

bridgewater massage and wellness

Bridgewater Massage and Wellness: Your Oasis of Calm in Busy Life

Feeling stressed, tense, or simply needing a moment of blissful escape? You're not alone. In today's fast-paced world, prioritizing self-care is more crucial than ever. This comprehensive guide dives deep into the world of Bridgewater massage and wellness, exploring everything from the diverse range of services available to the benefits of incorporating regular self-care into your routine. We'll uncover why choosing the right massage therapist and wellness center is so important, and help you find the perfect sanctuary for relaxation and rejuvenation right here in Bridgewater.

Understanding the Power of Massage and Wellness in Bridgewater

Bridgewater, like many thriving communities, offers a wealth of options for those seeking massage and wellness services. But what exactly is massage and wellness, and why should you consider making it a part of your life? It's more than just a luxurious treat; it's a proactive approach to physical and mental well-being.

Massage therapy, at its core, involves manipulating soft tissues in the body to relieve muscle tension, improve circulation, and promote relaxation. Different massage techniques, such as Swedish massage (known for its long, flowing strokes), deep tissue massage (targeting deeper muscle layers), and sports massage (focused on athletes' needs), offer unique benefits catering to individual needs. Beyond the physical benefits, massage can significantly reduce stress and anxiety, improve sleep quality, and boost overall mood.

Wellness, in this context, encompasses a holistic approach to health and well-being. It's about nurturing your mind, body, and spirit, and it can involve various practices beyond massage, such as meditation, yoga, aromatherapy, and healthy eating. A truly comprehensive wellness center integrates these elements to create a synergistic approach to achieving optimal health.

Finding the Perfect Bridgewater Massage and Wellness Center for You

Choosing the right massage and wellness center is a crucial step in your self-care journey. Here are some key factors to consider:

Licensed and Experienced Therapists: Always verify that therapists are licensed and have adequate experience. Look for reviews and testimonials that highlight their skill and professionalism.

Cleanliness and Hygiene: A clean and well-maintained facility is paramount. Pay attention to the overall cleanliness of the waiting area, treatment rooms, and restrooms.

Range of Services: Consider the variety of services offered. Does the center provide the specific massage type you're interested in, as well as additional

wellness services that complement your needs?

Atmosphere and Ambiance: A relaxing and calming atmosphere is essential for a truly rejuvenating experience. Look for a center that prioritizes creating a peaceful and welcoming environment.

Customer Reviews and Testimonials: Online reviews provide invaluable insights into the experiences of previous clients. Pay attention to consistent themes in positive and negative reviews.

Location and Accessibility: Consider the location's convenience, parking availability, and accessibility for those with mobility limitations.

The Diverse Services Offered at Bridgewater Massage and Wellness Centers

Bridgewater boasts a wide range of massage and wellness centers, each with its unique offerings. You're likely to find:

Swedish Massage: A classic massage technique using long, flowing strokes to relax muscles and improve circulation.

Deep Tissue Massage: Targets deeper muscle layers to relieve chronic tension and pain.

Hot Stone Massage: Uses heated stones to provide deep relaxation and penetrate muscle tissue more effectively.

Prenatal Massage: Specifically designed for pregnant women to address pregnancy-related discomfort.

Sports Massage: Aims to improve athletic performance and recovery.

Aromatherapy: Uses essential oils to enhance relaxation and therapeutic benefits.

Yoga and Pilates Classes: Promote flexibility, strength, and mindfulness.

Meditation and Mindfulness Sessions: Help reduce stress and improve mental well-being.

Incorporating Bridgewater Massage and Wellness into Your Routine

Regular massage and wellness treatments are not a luxury; they're an investment in your long-term health and well-being. Consider scheduling regular massage sessions, even once a month, to manage stress, prevent muscle tension, and maintain overall physical and mental health. Integrating other wellness practices, such as yoga or meditation, into your weekly routine can further enhance the benefits.

Conclusion: Your Journey to Wellness Starts Here

Bridgewater offers a wealth of opportunities to prioritize your self-care. By choosing a reputable massage and wellness center and incorporating regular treatments into your routine, you can experience the transformative power of relaxation, rejuvenation, and improved overall health. Remember to research, read reviews, and choose a center that aligns with your specific needs and preferences. Your journey to a healthier, happier you begins with a single step - a step towards Bridgewater massage and wellness.

FAQs:

1. What should I wear to a massage appointment? Most centers provide robes and towels, but comfortable, loose-fitting clothing is usually preferred.

1. How often should I get a massage? The frequency depends on your individual needs and preferences. Many people benefit from monthly massages, while others may need them more or less frequently.

1. Is massage therapy covered by insurance? Insurance coverage for massage therapy varies widely depending on your plan and provider. Check with your insurance company to determine your coverage.

1. What are the contraindications for massage therapy? Individuals with certain medical conditions, such as deep vein thrombosis or open wounds, may not be suitable for massage. Always inform your therapist about any health concerns.

1. How can I find a reputable Bridgewater massage and wellness center? Start by searching online for "Bridgewater massage and wellness," read reviews on sites like Yelp and Google, and check for licensing and certifications. Don't hesitate to call centers and ask questions before booking your appointment.

bridgewater massage and wellness: *Spa Management* , 2003

bridgewater massage and wellness: *Massage* Martin Ashley, 1992 Both a career manual and a reference directory, this book begins with an exploration of the nature of the massage profession, its recent history, and the realities of making a living in this field. A description of the laws regulating massage is given for all 50 states, along with a directory of suppliers and schools. 22 line drawings.

bridgewater massage and wellness: *Danielle Walker's Against All Grain Celebrations* Danielle Walker, 2016-09-27 NEW YORK TIMES BESTSELLER • 125 recipes for grain-free, dairy-free, and gluten-free comfort food dishes for holidays and special occasions NAMED ONE OF THE FIVE BEST GLUTEN-FREE COOKBOOKS OF ALL TIME BY MINDBODYGREEN When people adopt a new diet for health or personal reasons, they worry most about the parties, holidays, and events with strong food traditions, fearing their fond memories will be lost along with the newly eliminated food groups. After suffering for years with a debilitating autoimmune disease and missing many of these special occasions herself, Danielle Walker has revived the joy that cooking for holidays can bring in Danielle Walker's *Against All Grain Celebrations*, a collection of recipes and menus for twelve special occasions throughout the year. Featuring a variety of birthday cakes, finger foods to serve at a baby or bridal shower, and re-creations of backyard barbecue standards like peach cobbler and corn bread, Danielle includes all of the classics. There's a full Thanksgiving spread—complete with turkey

and stuffing, creamy green bean casserole, and pies—and menus for Christmas dinner; a New Year's Eve cocktail party and Easter brunch are covered, along with suggestions for beverages and cocktails and the all-important desserts. Recipes can be mixed and matched among the various occasions, and many of the dishes are simple enough for everyday cooking. Stunning full-color photographs of every dish make browsing the pages as delightful as cooking the recipes, and beautiful party images provide approachable and creative entertaining ideas. Making recipes using unfamiliar ingredients can cause anxiety, and while trying a new menu on a regular weeknight leaves some room for error, the meal simply cannot fail when you have a table full of guests celebrating a special occasion. Danielle has transformed her most cherished family traditions into trustworthy recipes you can feel confident serving, whether you're hosting a special guest with food allergies, or cooking for a crowd of regular grain-eaters.

bridgewater massage and wellness: L'sitkuk Darlene Anne Ricker, 1997 L'sitkuk (pronounced elsetkook) is the original name for the Bear River Mi'kmaw community, which is part of the Mi'kmaw First Nation. Nestled close to the Bear River watershed, this tiny native community is regaining its culture, language and identity after hundreds of years of colonialism and assimilation. Living in the area for thousands of years, they were among the first people in Canada to have continuous contact with non-natives. This book preserves the memory of the elders through oral histories and old photographs, and tells who these people are and how they survived, prospered and sustained one another. The stories of everyday life reflect native values and the strong ideal of interconnectedness in the community. Darlene A. Ricker listened to the stories and learned about the traditions and culture of the closely knit Mi'kmaw community at Bear River. From her interviews with elders and young people, she has drawn this poignant oral history.

bridgewater massage and wellness: Second-Chance Dogs Callie Smith Grant, 2018-09-18 Everyone loves an underdog, and nothing gives us warmer feelings than seeing someone get a second chance in life. A problem pup who flourishes under the right kind of training. The struggling veteran who finds unconditional love wiggling around at the end of a leash. The lonely child who finds comfort in the steady breathing of the warm, furry friend at her side. Each of us needs to be rescued from something--and each of us has the capacity to rescue someone, or something, else. This collection of more than thirty contemporary, true, feel-good stories spotlights the beauty of being rescued--dogs rescued by people, people rescued by dogs, and even dogs who rescue other animals. It's the perfect companion--well, besides the four-legged, tail-wagging kind--for your morning cup of coffee or an evening curled up on the couch. Contributors include Susy Flory, Dusty Rainbolt, Lauraine Snelling, Melody Carlson, Wanda Dyson, Suzanne Woods Fisher, and many more.

bridgewater massage and wellness: Three Women and I Oskar Baum, 2023-07-18 In this novella by Oskar Baum, the narrator encounters three very different women while on a trip to the Swiss Alps. Over the course of the story, the narrator reflects on the nature of beauty, love, and desire. This book is a timeless meditation on human relationships and the often-complex emotions that accompany them. This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

bridgewater 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.

bridgewater massage and wellness: Your Body Knows How to Heal Melissa Samartano, 2019-05 As the founder of the Holistic Counseling Center in Raynham, Massachusetts, I talk with people every day who are struggling. A full ninety percent of the patients who seek out my services are so stressed it's taking a toll on their health--they're experiencing lack of sleep, irritability, anxiety, and even actual medical conditions such as autoimmune diseases, infertility, digestive issues, diabetes, migraines, and cardiovascular illness. Most of them have already been to their primary care physician and left with a prescription for Lexapro, hoping that will help. When Lexapro didn't work, they moved on to Zoloft, then Celexa. But they don't get the sense of relief they're craving. In fact, what they've gotten is a new set of side effects that they now have to manage. They're looking for a different way, and that's why they call me. Maybe they heard me speak on mindfulness at a health conference, or they took one of my yoga classes that I teach every week. Many find me by searching for stress relief on the Psychology Today website. So many of these people seek me out--over 2,000 walked through the doors of my practice in 2017 alone--that I can't keep up with the demand. That's why I'm writing Your Body Knows How to Heal--as much as I love working with people one-on-one, I can't reach everyone who needs help that way. I keep hiring clinicians to increase the number of people we can serve

bridgewater massage and wellness: New Woman , 1998

bridgewater massage and wellness: Yoga Journal , 2002-12 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.

bridgewater massage and wellness: The Complete Guide to the Great Ocean Road

Richard Everist, 2009 The Great Ocean Road region - the southwest coastline of Victoria - is simply extraordinary. This book unlocks the sights, activities and background context for visitors and locals - using maps, pictures and words. It is for everyone who is interested in exploring and learning about the region from Geelong to Portland. Sustainability depends first on knowledge, second on discerning customers and communities, and third on responsible businesses. This book features a number of businesses that are responding to the challenge, and: * details on hundreds of accessible sights * maps and information on over fifty sustainable activities including beach and surf guides, walking track notes, national parks and reserves and over fifty cities, towns and villages with more than sixty heritage sites. * fascinating background context including environmental issues, Aboriginal and European heritage, geology, ecosystems, flora and fauna.

bridgewater massage and wellness: The UltraSimple Diet Mark Hyman, 2009-12 Dr. Mark Hyman describes his UltraSimple diet designed to help people boost their metabolism and safely lose up to ten pounds in seven days.

bridgewater massage and wellness: Yoga Journal , 2008-02 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.

bridgewater massage and wellness: 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.

bridgewater massage and wellness: *Yoga Journal* , 1991-01 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.

bridgewater massage and wellness: *Beginnings* , 1989

bridgewater massage and wellness: *Working Mother* , 2003-10 The magazine that helps career moms balance their personal and professional lives.

bridgewater 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.

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bridgewater massage and wellness: *Second Firsts* Christina Rasmussen, 2013 Presents a guide for dealing with grief and loss, detailing five steps of healing that can lead to a lifestyle alignment with personal values and new possibilities for a re-engaged life. --Publisher's description.

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bridgewater massage and wellness: *Men, Masculinities and the Modern Career* Kadri Aavik, Clarice Bland, Josephine Hoegaerts, Janne Tuomas Vilhelm Salminen, 2020-08-24 This book focuses on the multiple and diverse masculinities 'at work'. Spanning both historical approaches to the rise of 'profession' as a marker of masculinity, and critical approaches to the current structures of

management, employment and workplace hierarchy, the book questions what role masculinity plays in cultural understandings, affective experiences and mediated representations of a professional 'career'.

bridgewater massage and wellness: Yoga Journal , 1998-07 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.

bridgewater massage and wellness: The Complete Guide to Bed and Breakfasts, Inns and Guesthouses Pamela Lanier, 2006-02 Now in its 23rd year, this B&B connoisseurs' favorite presents the great boutique accommodations of the world. From upscale guesthouses to country inns, each establishment has been hand selected for its special touches and exceptional features, making THE COMPLETE GUIDE TO BED & BREAKFASTS, INNS, AND GUESTHOUSES a guide that no traveler should be without.

bridgewater massage and wellness: Tai Chi Push Hands Jwing-Ming Yang, David W. Grantham, 2020-11 Push Hands is the other part of tai chi that makes your practice a true living art. Tai chi push hands practice is a necessary next step for tai chi practitioners who wish to make their art come alive. Push hands practice requires two people to engage in a variety of light touch moving and walking routines. By practicing these movements, practitioners begin to develop tai chi's sensing, listening, and yielding skills. The Dao De Jing classic reminds us that knowing others (an opponent) is important for knowing ourselves. By developing tai chi push hand skills, one begins to obtain a profound sense of feeling of one's body and mind. This ability aids greatly in controlling body, balance, health, perseverance, compassion, and overall spirit.

bridgewater massage and wellness: Coaching Psychology Manual Margaret Moore, Erika Jackson, Bob Tschannen-Moran, 2015-09-02 This second edition of the Coaching Psychology Manual helps health, wellness, lifestyle, positive psychology, and personal coaches work with clients to achieve their health, well-being, and life goals. Endorsed by the ACSM, packed with examples and scenarios, and now in vibrant full color, this comprehensive guide covers techniques and concepts for supporting clients in changing the behaviors and mindsets needed to thrive, in all areas of wellness, including fitness, nutrition, weight, mind/body, stress, and management of life issues that impact well-being.

bridgewater massage and wellness: Food Saved Me Danielle Walker, 2021-09-14 • National Bestseller • You can live a full, happy, and healthy life without ever feeling excluded or deprived. When doctors told Danielle Walker that food didn't cause her autoimmune disease and couldn't help control it, she set out to prove them wrong. Diagnosed with an extreme form of ulcerative colitis at 22, Danielle was terrified she'd never be able to eat all the wonderful, great-tasting foods she loved growing up or host warm, welcoming gatherings with family and friends. So when the medicine she was prescribed became almost as debilitating as the disease itself, Danielle took matters into her own hands, turned her kitchen into a laboratory, and set to work creating gut-healthy versions of the foods she thought she'd never be able to enjoy again. Three New York Times bestselling cookbooks later, Danielle has become a beacon of hope for millions around the world suffering from autoimmune diseases, food allergies, and chronic ailments. Now for the first time, with stunning transparency about the personal toll her illness took on her physically, emotionally, and spiritually, Danielle reflects on everything she's learned during her decade-long journey toward healing—including the connection between gut health and overall well-being, the development of her favorite recipes, and the keys for not simply surviving her autoimmune disease but thriving despite it. Through her resilience, Danielle tells a story that provides hope—hope that despite your ailments or hardships, you can live a full, happy, and healthy life without ever feeling excluded or deprived. Food saved Danielle Walker. And it can save you, too. Includes six fan-favorite recipes and the stories behind them!

bridgewater massage and wellness: Soldiers' and Sailors' Civil Relief Act United States,

United States. Congress. House. Committee on Veterans' Affairs, 1972

bridgewater massage and wellness: Ambulance Care Practice Richard Pilbery, Kris Lethbridge, 2019-09-01 Brought up-to-date with the latest guidance, research and policy, this second edition of Ambulance Care Practice is an essential guide for paramedic students, trainee associate ambulance practitioners, those studying towards a certificate in first response emergency care and other ambulance clinicians. It provides a complete overview of the key skills, knowledge and understanding required to work at ambulance associate practitioner level or similar within the ambulance service, covering theoretical aspects and practical application, as well as a range of different clinical procedures and patient populations. Key features include: •Clearly illustrated, step-by-step instructions for range of essential clinical skills and procedures including how to handle different types of trauma and cardiac arrest •Detailed anatomical diagrams to provide the reader with the necessary context to carry out the practical elements of their job •Evidence-based throughout and up-to-date with the latest guidance, policy and research •Specific chapters on each area of patient assessment and specific patient populations and how to manage these effectively •Chapters relevant to associate practitioner level including drug administration, mental health and end of life care as well as an in-depth chapter on assisting the paramedic. • In line with the National Education Network for Ambulance Services standards The book covers learning objectives from a range of courses offered by ambulance services. It is an essential resource for anyone wanting to prepare themselves for a role within the ambulance service as well as those hoping to become a more effective member of an emergency ambulance crew.

bridgewater massage and wellness: Financial Performance Representations Stuart Hershman, Joyce G. Mazero, 2008 This book sheds light on all aspects of earnings claims, including defining what an earnings claim really is, the origins of its regulation under the franchise disclosure laws, how a franchisor should prepare an earnings claim, how a franchisee should use an earnings claim, how a franchisee may attack lawful and unlawful earnings claims, how a franchisor may defend against such attacks, and how the government franchise enforcement authorities, investigate unlawful earnings claim activity.

bridgewater massage and wellness: Trigger Point Dry Needling Jan Dommerholt, PT, DPT, MPS, Cesar Fernandez de las Penas, 2013-01-15 This exciting new publication is the first authoritative resource on the market with an exclusive focus on Trigger Point ((TrP) dry needling. It provides a detailed and up-to-date scientific perspective against which TrP dry needling can be best understood. The first section of the book covers important topics such as the current understanding and neurophysiology of the TrP phenomena, safety and hygiene, the effect of needling on fascia and connective tissue, and an account on professional issues surrounding TrP dry needling. The second section includes a detailed and well-illustrated review of deep dry needling techniques of the most common muscles throughout the body. The third section of the book describes several other needling approaches, such as superficial dry needling, dry needling from a Western Acupuncture perspective, intramuscular stimulation, and Fu's subcutaneous needling. Trigger Point Dry Needling brings together authors who are internationally recognized specialists in the field of myofascial pain and dry needling. First book of its kind to include different needling approaches (in the context of evidence) for the management of neuromuscular pain conditions Highlights both current scientific evidence and clinicians' expertise and experience Multi-contributed by a team of top international experts Over 200 illustrations supporting the detailed description of needling techniques

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bridgewater massage and wellness: Vocal Yoga Heather Lyle, 2010-01-27 Heather Lyle's Vocal Yoga, the Joy of Breathing Singing and Sounding is the first book of its kind synthesizing techniques from Yoga, pranayama, Tai Chi, Alexander Technique, Feldenkrais, The Bel Canto School of Singing, Sanskrit chanting, classical speech training and jazz improvisation, to unblock the breath and free the voice. Vocal Yoga contains 100 exercises that promote vocal freedom, resonance, and

power, and help you uncover tension that might be hindering your voice and creative expression. Whether you are a singer, actor, yogi or public speaker, you will gain a better understanding of your voice and how to become one with it. Look in Amazon's MP3 store under Heather Lyle to purchase Lyle's double CD: VOCAL YOGA SINGING EXERCISES. 44 vocal exercises to improve your voice!

bridgewater massage and wellness: Hand Reflexology Mildred Carter, Tammy Weber, 2000-02-01 Now you can achieve lasting relief from your aches, pains, and illness by unlocking the healing energies already present within your body—quickly and easily, with the help of the centuries-old secrets of reflex message. Completely revised and updated, Hand Reflexology guides you step-by-step through the simple finger-pressure techniques that send soothing relief surging to the sources of pain and discomfort. This modern health classic helps you access the reflex centers where pain begins, and shows you how to make it disappear with a touch of a finger – all without resorting to expensive drugs, difficult therapies or invasive surgery. You'll also learn how to apply these health-restoring therapies to other adults, small children, even pets. Presented in clear, easy-to-understand language and accompanied by over 100 new illustrations, these techniques have long been proven effective in relieving a wide variety of ailments and conditions.

bridgewater massage and wellness: Working Mother, 2002-10 The magazine that helps career moms balance their personal and professional lives.

bridgewater massage and wellness: Self-Care for Black Women Oludara Adeeyo, 2022-01-11 Prioritize your wellbeing with these 150 self-care exercises designed specifically to help Black women revitalize their outlook on life, improve their mental health, eliminate stress, and self-advocate. Between micro- and macro-aggressions at school, at work, and everywhere in between, it's tough to prioritize physical and mental wellness as a Black woman, especially with a constant news cycle highlighting Black trauma. Now, with *The Self-Care for Black Women* you'll find more than 150 exercises that will help you radically choose to put yourself first. Whether you need a quick pick-me-up in the middle of the day, you're working through feelings of burnout, or you need to process a microaggression, this book has everything you need to feel more at peace. You'll find prompts like: -Map out your feelings about a microaggression -Make a list of your safe spaces -Detail out an entire day dedicated to your self-care -And more! It's time to put yourself first and prioritize your self-care once and for all—and this book is here to help you do just that.

bridgewater massage and wellness: Outcome-based Massage Carla-Krystin Andrade, Paul Clifford, 2001 This book is the first text to introduce soft tissue massage techniques with functional outcomes in mind. Be establishing a critical thinking process for incorporating massage into therapeutic practice, students and clinicians from a variety of health care professions can benefit from this valuable guide.

bridgewater 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

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