health disparities both within the black community and between racial and ethnic groups. Each chapter, whether addressing the health of African Americans by age, gender, type of disease, condition or behavior, is well-detailed and tells an important story. Together, they offer practitioners, consumers, scholars, and policymakers a crucial roadmap to address and change the social determinants of health, reduce disparities, and create more equal treatment for all Americans. Risa Lavizzo-Mourey, MD, MBA, president, Robert Wood Johnson Foundation I recommend *Health Issues in the Black Community* as a must-read for anyone concerned about the future of the African American community. Health disparities continues to be one of the major issues confronting the black community. This book will help to highlight the issues and keep attention focused on the work to be done. Elsie Scott, PhD, president of the Congressional Black Caucus Foundation This book is the definitive examination of health issues in black America issues sadly overlooked and downplayed in our culture and society. I congratulate Drs. Braithwaite, Taylor, and Treadwell for their monumental book. Cornel West, PhD, professor, Princeton University

wellness indulgence massage boston: *Understanding the Global Spa Industry* Gerard Bodeker, Gerry Bodeker, Marc Cohen, 2010-08-20 • Spa services and the development of the spa business from its historical beginnings to the size of the market today. • Business development and planning, spa operations and business models. • Spa products and technologies, retailing and the application of branding and marketing strategies. • Infrastructure, design and environmental issues including sustainability and social and environmental benchmarking. • Human resources issues from education and training to professional and regulatory issues and professional and corporate ethics and values.

wellness indulgence massage boston: *Asian Development Outlook 2020 Update* Asian Development Bank, 2020-09-01 Developing Asia has suffered as the COVID-19 pandemic persists. Growth, trade, and tourism collapsed in 2020, leading to the region's first economic contraction in

nearly 6 decades. Governments across Asia acted quickly to contain the virus and its economic effects, and signs of bottoming out have now appeared. Inflation remains benign, constrained by depressed demand and declining food prices. A prolonged pandemic is the primary downside risk to the outlook. Persistent or renewed outbreaks and a return to stringent containment could possibly derail the recovery and trigger financial turmoil. Recovery depends on measures to address the health crisis and on continued policy support. The pandemic has highlighted the importance of wellness, both physical and mental. Wellness—the pursuit of holistic health and well-being—is a component of the UN’s Sustainable Development Goals. This report evaluates the state of wellness in Asia, documents how the wellness economy is a large and growing part of the region’s economy, and discusses how policy makers can promote wellness by creating healthy living environments, encouraging physical activity and healthy diets, and enhancing workplace wellness.

wellness indulgence massage boston: OZONE Velio Bocci, 2010-10-05 Oxygen-Ozone therapy is a complementary approach less known than homeopathy and acupuncture because it has come of age only three decades ago. This book clarifies that, in the often nebulous field of natural medicine, the biological bases of ozone therapy are totally in line with classical biochemistry, physiological and pharmacological knowledge. Ozone is an oxidizing molecule, a sort of super active oxygen, which, by reacting with blood components generates a number of chemical messengers responsible for activating crucial biological functions such as oxygen delivery, immune activation, release of hormones and induction of antioxidant enzymes, which is an exceptional property for correcting the chronic oxidative stress present in atherosclerosis, diabetes and cancer. Moreover, by inducing nitric oxide synthase, ozone therapy may mobilize endogenous stem cells, which will promote regeneration of ischemic tissues. The description of these phenomena offers the first comprehensive picture for understanding how ozone works and why. When properly used as a real drug within therapeutic range, ozone therapy does not only does not procure adverse effects but yields a feeling of wellness. Half the book describes the value of ozone treatment in several diseases, particularly cutaneous infection and vascular diseases where ozone really behaves as a “wonder drug”. The book has been written for clinical researchers, physicians and ozone therapists, but also for the layman or the patient interested in this therapy.

wellness indulgence massage boston: The Evolution of the Human Head Daniel Lieberman, 2011-01-03 Exhaustively researched and years in the making, this innovative book documents how the many components of the head function, how they evolved since we diverged from the apes, and how they interact in diverse ways both functionally and developmentally, causing them to be highly integrated. This integration not only permits the head's many units to accommodate each other as they grow and work, but also facilitates evolutionary change. Lieberman shows how, when, and why the major transformations evident in the evolution of the human head occurred. The special way the head is integrated, Lieberman argues, made it possible for a few developmental shifts to have had widespread effects on craniofacial growth, yet still permit the head to function exquisitely. --

wellness indulgence massage boston: Global Nomads Anthony D'Andrea, 2007-01-24 Global Nomads provides a unique introduction to the globalization of countercultures, a topic largely unknown in and outside academia. Anthony D'Andrea examines the social life of mobile expatriates who live within a global circuit of countercultural practice in paradoxical paradises. Based on nomadic fieldwork across Spain and India, the study analyzes how and why these post-metropolitan subjects reject the homeland in order to shape an alternative lifestyle. They become artists, therapists, exotic traders and bohemian workers seeking to integrate labor, mobility and spirituality within a cosmopolitan culture of expressive individualism. These countercultural formations, however, unfold under neo-liberal regimes that appropriate utopian spaces, practices and imaginaries as commodities for tourism, entertainment and media consumption. In order to understand the paradoxical globalization of countercultures, Global Nomads develops a dialogue between global and critical studies by introducing the concept of 'neo-nomadism' which seeks to overcome some of the shortcomings in studies of globalization. This book is an essential aide for

undergraduate, postgraduate and research students of Sociology, Anthropology of Globalization, Cultural Studies and Tourism Studies.

wellness indulgence massage boston: Workplace Wellness that Works Laura Putnam, 2015-06-08 A smarter framework for designing more effective workplace wellness programs Workplace Wellness That Works provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? Workplace Wellness That Works shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, Workplace Wellness That Works skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

wellness indulgence massage boston: The Culprit & the Cure Steven G. Aldana, 2005 This book presents a wealth of evidence that reveals how a healthy diet, exercise, and other healthy lifestyles can impact life-span and the risk of cancer, heart disease, diabetes and other chronic diseases. It provides easy-to-follow guidelines that will help individuals begin and maintain a healthy lifestyle for life. No infomercials here, just the facts from an authority who knows.

wellness indulgence massage boston: *Family-Based Intervention for Child and Adolescent Mental Health* Jennifer L. Allen, David J. Hawes, Cecilia A. Essau, 2021-03-11 An overview of the core competencies for the delivery of evidence-based family interventions for child and adolescent mental health issues.

wellness indulgence massage boston: Alternative Medicine for the Elderly P. Cherniack, 2003-04-23 This book on complementary alternative medicine (CAM) for the Elderly provides a critical and objective evaluation of alternative medical therapy for the elderly. The focus on practical aspects such as adverse effects and general risks of various therapeutic methods makes it a valuable reference book for the general practitioner, for geriatricians and professionals within the area of alternative medicine, but also for interested laypeople. In the three sections, Epidemiology, Types of CAM, and Common Medical Problems and CAM, a broad range of issues are covered. They range from drug compliance in elderly people to CAM in the treatment of specific conditions such as pulmonary diseases, arthritis or cancer. The above features and in particular the unbiased approach to discuss the pros and cons of CAM make this publication a must-have for everybody searching for detailed information on alternative medicine for the elderly.

wellness indulgence massage boston: *Cultivating a New South* Monica Maria Tetzlaff, 2002 During her life she labored to educate South Carolina's African Americans, fought for women's equal participation in politics, and eventually took a role in the Socialist Party of America..

wellness indulgence massage boston: *DBT? Skills Training Manual, Second Edition* Marsha Linehan, 2014-10-20 Preceded by: Skills training manual for treating borderline personality disorder / Marsha M. Linehan. c1993.

wellness indulgence massage boston: *Personhood and Health Care* David C. Thomasma,

David N. Weisstub, Christian Hervé, 2014-03-14 **PERSONHOOD AND HEALTH CARE** This book arose as a result of a pre-conference devoted to the topic held June 28, 1999 in Paris, France. The pre-conference preceded the Annual Congress of the International Academy of Law and Mental Health. Other chapters were solicited after the conference in order to more completely explore the relation of personhood to health care. The pre conference was held in honor of Yves Pelicier who led so many of our French colleagues in medicine, philosophy, and ethics as Christian Herve notes in his Tribute. As health care is aimed at healing persons, it is important to realize how difficult it is to construct a theory of personhood for health care, and thus, a theory of how healing in health care comes about or ought to occur. The book is divided into four parts, Concepts of the Person, Theories of Personhood in Relation to Health Care and Bioethics, Person and Identity, and Personhood and His Relations. Each section explores a critical arena in constructing the relation of personhood to health care. Although no exploration of this nature can be exhaustive, every effort was made to present both conflicting and complementary views of personhood from within similar and different philosophical and religious traditions. **PART ONE: CONCEPTS OF THE PERSON** Tracing the origins of the concept of person from antiquity through present day, Jean Delemeau provides an historical sketch of the development of a wide range of meanings.

wellness indulgence massage boston: Branded Male Mark Tungate, 2008-02-03 The male market is exploding. Thanks to emerging social and cultural trends, men are becoming consumers to reckon with. In 1990 only 4% of men claimed to regularly use a skin care product. By 2015 the figure will have risen to 50%. Branded Male discusses the evolution of the male consumer and the desire of marketers to tap into the still underdeveloped male market. Crammed with facts and anecdotes, it analyzes how to effectively brand products and services for the male market. Using a typical modern male's weekday as a template and examining all the influences affecting him, Branded Male considers his exposure to brands and the ways marketers can exploit these channels, taking you through popular strategies for marketing to men. In his trademark style, Mark Tungate paints a portrait of the male consumer. From razor blades to beer, from aftershave to hotels, he finds out which marketing messages have the most impact on male wallets. Men's bank balances may never be the same again.

wellness indulgence massage boston: Brands and Branding Rita Clifton, 2009-04-01 With contributions from leading brand experts around the world, this valuable resource delineates the case for brands (financial value, social value, etc.) and looks at what makes certain brands great. It covers best practices in branding and also looks at the future of brands in the age of globalization. Although the balance sheet may not even put a value on it, a company's brand or its portfolio of brands is its most valuable asset. For well-known companies it has been calculated that the brand can account for as much as 80 percent of their market value. This book argues that because of this and because of the power of not-for-profit brands like the Red Cross or Oxfam, all organisations should make the brand their central organising principle, guiding every decision and every action. As well as making the case for brands and examining the argument of the anti-globalisation movement that brands are bullies which do harm, this second edition of Brands and Branding provides an expert review of best practice in branding, covering everything from brand positioning to brand protection, visual and verbal identity and brand communications. Lastly, the third part of the book looks at trends in branding, branding in Asia, especially in China and India, brands in a digital world and the future for brands. Written by 19 experts in the field, Brands and Branding sets out to provide a better understanding of the role and importance of brands, as well as a wealth of insights into how one builds and sustains a successful brand.

wellness indulgence massage boston: The 5 Languages of Appreciation in the Workplace Gary Chapman, Paul White, 2019-01-01 **OVER 600,000 COPIES SOLD!** Based on the #1 New York Times bestseller The 5 Love Languages® (over 20 million copies sold) Dramatically improve workplace relationships simply by learning your coworkers' language of appreciation. This book will give you the tools to create a more positive workplace, increase employee engagement, and reduce staff turnover. How? By teaching you to effectively communicate authentic appreciation and

encouragement to employees, co-workers, and leaders. Most relational problems in organizations flow from this question: do people feel appreciated? This book will help you answer "Yes!" A bestseller—having sold over 600,000 copies and translated into 24 languages—this book has proven to be effective and valuable in diverse settings. Its principles about human behavior have helped businesses, non-profits, hospitals, schools, government agencies, and organizations with remote workers. PLUS! Each book contains a free access code for taking the online Motivating By Appreciation (MBA) Inventory (does not apply to purchases of used books). The assessment identifies a person's preferred languages of appreciation to help you apply the book. When supervisors and colleagues understand their coworkers' primary and secondary languages, as well as the specific actions they desire, they can effectively communicate authentic appreciation, thus creating healthy work relationships and raising the level of performance across an entire team or organization. *(Please contact mpcustomerservice@moody.edu if you purchased your book new and the access code is denied.) Take your team to the next level by applying The 5 Languages of Appreciation in the Workplace.

wellness indulgence massage boston: *The Body in Medical Thought and Practice* D. Leder, 1992-08-31 In the second half of the 20th century, the body has become a central theme of intellectual debate. How should we perceive the human body? Is it best understood biologically, experientially, culturally? How do social institutions exercise power over the body and determine norms of health and behavior? The answers arrived at by phenomenologists, social theorists, and feminists have radically challenged our conventional notions of the body dating back to 17th century Cartesian thought. This is the first volume to systematically explore the range of contemporary thought concerning the body and draw out its crucial implications for medicine. Its authors suggest that many of the problems often found in modern medicine -- dehumanized treatment, overspecialization, neglect of the mind's healing resources -- are directly traceable to medicine's outmoded concepts of the body. New and exciting alternatives are proposed by some of the foremost physicians and philosophers working in the medical humanities today.

wellness indulgence massage boston: Touch, second edition Tiffany Field, 2014-10-10 Why we need a daily dose of touch: an investigation of the effects of touch on our physical and mental well-being. Although the therapeutic benefits of touch have become increasingly clear, American society, claims Tiffany Field, is dangerously touch-deprived. Many schools have "no touch" policies; the isolating effects of Internet-driven work and life can leave us hungry for tactile experience. In this book Field explains why we may need a daily dose of touch. The first sensory input in life comes from the sense of touch while a baby is still in the womb, and touch continues to be the primary means of learning about the world throughout infancy and well into childhood. Touch is critical, too, for adults' physical and mental health. Field describes studies showing that touch therapy can benefit everyone, from premature infants to children with asthma to patients with conditions that range from cancer to eating disorders. This second edition of *Touch*, revised and updated with the latest research, reports on new studies that show the role of touch in early development, in communication (including the reading of others' emotions), in personal relationships, and even in sports. It describes the physiological and biological effects of touch, including areas of the brain affected by touch, and the effects of massage therapy on prematurity, attentiveness, depression, pain, and immune functions. Touch has been shown to have positive effects on growth, brain waves, breathing, and heart rate, and to decrease stress and anxiety. As Field makes clear, we enforce our society's touch taboo at our peril.

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prevailing in countries of the Eastern Mediterranean Region. They are addressed to priority target groups: parents, teachers, health workers, media, adolescent girls and boys, as well as being considered as invaluable tools for advocacy with the political and religious leaders in Member States.

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