

christinas healing hands massage therapy and wellness

Christina's Healing Hands Massage Therapy and Wellness: Your Journey to Relaxation and Renewal

Are you feeling stressed, tense, or simply in need of some serious self-care? At Christina's Healing Hands Massage Therapy and Wellness, we believe that nurturing your body and mind is crucial for overall well-being. This isn't just about a relaxing rub-down; it's about a holistic approach to wellness, designed to melt away stress, alleviate pain, and leave you feeling revitalized. This blog post will delve into the services offered at Christina's Healing Hands, explain our philosophy, and answer your frequently asked questions, so you can decide if we're the right fit for your wellness journey.

Unwinding with Christina's Expert Touch: A Range of Massage Therapies

At Christina's Healing Hands, we offer a diverse range of massage therapies tailored to meet your individual needs. Whether you're seeking deep tissue work to alleviate chronic pain, a soothing Swedish massage to release tension, or a specialized treatment for a specific condition, we have the expertise to help.

1. **Swedish Massage: The Classic Choice for Relaxation:** This gentle, flowing massage uses long, kneading strokes to promote relaxation, improve circulation, and ease muscle tension. Perfect for stress relief and overall well-being.
1. **Deep Tissue Massage: Addressing Chronic Pain and Tension:** This more vigorous technique targets deeper layers of muscle and connective tissue, ideal for chronic pain, muscle stiffness, and addressing specific problem areas. Christina's expertise ensures the right pressure for optimal results, minimizing discomfort while maximizing therapeutic benefits.
1. **Hot Stone Massage: Indulge in Soothing Heat Therapy:** Experience the unique benefits of heated basalt stones placed strategically on your body. This therapeutic massage helps to relax muscles, improve circulation, and ease tension, leaving you feeling deeply relaxed and rejuvenated.

1. Prenatal Massage: Nurturing Mothers-to-Be: Designed specifically for expectant mothers, this gentle massage addresses the unique physical changes and discomforts of pregnancy. We use specialized techniques and positions to ensure your comfort and safety throughout your session. (Always consult your doctor before booking a prenatal massage).
1. Sports Massage: Recovery and Performance Enhancement: This targeted massage helps athletes recover from strenuous activity, prevent injuries, and improve athletic performance. We address specific muscle groups, promoting flexibility and reducing muscle soreness.

Beyond Massage: Holistic Wellness at Christina's Healing Hands

We believe true wellness encompasses more than just physical touch. That's why we're committed to providing a holistic experience that nourishes your mind and spirit as well as your body. We offer:

1. Aromatherapy: Carefully selected essential oils are incorporated into many of our massage treatments to enhance relaxation, reduce stress, and promote a sense of calm.
1. Customized Treatment Plans: We take the time to understand your individual needs and goals, crafting personalized treatment plans to address your specific concerns and achieve optimal results. This could involve combining different massage techniques, incorporating aromatherapy, or recommending additional self-care practices.
1. Serene and Relaxing Atmosphere: Our tranquil setting is designed to promote relaxation and rejuvenation. Soft lighting, calming music, and a comfortable environment create a sanctuary for your mind and body to unwind.

Booking Your Appointment at Christina's Healing Hands: A Simple Process

Booking your appointment at Christina's Healing Hands is easy! You can visit our website [insert website address here], call us at [insert phone number here], or email us at [insert email address here]. We offer flexible scheduling options to accommodate your busy lifestyle. We recommend booking in advance, especially for weekends and popular treatments.

Why Choose Christina's Healing Hands?

Christina brings years of experience and a genuine passion for helping others achieve optimal well-being. Her dedication to continuing education ensures she stays at the forefront of massage therapy techniques and best practices. We are committed to providing:

Exceptional customer service: Your comfort and satisfaction are our top priorities.

Highly skilled therapists: Our therapists are licensed, insured, and dedicated to providing the highest quality care.

Clean and relaxing environment: We maintain a clean and welcoming space where you can feel safe and relaxed.

Affordable pricing: We strive to make our services accessible to everyone.

Conclusion

At Christina's Healing Hands Massage Therapy and Wellness, we are dedicated to helping you experience the transformative power of massage and holistic wellness. We invite you to embark on a journey towards relaxation, rejuvenation, and improved well-being. Contact us today to schedule your appointment and discover the Christina's Healing Hands difference.

Frequently Asked Questions (FAQs)

1. What forms of payment do you accept? We accept cash, credit cards (Visa, Mastercard, American Express), and some debit cards.
1. Do you offer gift certificates? Yes, we offer gift certificates in various denominations, making them the perfect gift for any occasion.
1. What should I wear to my massage appointment? Wear comfortable, loose-fitting clothing. You will be draped appropriately throughout the massage.
1. What if I have a specific health condition? Please inform us of any health conditions or concerns before your appointment so we can tailor the massage to your needs and ensure your safety.
1. How long are your massage sessions? We offer a range of session lengths, from 30 minutes to 90 minutes, depending on the type of massage and your individual needs. Please inquire when booking.

christinas healing hands massage therapy and wellness: Wisdom of the Earth Barry

Kapp, 2016-04-12 There is no available information at this time. Author will provide once available.

christinas healing hands massage therapy and wellness: Los Angeles Magazine , 1996-05

Los Angeles magazine is a regional magazine of national stature. Our combination of award-winning feature writing, investigative reporting, service journalism, and design covers the people, lifestyle, culture, entertainment, fashion, art and architecture, and news that define Southern California. Started in the spring of 1961, Los Angeles magazine has been addressing the needs and interests of our region for 48 years. The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian.

christinas healing hands massage therapy 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.

christinas healing hands massage therapy and wellness: Los Angeles Magazine , 1996-06

Los Angeles magazine is a regional magazine of national stature. Our combination of award-winning feature writing, investigative reporting, service journalism, and design covers the people, lifestyle, culture, entertainment, fashion, art and architecture, and news that define Southern California. Started in the spring of 1961, Los Angeles magazine has been addressing the needs and interests of our region for 48 years. The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian.

christinas healing hands massage therapy and wellness: Pennsylvania

Business-to-business Sales & Marketing Directory , 2002

christinas healing hands massage therapy and wellness: Aromatherapy for Bodyworkers

Jade Shutes, Christina Weaver, 2007 As aromatherapy gains in popularity among complementary medical modalities, more bodywork professionals now integrate essential oils into their practices. Aromatherapy for Bodyworkers embraces the expansion of knowledge and presents a complete and authoritative source of information for health care workers and spa professionals.

christinas healing hands massage therapy and wellness: My Spirit Is Not Religious Tina

Sacchi, 2013-03-01 A holistic spiritual practitioner shares tips on how to evolve from traditional religious teachings to a spirituality that reflects your true beliefs. Millions of people today experience guilt, shame, anger, anxiety, depression, or similarly disempowering emotions as a result of their indoctrination into organized religion. More individuals are leaving the faith they were born into and identifying themselves as spiritual rather than religious. My Spirit Is Not Religious: A Guide to Living YOUR Authentic Life, will help you eliminate emotional obstacles while providing guidelines for living a heartfelt spiritual life via lessons delivered from personal experiences—Tina Sacchi's as well as those of her many clients and students. The intention is not to dismiss all organized religions, but to guide those for whom they no longer work and laying the groundwork for overcoming guilt, shame, loneliness, blame, anxiety, sadness, disappointment, and confusion. Whether you have a background in religion or not, this book will guide you to living YOUR authentic

life. "I highly recommend Tina's book to everyone that breathes and thinks. Tina's book opened my eyes and my soul to areas I had thought I had clarity around my faith." —Wise Women Read

christinas healing hands massage therapy 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.

christinas healing hands massage therapy and wellness: Our Inner Ocean LeCain W. Smith, 2014-08-12 Good health is something we all aspire to, but its so much more than just being free of disease. A perfectly functioning body, tranquil mind, and vibrant spirit working together harmoniously create the joy and happiness that put the good in good health and the worth into a life worth living. Our Inner Ocean describes ancient and new holistic modalities of practitioner-applied bodywork and revitalizing self-care practices. These illuminate our human potential and awaken our ability to attain and maintain perfect health and well-being. These modalities act as a springboard from which to dive into our inner ocean the realm of wisdom within that is entered by making the body, breath, and energy our allies. This mystical space of awareness, intuition, peace, and love can become the resting place of the spirit, subtly working its magic on ourselves and others. Bodywork has long been recognized as a way to help people feel better physically, but the magic of touch can also help us tap in to the wisdom of the body, discover the power of the energy that permeates it, and evoke its innate healing ability. Self-care practices such as yoga, qi gong, breathwork, and meditation help us become our own healers. When we pass through these portals into the inner ocean, we can reduce stress and pain, release blockages, prevent and resolve dysfunctions, and ignite our spiritual nature. And in doing so, we make the world a better place.

christinas healing hands massage therapy and wellness: Healthier Living Naturally: Health and Wellness Guide Christina Hall, 2014-05-11 The body is so complex and it takes a lot of determination to feel better physically, especially as we age. The mind, body and soul are definitely all connected and good health is a lifetime journey. Join Christina Hall as she travels this road to health with us, using natural alternatives in Healthier Living Naturally: Health and Wellness Guide designed for the individual, groups or businesses.

christinas healing hands massage therapy and wellness: Pennsylvania Business-to-business Marketing Directory, 2001

christinas healing hands massage therapy and wellness: The Great Thief Stephanie M. Boné, 2020-01-20 In this first book in The Great Thief Series, a strange kidnapping occurs in the small hometown of twin sisters, Ama and Ember Elkins. On the verge of rescuing their cousin, the introduction of a cunning foe warps the sisters' ideas of truth and fiction. Their own family disbelieve the outrageous events the girls describe. When their cousin is taken again, Ember and Ama go on a quest to find her, but are separated, and find their understanding of the world, and even the Universe, isn't what they learned in school. The Great Thief Series ventures into different worlds. Untouched by time and stretching the borders of reality, this series is a wonderland of chaos and

unasked questions that will later be answered. About the Author Stephanie M. Boné was born and raised in Hartwell, Georgia. She has always had a flare for fantasy, and enjoys writing and illustrating stories for her family's amusement. Having dreams about The Great Thief since the age of fourteen, Boné was encouraged by her twin sister to turn them into a book series.

christinas healing hands massage therapy 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.

christinas healing hands massage therapy 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.

christinas healing hands massage therapy and wellness: *Massage Therapy Research* Tiffany Field, 2006-05-10 Written by the Director of the world-renowned Touch Research Institutes, this book examines the practical applications of important massage therapy research findings. Each chapter of this comprehensive resource provides a clear and authoritative review of what is reliably known about the effects of touch for a variety of clinical conditions such as depression, pain management, movement problems, and functioning of the immune system. Coverage also includes the benefits of massage to specific populations such as pregnant women, neonates, infants, and adolescents. This book is suitable for massage therapists (including Shiatsu practitioners), aromatherapists, chiropractors, osteopaths, physical therapists, and nurses. - Provides a thorough yet concise review of recent research related to the importance of touch. - Offers practical guidance to healthcare professionals whose work involves physical contact with patients. • Becomes a new book as new studies will be incorporated. • Research techniques, not previously included.

christinas healing hands massage therapy and wellness: *Los Angeles Magazine*, 1996-09 Los Angeles magazine is a regional magazine of national stature. Our combination of award-winning feature writing, investigative reporting, service journalism, and design covers the people, lifestyle, culture, entertainment, fashion, art and architecture, and news that define Southern California. Started in the spring of 1961, Los Angeles magazine has been addressing the needs and interests of our region for 48 years. The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian.

christinas healing hands massage therapy and wellness: *BLACK BK OF MICRO ACUPUNCTURE* Andy Rosenfarb, 2017-02-14 Acupuncture has been used to treat and prevent disease for over 4,000 years. By revealing strengths and weaknesses affected by genetics, emotions, environmental and lifestyle factors, doctors of Chinese Medicine can help patients achieve long and healthy lives. After decades of clinical experience and treating thousands of patients using the Micro Acupuncture 48 system, Dr. Rosenfarb introduced this highly effective acupuncture system to the acupuncture community to make the method more widely available for patients in need. As a world-renown expert in treating pain and ophthalmic diseases, he has written The Black Book of Micro Acupuncture 48 to explain the theory and clinical applications behind the Micro Acupuncture 48 system and to help the practitioner to understand and correct underlying factors that drive the pain and dysfunction the people experience. Additionally, Dr. Rosenfarb describes Micro

Acupuncture 48's ophthalmic applications for degenerative eyes conditions like macular degeneration, retinitis pigmentosa, glaucoma and diabetic retinopathy - including case studies for the practitioners benefit. Researchers are encouraged to review a list of acupuncturists trained in Micro Acupuncture 48 at www.microacupuncture48.com. The true mark of an expert professional is one that conveys the idea so somebody like me (a novice) can easily do and apply the ideas presented. Andy does just this in his new book! I don't have much experience with ophthalmic acupuncture but by reading his book I have been able to apply his ideas, theories, and points IMMEDIATELY! I have always respected and valued what Andy does and has done for our profession. This book is MUST for anybody wanting to help their patients! I'm grateful and thankful for Andy! Bravo! Amazing work! Brad Whisnant, DAOM, LAc The Black Book of Micro Acupuncture 48 by Andy Rosenfarb is an instant classic in the field of Acupuncture. Introducing this new acupuncture system called Micro Acupuncture 48, a contemporary acupuncture system using only 48 newly discovered acupuncture points. Dr. Rosenfarb is the world's leading practitioner in the field of TCM Ophthalmology. He shares the secrets of Micro Acupuncture 48 with treatment methods, strategies and frequencies of treating Pain & Ophthalmic Diseases, including guidelines and detailed case studies. This book is a must for all Acupuncturists and TCM practitioners wanting to practice a highly effective form of Micro Acupuncture! Robert Chu, PhD, LAc., QME This book is an invaluable resource for practitioners who are interested in treating pain, degenerative eye diseases and other chronic neurological conditions. As a profession we are fortunate that Andy, a highly experienced academic and clinical practitioner, is sharing his vast knowledge with us. For the first time in print, a thorough explanation of Micro Acupuncture 48 theory and practice will allow the practitioner to begin using these techniques immediately and improving their clinical results. Matt Callison, LAc.

christinas healing hands massage therapy and wellness: *New York* , 2005

christinas healing hands massage therapy and wellness: *Storm in my Soul* Loren K. Brown, 2012-08-08 Loren is in his early-30s, living a successful and beautiful life. The death of his lover Steve from AIDS hits like a storm. This is the story of two entwined chapters of Loren's life: the last 10 days of Steve's existence, and Loren's year-long quest to find closure while traveling around the world with nothing but a backpack. Country by country, discovery by discovery, Loren makes the journey from what was once familiar and comfortable to face his fears, let go of the past, forgive and heal. By the time he returns home from his pilgrimage, Loren has gone through a tremendous life-altering transformation. Now filled with peace, empathy, and empowerment, he moves beyond the constraints he had once set for himself. What started as a tragic event leads Loren to a voyage of discovery that will result in the wisdom and trust to embrace every moment of life in its simplicity and greatness.

christinas healing hands massage therapy 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

christinas healing hands massage therapy and wellness: *I Am Diosa* Christine Gutierrez, 2022-02-08 This raw and relatable guide to radical self-care and self-love empowers readers to embrace the powerful Diosa within. In this fiercely inspiring book, psychotherapist Christine Gutierrez welcomes women to join her in healing the wounds from past hurt or trauma to reclaim

their worth and come back home to their true self and soul. Diosa is the Spanish word for Goddess. A diosa is anyone who honors the primal feminine energy in the world and within themselves. According to Gutierrez, diosas face obstacles in their lives but are always ready and willing to go to their core to reclaim their inner worth and self-esteem. They are the ones that rise from the ashes and dare to piece themselves back together bone by bone and soul piece by soul piece. From stories of resilience from both Gutierrez and members of her Diosa Tribe, to mantras, meditations, and guided journaling prompts, this book gives women the tools they need to honor their sacred feminine and become who they were always meant to be. I Am Diosa will inspire women to give themselves permission to feel, to be seen, to be heard, and to return to their truest selves.

christinas healing hands massage therapy and wellness: Wellness Counseling Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, Wellness Counseling offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

christinas healing hands massage therapy and wellness: Reinventing Medicine Larry Dossey, 2009-10-13 Larry Dossey forever changed our understanding of the healing process with his phenomenal New York Times bestseller, Healing Words. Now the man considered one of the pioneers of mind/body medicine provides the scientific and medical proof that the spiritual dimension works in therapeutic treatment, exploding the boundaries of the healing arts with his most powerful book yet.

christinas healing hands massage therapy and wellness: New Age , 1979-07

christinas healing hands massage therapy and wellness: Two Feathers Kevin Laughing Hawk, 2006-12 Two Feathers, a Penobscot Native, teaches that there are only four things in life that matter: Grandfather, Good Friends, Food, and Shelter. If you have those four things, nothing else really matters. Spellbound by his profound truth, I realized these 'four things, ' as he called them, embodied the very nature of the teaching that I sought. My journey to self-discovery began with Two Feathers as my guide, teacher, spiritual brother, and Good Friend

christinas healing hands massage therapy and wellness: Healing Trauma Peter A. Levine, 2008 Medical researchers have known for decades that survivors of accidents, disaster, and childhood trauma often endure life-long symptoms ranging from anxiety and depression to unexplained physical pain and harmful acting out behaviors. Drawing on nature's lessons, Dr. Levine teaches you each of the essential principles of his four-phase process: you will learn how and where you are storing unresolved distress; how to become more aware of your body's physiological responses to danger; and specific methods to free yourself from trauma.

christinas healing hands massage therapy and wellness: Parapsychology, New Age, and the Occult , 1993

christinas healing hands massage therapy and wellness: Primal Body, Primal Mind Nora Gedgaudas, 2011-05-27 Combining your body's Paleolithic needs with modern nutritional and medical research for complete mind-body wellness • Provides sustainable diet strategies to curb

sugar cravings, promote fat burning and weight loss, reduce stress and anxiety, improve sleep and moods, increase energy and immunity, and enhance memory and brain function • Shows how our modern diet leads to weight gain and “diseases of civilization”—such as cancer, osteoporosis, metabolic syndrome, heart disease, and ADD • Explains how diet affects the brain, hormone balance, and the aging process and the crucial role of vitamin D in cancer and disease prevention Examining the healthy lives of our pre-agricultural Paleolithic ancestors and the marked decline in stature, bone density, and dental health and the increase in birth defects, malnutrition, and disease following the implementation of the agricultural lifestyle, Nora Gedgaudas shows how our modern grain- and carbohydrate-heavy low-fat diets are a far cry from the high-fat, moderate-protein hunter-gatherer diets we are genetically programmed for, leading not only to lifelong weight gain but also to cravings, mood disorders, cognitive problems, and “diseases of civilization”—such as cancer, osteoporosis, metabolic syndrome (insulin resistance), heart disease, and mental illness. Applying modern discoveries to the basic hunter-gatherer diet, she culls from vast research in evolutionary physiology, biochemistry, metabolism, nutrition, and chronic and degenerative disease to unveil a holistic lifestyle for true mind-body health and longevity. Revealing the primal origins and physiological basis for a high-fat, moderate-protein, starch-free diet and the importance of adequate omega-3 intake—critical to our brain and nervous system but sorely lacking in most people’s diets—she explains the nutritional problems of grains, gluten, soy, dairy, and starchy vegetables; which natural fats promote health and which (such as canola oil) harm it; the crucial role of vitamin D in cancer and disease prevention; the importance of saturated fat and cholesterol; and how diet affects mental health, memory, cognitive function, hormonal balance, and cellular aging. With step-by-step guidelines, recipes, and meal recommendations, this book offers sustainable strategies for a primally based, yet modern approach to diet and exercise to reduce stress and anxiety, lose weight, improve sleep and mood, increase energy and immunity, enhance brain function, save money on groceries, and live longer and happier.

christinas healing hands massage therapy and wellness: Active Isolated Stretching

Aaron L. Mattes, 1995 Demonstrates a technique of preventive muscle stretching based upon reciprocal innervation of muscle tissue, the agonist-antagonist reflex. With each exercise, the type of flexion and the muscle groups used are provided. The Mattes Method of Active Isolated Stretching is a myofascial release and therapeutic treatment for deep and superficial muscles, tendons and fascia.

christinas healing hands massage therapy and wellness: Job's Body Deane Juhan, 1998

Possibly the most famous and widely used resource in therapeutic bodywork, this beautifully written, detailed and reader-friendly picture of how and why the body responds to touch is both scientifically reliable and inspiring. Furthering the presentation

christinas healing hands massage therapy and wellness: Bright Galaxies, Dark Matter, and Beyond Ashley Jean Yeager, 2021-08-17

How Vera Rubin convinced the scientific community that dark matter might exist, persevering despite early dismissals of her work. We now know that the universe is mostly dark, made up of particles and forces that are undetectable even by our most powerful telescopes. The discovery of the possible existence of dark matter and dark energy signaled a Copernican-like revolution in astronomy: not only are we not the center of the universe, neither is the stuff of which we’re made. Astronomer Vera Rubin (1928–2016) played a pivotal role in this discovery. By showing that some astronomical objects seem to defy gravity’s grip, Rubin helped convince the scientific community of the possibility of dark matter. In *Bright Galaxies, Dark Matter, and Beyond*, Ashley Jean Yeager tells the story of Rubin’s life and work, recounting her persistence despite early dismissals of her work and widespread sexism in science. Yeager describes Rubin’s childhood fascination with stars, her education at Vassar and Cornell, and her marriage to a fellow scientist. At first, Rubin wasn’t taken seriously; she was a rarity, a woman in science, and her findings seemed almost incredible. Some observatories in midcentury America restricted women from using their large telescopes; Rubin was unable to collect her own data until a decade after she had earned her PhD. Still, she continued her groundbreaking work, driving a scientific revolution. She received the National Medal of Science in 1993, but never the Nobel Prize—perhaps overlooked

because of her gender. She's since been memorialized with a ridge on Mars, an asteroid, a galaxy, and most recently, the Vera C. Rubin Observatory—the first national observatory named after a woman.

christinas healing hands massage therapy and wellness: Practically Radical William C. Taylor, 2011-01-04 "The most powerful and instructive change manual you'll ever read. It will persuade and inspire you to change your business, your work, and maybe your life." —Daniel H. Pink, bestselling author of *A Whole New Mind* In *Practically Radical*, William C. Taylor, the New York Times bestselling co-author of *Mavericks at Work* offers a refreshing, rigorous new look at pragmatic ways to shake things up and make positive change in difficult times. Exploring how twenty-five for-profit companies and nonprofit organizations—including IBM, Zappos, Swatch, the Girl Scouts, and Interpol—made remarkable strides in tough circumstances, *Practically Radical* raises (and answers) the make-or-break questions facing today's leaders in every field: Do you see opportunities the competition doesn't see? The most successful organizations embrace one-of-a-kind ideas in a world filled with me-too thinking. Do you have new ideas about where to look for new ideas? Routine practices in one field can be revolutionary when they migrate to another. Are you the most of anything? In business today, the middle of the road is the road to ruin. Are you getting the best contributions from the most people? Change is not a game best played by loners. Anything but your typical business book, *Practically Radical* is a must-own for small business owners and CEOs, for managers at all levels, and innovators and entrepreneurs of every stripe.

christinas healing hands massage therapy and wellness: Men's Bodies, Men's Selves Sam Julty, 1979

christinas healing hands massage therapy and wellness: Positively Type 1: How Living with a Chronic Illness Can be Your Most Powerful Motivator for an Extraordinary Life Nick Kundrat, 2020-05-15 Living with diabetes since age 4 has been far from easy. Yet, I don't look back at my life and see my diagnosis as a setback, quite the opposite actually. It has been my single most powerful motivator to live a happy, healthy, and fulfilling life. Diabetes has shaped me into the person I am today and I couldn't be more thankful for it. What you may hear about kids and adults living with type 1 is that while they have a disease, they can still do everything a normal person can. This statement has always left a bad taste in my mouth. Diabetes is MUCH more than a burden. It's more than just a barrier to push through to make it to the realm of normal. Your diagnosis DOES NOT have to be something that holds you back in life. It can be what sets you apart and makes you EXTRAORDINARY. My diabetes has pushed me to far surpass normal and jump headfirst into an exceptional life with exceptional successes (and failures) along the way. With this book, instead of dwelling on the negatives of life with type 1, I chose to highlight the many amazing perks, explain the skills one builds while living with type 1, and share the stories of some amazing young individuals who embody them. Seeing diabetes through a positive lens has allowed me to truly thrive, and through sharing others' stories and mine, I aim to help you do the same.

christinas healing hands massage therapy and wellness: Ganja Yoga Dee Dussault, 2017-04-18 In this book, yoga teacher Dee Dussault brings the ancient tradition of using cannabis to enhance spiritual practice to a western audience. She describes the act of Ganja Yoga as a ceremony that makes conscious relaxation an intentional ritual that can be improved upon with practice. Dee Dussault is a certified yoga instructor and the first person to bring cannabis-enhanced yoga classes to North America. In *Ganja Yoga*, Dee walks readers through the considerations and best practices for introducing cannabis into your yoga practice, or infusing yoga into your smoking routine. It's equally useful for those who want to attend classes or use the book in the comfort of their own homes. *Ganja Yoga* will assist readers in how to: • Reap the benefits of profound relaxation • Assume an altered state in a safe, energizing way • Deepen the spiritual practice of yoga • Reconnect with the body using ancient techniques • Select the best setting, time, method of consumption, strains, poses and breathing techniques to ensure an excellent experience. *Ganja Yoga* isn't just a guide to mixing cannabis and exercise, it's a lifestyle practice for a more stress-free, harmonious world.

christinas healing hands massage therapy 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.

christinas healing hands massage therapy and wellness: Therapeutic Programs for Musculoskeletal Disorders James Wyss, Amrish Patel, 2012-12-17 This is a guide for musculoskeletal medicine trainees and physicians to the art and science of writing prescriptions and developing individualized treatment plans. It offers a comprehensive approach to the conservative treatment of musculoskeletal disorders.

christinas healing hands massage therapy and wellness: *The Book of Sufi Healing* Abu Abdullah Ghulam Moinuddin, 1989

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