

amys massage and wellness

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

Are you feeling stressed, tense, or just plain worn out? Long days, demanding jobs, and the relentless pace of modern life can take a toll on our physical and mental well-being. If you're searching for a sanctuary where you can escape the chaos and reconnect with your inner peace, then look no further than Amy's Massage and Wellness. This comprehensive guide will delve into what makes Amy's Massage and Wellness a unique and effective solution for your relaxation and rejuvenation needs. We'll explore the various services offered, the benefits of massage therapy, and why choosing Amy's is the right choice for you. Get ready to unwind and discover a path towards holistic wellness.

Understanding the Amy's Massage and Wellness Experience

Amy's Massage and Wellness isn't just another massage parlor; it's a carefully curated experience designed to nurture your mind, body, and spirit. From the moment you step inside, you'll be enveloped in a tranquil atmosphere designed to promote relaxation and ease. Soft lighting, calming music, and the gentle aroma of essential oils create a haven where you can truly let go of your worries and melt away stress. But it's more than just ambiance; Amy's commitment to personalized care sets it apart.

The Range of Services at Amy's Massage and Wellness

Amy's Massage and Wellness offers a diverse menu of services tailored to meet individual needs and preferences. These include:

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

Deep Tissue Massage: For those with chronic muscle pain or stiffness, deep tissue massage targets deeper layers of muscle tissue to release tension and knots. This technique requires a skilled practitioner, and Amy's expertise ensures a comfortable yet effective experience.

Hot Stone Massage: The warmth of smooth, heated stones is used to penetrate deep into muscle tissue, releasing tension and promoting relaxation. This technique is particularly effective for relieving muscle pain and stiffness.

Prenatal Massage: Specifically designed for expecting mothers, this gentle massage focuses on relieving pregnancy-related aches and pains, promoting relaxation, and reducing stress. Amy is highly trained in prenatal massage techniques to ensure both mother and baby's safety and comfort.

Sports Massage: Ideal for athletes and active individuals, this massage technique helps prevent injuries, improve performance, and reduce muscle soreness. Amy understands the specific needs of

athletes and can tailor the massage to address their unique requirements.

Aromatherapy Massage: Essential oils are incorporated into the massage to enhance relaxation and address specific needs such as stress relief, improved sleep, or pain management. Amy carefully selects high-quality essential oils to ensure the best possible therapeutic effect.

The Benefits of Choosing Amy's Massage and Wellness

Why choose Amy's Massage and Wellness above other massage therapists or spas? Several key factors contribute to Amy's exceptional reputation:

Personalized Approach: Amy takes the time to understand each client's individual needs and preferences, tailoring the massage to their specific requirements. This personalized approach ensures a truly customized and effective treatment.

Expert Technique: Amy possesses extensive training and experience in various massage modalities, ensuring high-quality and professional service.

Commitment to Hygiene and Safety: Amy maintains the highest standards of hygiene and safety, using clean and sterilized equipment and following all necessary protocols.

Tranquil Atmosphere: The spa environment itself is designed to promote relaxation and tranquility, creating an oasis of calm where you can escape the stresses of daily life.

Exceptional Customer Service: Amy's dedication to customer satisfaction ensures a welcoming and comfortable experience from start to finish.

Beyond the Massage: Holistic Wellness at Amy's

Amy's commitment extends beyond just massage. She believes in a holistic approach to wellness, recognizing the interconnectedness of mind, body, and spirit. This philosophy informs every aspect of her practice, from the calming atmosphere to the personalized approach to treatment. She may offer advice on lifestyle changes, stress management techniques, or other complementary therapies to support your overall well-being.

Booking Your Appointment at Amy's Massage and Wellness

Ready to experience the Amy's Massage and Wellness difference? Booking your appointment is easy! Visit [insert website address here] or call [insert phone number here] to schedule your relaxing escape. Don't wait – prioritize your well-being and book your appointment today!

Conclusion:

Amy's Massage and Wellness offers more than just a massage; it provides a pathway to holistic wellness, helping you relieve stress, rejuvenate your body, and reconnect with your inner peace. With a personalized approach, expert techniques, and a tranquil atmosphere, Amy's is the perfect destination for anyone seeking relaxation and rejuvenation. Experience the difference today!

Frequently Asked Questions (FAQs):

1. What forms of payment does Amy's Massage and Wellness accept? We accept cash, credit cards (Visa, Mastercard, American Express), and debit cards.
1. Do you offer gift certificates? Yes, we offer gift certificates in various denominations, making it the perfect gift for birthdays, holidays, or any special occasion.
1. What should I wear to my appointment? Wear comfortable clothing that allows for easy movement. We provide robes and towels, so you don't need to bring anything extra.
1. What if I need to reschedule or cancel my appointment? Please provide at least 24 hours' notice to reschedule or cancel your appointment without penalty. Shorter notice may incur a cancellation fee.
1. Is there parking available? Yes, ample free parking is available on-site.

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

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

amys massage and wellness: Better Together! Amy Robach, Andrew Shue, 2021-10-26 From Good Morning America anchor Amy Robach and her husband, actor Andrew Shue comes a sweet tale about finding common ground and accepting and appreciating each others' differences. When a

big thunderstorm shakes their woodland home, the Squirrelly family must flee their nest for a hollow in an oak tree. To their surprise, the McMunk family had the exact same idea. This family of squirrels and a family of chipmunks must find ways to live together--which isn't always easy since they come from different backgrounds. But after some important lessons in compromise, the Squirrellys and the McMunks realize that life is better together as the McSquirrelies.

amys massage and wellness: *Pre- and Perinatal Massage Therapy* Carole Osborne, 2012 Pre- and Perinatal Massage Therapy explores techniques of therapeutic massage and bodywork that enable massage therapists to support mothers and their babies throughout the childbearing year. In this updated edition of her widely used and trusted text, noted maternity massage therapist and teacher Carole Osborne details the physiological, functional, and emotional developments of childbearing. The three Technique Manuals included in the text teach clinically refined techniques, conveniently woven around women's common needs. -- Back cover.

amys massage and wellness: *Food Is the Solution* Matthew Prescott, 2018-03-20 An Inconvenient Truth with recipes: a fresh, beautifully designed cookbook with valuable resources for environmentally friendly, healthy, plant-based dishes.

amys massage and wellness: *Acu-Dog* Amy Snow, Nancy A. Zidonis, 2011 Helps you understand traditional Chinese medicine and apply it to your dog.

amys massage and wellness: *Asanas for Autism and Special Needs* Shawnee Thornton Hardy, 2014-12-21 Teaching yoga to children with Autism Spectrum Disorder and other special needs is easy using this visual how-to handbook. Breaking down yoga instruction pose by pose, body part by body part, breath by breath, this book uses easy-to-understand language and clear photographs to show parents, teachers, yoga instructors, and other professionals how to introduce the life-long benefits of yoga to a child with special needs. These benefits include gaining greater awareness and understanding of the body, learning to self-regulate the nervous system, and developing coping skills to work through difficult emotions such as anger and anxiety. Creative yoga games, activities, relaxation exercises, and chair yoga poses are included to make learning yoga a fun, interactive, and calming experience for children with a wide range of abilities.

amys massage and wellness: *Beating Endo* Iris Kerin Orbuch, Amy Stein, 2019-06-25 From two of the world's leading experts in endometriosis comes an essential, first-of-its kind book that unwraps the mystery of the disease and gives women the tools they need to reclaim their lives from it. Approximately one out of every 10 women has endometriosis, an inflammatory disease that causes chronic pain, limits life's activities, and may lead to infertility. Despite the disease's prevalence, the average woman may suffer for a decade or more before receiving an accurate diagnosis. Once she does, she's often given little more than a prescription for pain killers and a referral for the wrong kind of surgery. *Beating Endo* arms women with what has long been missing—even within the medical community—namely, cutting-edge knowledge of how the disease works and what the endo sufferer can do to take charge of her fight against it. Leading gynecologist and endometriosis specialist Dr. Iris Kerin Orbuch and world-renowned pelvic pain specialist and physical therapist Dr. Amy Stein have long partnered with each other and with other healthcare practitioners to address the disease's host of co-existing conditions—which can include pelvic floor muscle dysfunction, gastrointestinal ailments, painful bladder syndrome, central nervous system sensitization—through a whole-mind/whole-body approach. Now, *Beating Endo* formalizes the multimodal program they developed, offering readers an anti-inflammatory lifestyle protocol that incorporates physical therapy, nutrition, mindfulness, and environment to systematically addresses each of the disease's co-conditions on an ongoing basis up to and following excision surgery. This is the program that has achieved successful outcomes for their patients; it is the program that works to restore health, vitality, and quality of life to women with endo. No more “misdiagnosis roulette” and no more limits on women's lives: *Beating Endo* puts the tools of renewed health in the hands of those whose health is at risk.

amys massage and wellness: *Keto for Fertility Cookbook* Robert Kiltz, Maria Emmerich, 2022

amys massage and wellness: *Natural Healing Wisdom & Know How* , 2017-01-03 Natural

Healing Wisdom & Know-How is a fascinating and complete home reference for every practice on natural and alternative health and healing. This book offers instructive and helpfully illustrated guides on numerous alternative medicinal practices, such as herbal healing, naturopathy, homeopathy, Eastern medicine, energy healing, mind-body healing, and so much more. Included are various methods and techniques for managing and curing hundreds of ailments, as well as for maintaining a healthy lifestyle year-round and long-term. Culled from dozens of the most respected books and authors on the topics of natural and alternative health and healing, this book includes a special index of ailments and symptoms that appear at the front of the book to guide readers towards useful methods and techniques for targeting and managing specific issues. This book is also a part of the Know-How series which includes other titles such as: Country Wisdom & Know-How Woodworking Wisdom & Know-How Craft Wisdom & Know-How Garden Wisdom & Know-How Survival Wisdom & Know-How

amys massage and wellness: A Dog Lover's Guide to Canine Massage Jody Chiquoine, Linda Jackson, 2008-10 Fully illustrated with more than 100 photographs, this book provides a strong foundation in canine massage technique. It features an easy-to-understand section on canine anatomy with useful charts and anatomical labels geared toward teaching pet owners about their dog's body and needs.

amys massage and wellness: Medical Reiki Raven Keyes, 2021-05-08 An Integrative System of Energy Medicine for Patients Undergoing Intense Medical Procedures Science-based medicine is finally ready to embrace the use of Medical Reiki. This phenomenal book reveals groundbreaking energy practices that can activate the parasympathetic nervous system and accelerate the effectiveness of serious treatments like surgery and chemotherapy. Having worked in operating rooms alongside surgeons for nearly two decades, Reiki Master Raven Keyes is uniquely qualified to share techniques for helping patients feel whole and free of stress that can impede their healing. Raven shares how to request and receive Medical Reiki, how physicians can open their practice to it, and how to use exercises, meditations, and affirmations for further healing. Medical Reiki is essential to the evolution of patient care. Includes a foreword by Dr. Sheldon Marc Feldman, MD, FACS, director of breast cancer services at Montefiore Medical Center

amys massage and wellness: The Unknown Beloved Amy Harmon, 2022-04-19 From the bestselling author of *Where the Lost Wander* and *What the Wind Knows* comes the evocative story of two people whose paths collide against the backdrop of mystery, murder, and the Great Depression. Chicago, 1923: Ten-year-old Dani Flanagan returns home to find police swarming the house, her parents dead. Michael Malone, the young patrolman assigned to the case, discovers there's more to the situation--and to Dani Flanagan herself--than the authorities care to explore. Malone is told to shut his mouth, and Dani is sent away to live with her spinster aunts in Cleveland. Fifteen years later, Michael Malone is summoned to Cleveland to investigate a series of murders that have everyone stumped, including his friend and famed Prohibition agent Eliot Ness, now Cleveland's director of safety. There, in a city caught in the grip of a serial killer, Dani and Malone cross paths once again. Malone is drawn to Dani and her affinity for the dead and compassion for the destitute. It doesn't take long for him to realize that she could help him solve his case. As terror descends on the city and Malone and Dani confront the dark secrets that draw them together, it's a race to find the killer or risk becoming his next victims.

amys massage and wellness: SomatoEmotional Release John E. Upledger, 2002-09-25 Developed by the author, SomatoEmotional Release is a technique for bringing psychotherapeutic elements into CranioSacral therapy. It helps rid the mind and body of the residual effects of trauma by anatomically freeing the central channel of the body. John E. Upledger presents the history, theory, and practice of this subtle form of healing. A result of meaningful, intentioned touch, SomatoEmotional Release allows for identification and removal of energy cysts along with their associated emotions.

amys massage and wellness: Fascia in Sport and Movement, Second edition Robert Schleip, Jan Wilke, Amanda Baker, 2021-03-30 Fascia in Sport and Movement, Second edition is a

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

amys massage and wellness: Hilot Wellness Massage Booklet Brynt Christian Rodriguez, A Complete Booklet for Hilot Wellness Massage NC2.

amys massage and wellness: Roll Model Jill Miller, 2014-11-04 Pain is an epidemic. It prevents you from performing at your best because it robs you of concentration, power, and peace of mind. But most pain is preventable and treatable, and healing is within your grasp. Hundreds of thousands of people around the globe have taken life "by the balls" and circumvented a dismal future of painkillers, surgeries, and hopelessness by using Jill Miller's groundbreaking Roll Model Method. The Roll Model gives you the tools to change the course of your life in less than 5 minutes a day. You are a fully equipped self-healing organism, and this book will guide you through easy-to-perform self-massage techniques that will erase pain and improve your performance in whatever activities you pursue. The Roll Model teaches you how to improve the quality of your life no matter your size, shape, or condition. Within these pages you will find: • Inspiring stories of people just like you who have altered the course of their lives by using the Roll Model Method • Accessible explanations of how and why this system works based on the science of your body and the physiological effects of rolling • Step-by-step rolling techniques to help awaken your body's resilience from head to toe so that you have more energy, less stress, and greater performance Whether you're living with constant discomfort, seeking to improve your mobility, or trying to avoid medication and surgery, this book provides empowering and effective solutions for becoming your own best Roll Model.

amys massage and wellness: Peruvian Shamanism Matthew Magee, 2018-12-08 Contained within the pages of this book are the sacred teachings and guiding principles the Pachakuti Mesa Shamanic Tradition from Peru. Founded by kamasqa curandero don Oscar Miro-Quesada from Lima, Peru, this traditional wisdom is expressed through the ceremonial use of a complex altar system, known as a Pachakuti Mesa. This book functions as a compendium of this altar's ceremonial use amidst the backdrop of Peru's rich pre-Columbian history, cosmology, mythology, and centuries of healing artistry. The Pachakuti Mesa tradition is a living, breathing, evolving, holistic spiritual practice that is designed to build bridges between cultures, while honoring the universal wisdom of nature itself. This book seeks to unveil the methodology of this particular form of tribal shamanic practice in a way that is accessible to the western aspirant by offering parallels and cultural comparisons as well as references from leading scholars in the field of anthropology. Ultimately this book is designed to provide a behind the scenes account of the ritual practices and teachings of this tradition, while also offering the reader practical and pragmatic tools for applying this traditional wisdom to one's modern day life. Note: This book (originally published in 2002) was written over the course of four years while immersed in a direct shamanic apprenticeship with renowned Kamasqa Curandero don Oscar Miro-Quesada from Lima, Peru. This current version has been recently updated and fully revised (2017) to include over 100 pages of new information, photos, diagrams, and illustrations.

amys massage and wellness: SPAtopia Amy Rosen, 2004-08-01 Be it for a quickie pedicure or several hours of soulful pampering, people want to know where to go, and more importantly, what's going to happen to them once they get there. That's where SPAtopia covers over 50 spas and upwards of 100 original treatments from across Canada, the United States and beyond. The book is based on Rosen's World of Wellbeing columns in The Globe and Mail newspaper.

amys massage and wellness: Constitutional Facial Acupuncture Mary Elizabeth Wakefield, 2014-04-08 We are re-defining the face of ageing on a daily basis, with the Baby Boom generation in the vanguard, followed by younger generations who are similarly intrigued by non-invasive natural solutions that are integrative rather than purely cosmetic. Constitutional Facial Acupuncture has begun to make an impact on popular culture and outmoded perceptions about the nature of authentic beauty and the ageing process. Acupuncturists who practice in this field are increasingly expected to have specialized training and knowledge, outside the customary parameters of the more traditional approaches. This book introduces a complete Constitutional Facial Acupuncture protocol that is comprehensive, effective and clearly organized, with illustrative color photographs and facial needling diagrams. Its strong constitutional components are unique, adhere to the principles of Chinese medicine, and are rooted in the three levels of treatment - Jing, Ying and Wei. - A new and detailed Constitutional Facial Acupuncture protocol highlights acu-muscle points, Shen imbalances, lines and wrinkles, needling technique, relevant points and their locations. - A comprehensive constitutional treatment approach - A customized, modular topical herbal protocol that is enriched with the use of essential oils and natural cleansers, creams, etc. - Practical step-by-step instructions on how to integrate the needling protocols with the topical herbs, jade rollers, gem eye discs, etc. - A complete Constitutional Facial Acupuncture needling protocol for 12 problematic areas of the facial landscape, i.e., droopy eyelids, sagging neck, crow's feet, sunken cheeks, etc. - Contraindications, benefits, and personal advice drawn from the author's 30+ years of experience - An essential text for students or practitioners of facial acupuncture, and also for those readers who are interested in the field of healthy aging

amys massage and wellness: Yoga Therapy Across the Cancer Care Continuum Anne Pitman, 2022-06 Cancer. The word itself can spark fear and sets off a flurry of appointments, tests, and decisions, often leading to interminable waiting for diagnostic results and next steps. Certified yoga therapists, informed by ancient practice and current science, are part of an evidenced-based supportive healthcare team uniquely qualified to meet the whole person by addressing mind, body, spirit. This book: Develops an understanding of the key principles of yoga therapy as a vital aspect of an integrative health practice, enhancing the quality of patient-centered care. Demonstrates the practice of Yoga Therapy to witness, accompany, explore, and ease suffering - informed by yoga philosophy and deepened by therapeutic relationship and compassionate presence. Acknowledges the shock and challenge of a cancer diagnosis and the way in which yoga therapists uniquely and holistically respond through therapeutic listening, supportive care, and the capacity to offer evidence-based ancient and modern mind-body practices to enhance wellness and mitigate treatment side effects at each stage of care. Highlights research and clinical practice within a wide range of therapeutic yoga practices (such as movement, meditation, breath inquiry) from both the West and India. Explains unique problems associated with type and stage of cancer (and comorbidities), as well as common problems associated with conventional therapies (surgery, radiation, chemotherapy, hormone therapy, immunotherapy, targeted therapy, and bone marrow transplant) and their effect on the body, the whole person, and the support team. Explores the unique emotional and physical challenges at each phase of the cancer continuum, from the shock of diagnosis to the insistent fear of recurrence, from the lingering physical side effects to the underlying fear of death. Points to evidenced-based yoga practices and experts in the field of oncology-based yoga therapy from a bio-psycho-social-spiritual framework, informed by both yoga philosophy and current neuroscientific knowledge. Offers considerations, guidelines, and contraindications when working with people facing cancer at any level of energy and ability (from bed-yoga to adapted asana practice) and highlights the advantages of both small group practice and individualized sessions. Outlines the unique perspective of certified yoga therapists with exceptional expertise working with all populations (pediatric, adolescent/young adult, adult, geriatric, couples, caregivers) and in various locations including hospital (in-patient, out-patient, ICU, infusion center), clinic, studio, retreat center, in-home, and via internet delivery. Highlights on-line sessions for those in self-isolation as seen in the care provided in the time of Covid-19. Portrays yoga therapy in

real-time, one-on-one and/or in small groups, in an inquiry-based session to bring the voice of the client front and center. This book will prove essential to yoga therapists, physical therapists, cancer care providers, including oncologists and nurse practitioners, psychologists, and other health professionals interested in yoga as a therapeutic intervention in the management of the complexities associated with a cancer diagnosis. Patients, survivors, and patient advocates will also have a strong interest in learning what yoga therapy can provide in the care of people facing cancer at any stage in the continuum.

amys massage and wellness: *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.

amys massage and wellness: *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.

amys massage and wellness: *The Art and Business of Teaching Yoga (revised)* Amy Ippoliti, Taro Smith, 2023-12-05 Originally published in 2016, *The Art and Business of Teaching Yoga* immediately became the essential resource for those looking to start or maintain a successful career in yoga. Since then, the landscape has changed. Online yoga and social media are now a crucial part of most teachers' repertoires. Yoga teachers also face broad cultural shifts, an evolving environmental crisis, and resulting anxiety among students, all of which bring fresh challenges to their leadership and teaching abilities. This expanded edition will help you: • plan dynamic classes, including engaging digital content • build a loyal student base and become more financially stable • optimize your own practice • maintain a marketing plan and develop a unique brand • teach yoga to facilitate ease and inspire creative action in a troubled world

amys massage and wellness: *The Gentle Parent* L. R. Knost, 2013-11-01 In a gently parented home, boundaries are focused on guiding rather than controlling children and are maintained through empathetic and creative resolutions rather than harsh punitive consequences. Written by best-selling parenting and children's book author and mother of six, L.R.Knost, 'The Gentle Parent: Positive, Practical, Effective Discipline' provides parents with the tools they need to implement the Three C's of gentle discipline--Connection, Communication, and Cooperation--to create a peaceful home and a healthy parent/child relationship. Presented in bite-sized chapters perfect for busy parents and written in L.R.Knost's signature conversational style, 'The Gentle Parent' is packed with practical suggestions and real-life examples to help parents through the normal ups and downs of

gentle discipline on the road to raising a generation of world changers.

amys massage and wellness: Cultivating Compassion Amy Pattee Colvin, 2016-09-05 Does your mind ever bounce from one thing to another, affecting your ability to be productive or creative? Does your inner critic occasionally, reducing your capacity to be kind to yourself? Does your heart hang onto past resentments even though you'd like to let them go? At one time or another, all of us struggle with these challenges. In *Cultivating Compassion*, Amy Pattee Colvin leads readers through a step-by-step exploration of personal values and thought patterns. She offers guidance through inspirational themes, self-reflection questions, and suggestions for daily action. This practical guide helps you discover how to: *Move toward contentment and away from anxiety while reducing judgment and criticism of self and others.*Calm the mind and direct thoughts more positively while fostering deeper levels of serenity, resilience, and creativity.*Integrate mindfulness and self-compassion practices into everyday life while developing the courage to take compassionate action.If you are ready move away from criticism and judgment for self and others and want to embrace peace and acceptance; or if you'd like to move through and beyond depression and anxiety to discover resilience, creativity, and joy, then *Cultivating Compassion* is for you. Shifting your mindset to a perspective of self-acceptance and self-compassion has a positive impact not only on your own life, but on the lives of family, friends, and community.

amys massage and wellness: Grow a New Body Alberto Villoldo, 2019-03-12 This newly revised edition of the Wall Street Journal bestseller *One Spirit Medicine* offers an accessible guide to an ancient practice for healing and transformation--including new, cutting-edge science, recipes, and a 7-day *Grow a New Body* meal plan! Using the principles and practices in this book, you can feel better in a few days, begin to clear your mind and heal your brain in a week, and in six weeks be on your way to growing a new body--one that heals rapidly, retains its youthful vitality, and keeps you connected to Spirit, to the earth, and to a renewed sense of purpose in your life. Our minds, our emotions, our relationships, and our bodies are out of kilter. We know it, but we tend to ignore it until something brings us up short--a worrying diagnosis, a broken relationship, or simply an inability to function harmoniously in everyday life. When things are a little off, we read a self-help book. When they're really bad, we bring in oncologists to address cancer, neurologists to repair the brain, psychologists to help us understand our family of origin. This fragmented approach to health is merely a stopgap. To truly heal, we need to return to the original recipe for wellness discovered by shamans millennia ago. Drawing on more than 25 years of experience as a medical anthropologist--as well as his own journey back from the edge of death--acclaimed shamanic teacher Alberto Villoldo shows you how to detoxify the brain and gut with superfoods; use techniques for working with our luminous energy fields to heal your body; and follow the ancient path of the medicine wheel to shed disempowering stories from the past and pave the way for rebirth.

amys massage and wellness: The Fertile Feast Robert Kiltz, 2020-05-26 During a career spanning more than two decades of helping people conceive over 20,000 babies, Dr. Robert Kiltz learned that for most people, the most important thing in this universe is creating life. Yet, all too often he witnessed the sad truth that Western medicine doesn't work on its own. The failure of Western medicine drove Dr. Kiltz to integrate approaches to health and wellbeing that treat the whole person, body, mind, and spirit, eventually leading him to a radical discovery that revolutionized his practice: The foundation of our health and wellbeing, and therefore our fertility, is actually the food we eat. Since learning the simple, yet radical truth that our bodies and brains are designed to run most optimally on high-quality animal fats, and that we don't need any carbohydrates whatsoever, Dr. Kiltz has successfully recommended his version of the ketogenic diet to countless patients who had previously been unable to conceive even with the combined aid of Western and alternative medicines. He has witnessed the power of keto to bring new life into this world, and experienced it transform his own life and the lives of his patients, friends, and colleagues. Taking inspiration from these experiences, Dr. Kiltz created *Fertile Feast* as an essential guide to cultivating the life force unleashed by keto. Weaving keto with principles of mindful living, *Fertile Feast* presents keto as the root mantra of wellbeing. There are people who refer to keto as a diet,

but to me, keto is a way of life. Fertile Feast is about much more than just what you put into your mouth. It's also about what you put into your mind, how you treat your body, how you feel about yourself, and how you challenge yourself to be kind, creative, and to connect with others in deep, joyous, and meaningful ways. I became a doctor for one reason, and that's to help people. Fertile Feast is my guide for awakening the hidden powers of body and spirit, leading to emotional and physical healing, and a fertile life of inspiration, clarity, and joy. -Dr. Robert Kiltz About the Author Dr. Robert Kiltz is Founder and Director of CNY Fertility, ranked among the top ten fertility centers in the nation, with over 300 employees, and chapters in six locations including New York state, Atlanta, and Montreal. Dr. Kiltz revolutionized the Fertility industry by providing full-service Healing Arts Centers where patients receive massage, acupuncture, and yoga instruction. This patient-centered approach extends to Dr. Kiltz's commitment to democratizing access to fertility treatments by making CNY the nation's most affordable fertility clinics. Each week thousands of viewers participate in Dr. Kiltz's Fertile Fireside Chats, broadcast live on Facebook, where he answers questions about fertility in real time, and shares his recommendations for a ketogenic lifestyle.

amys massage and wellness: *Self-Care for Men* Garrett Munce, 2020-05-05 This straightforward and illuminating guide offers self-care techniques—from skin care to stress relief—designed for modern men who want to live longer, look better, and feel calm, focused, and happy. Taking care of your mind, body, and soul is important to living a longer, more satisfying life and helps you feel confident in your daily interactions with others. In *Self-Care for Men*, author Garrett Munce—grooming editor for *Esquire* and *Men's Health* and confirmed self-care practitioner—teaches you how to improve your physical and mental health and overall well-being through these easy and practical tips and exercises—from grooming to meditation—that are proven to work. Practiced by men like David Beckham, Snoop Dogg, and Adam Levine, self-care is a key component to overall wellness. This helpful guide introduces you to anti-aging products and practices, explains why masks are the HIIT workout of skincare, and shows you how to relax when you're on the go. Offering advice on a range of topics from hair care, supplements, detoxing, the wonders of CBD, improving your energy levels, and more, *Self-Care for Men* will not only help you look and feel better, but live a happier, healthier, and more successful life.

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out of every two adults is living with a chronic illness. With Kicking Sick, Amy Kurtz offers this welcome guide based on her firsthand expertise to help you find the support, self-care essentials, and best medical and integrative treatment plan to improve your unique health situation.

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