

Welcome to Your New Career!

Fall 2009

Member, Associated Bodywork & Massage Professionals

The Benefits of Massage

Bodywork Goes Beyond Relaxation

As you lie on the table under crisp, fresh sheets, hushed music draws you into the moment. The smell of sage fills the air and you hear the gentle sound of massage oil being warmed in your therapist's hands. Once the session gets underway, the daily stressors and aching muscles fade into an oblivious 60 minutes of relief, and all you can comprehend right now is not wanting it to end.

But what if that hour of massage did more for you than just take the pressures of the day away? What if that gentle, Swedish massage helped you combat cancer? What if bodywork helped you recover from a strained hamstring in half the time? What if your sleep,

cultures. Touching is a natural human reaction to pain and stress, and for conveying compassion and support. When you bump your head or have a sore calf, the natural response is to rub it to feel better. The same was true of our earliest ancestors.

Healers throughout time and throughout the world have instinctually and independently developed a wide range of therapeutic techniques using touch. Many are still in use today, and with good reason. We now have scientific proof of the benefits of massage -- benefits ranging from treating chronic diseases and injuries to alleviating the growing tensions of our modern lifestyles. Having a massage does more



Along with easing stress -- the No. 1 cause of disease -- massage has a long list of benefits.

digestion, and mood all improved with massage and bodywork? What if these weren't just "what if's"?

Evidence is showing that the more massage you can allow yourself, the better you'll feel. Here's why:

Massage as a healing tool has been around for thousands of years in many

than just relax your body and mind -- there are specific physiological and psychological changes that occur, and even more so when massage is utilized as a preventative, frequent therapy and not simply mere luxury. Massage not only feels good, but it can cure what ails you.

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*Forget not that
the earth
delights to feel
your bare feet
and the winds
long to play
with your hair.*

- Kahlil Gibran

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The Fallout of Stress

Experts estimate that 80 percent to 90 percent of disease is stress-related. Massage and bodywork is there to combat that frightening number by helping us remember what it means to relax. The physical changes massage brings to your body can have a positive effect in many areas of your life. Besides increasing relaxation and decreasing anxiety, massage lowers blood pressure, increases circulation, improves injury recovery, encourages deep sleep, and increases concentration. It reduces fatigue and gives you more energy to handle stressful situations.

Massage is a perfect elixir for good health, but it can also provide an integration of body and mind. By producing a meditative state or heightened awareness of the present moment, massage can provide emotional and spiritual balance, bringing with it true relaxation and peace.

The incredible benefits of massage are doubly powerful if taken in regular "doses." Researchers from the Touch Research Institute (TRI) at the University of Miami, found that recipients of massage can benefit even in small doses (15 minutes of chair massage or a half-hour table session). They also note that receiving bodywork two to three times a week is even more beneficial. While this may not be feasible, it's nice to know that this "medicine" only gets better with frequency.

What It Does

In an age of technical and, at times, impersonal medicine, massage offers a drug-free, non-invasive, and humanistic approach based on the body's natural ability to heal itself. Following is a brief list of the many known, research-based benefits of massage and bodywork:

- Increases circulation, allowing the body to pump more oxygen and nutrients into tissues and vital organs;
- Stimulates the flow of lymph, the body's natural defense system, against toxic invaders. For example, in breast cancer patients, massage has been shown to increase the cells that fight cancer.

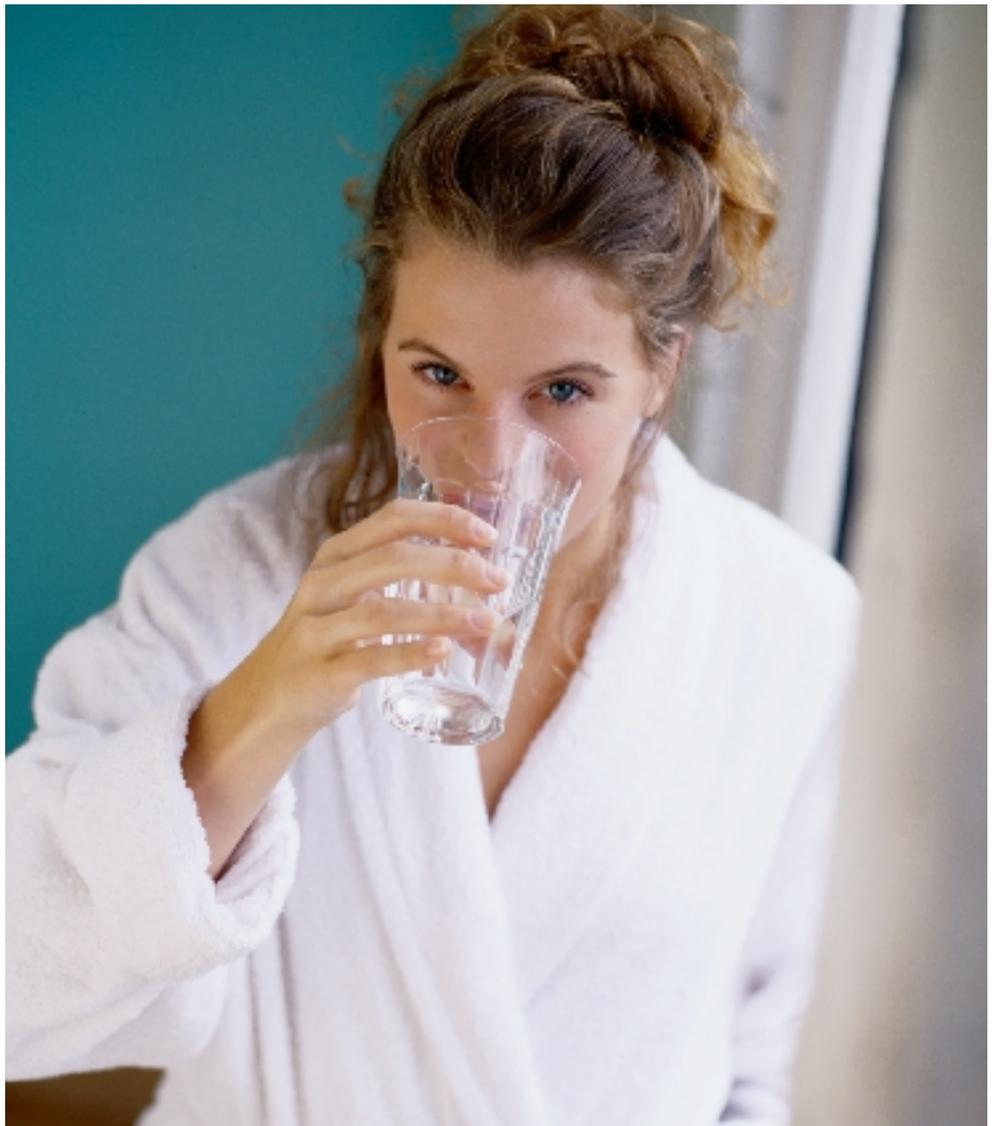
Furthermore, increased circulation of blood and lymph systems improves the condition of the body's largest organ -- the skin;

- Relaxes and softens injured and overused muscles;
- Reduces spasms and cramping;
- Increases joint flexibility;
- Reduces recovery time and helps prepare the body for strenuous workouts, reducing subsequent muscle pain of athletes at any level;
- Releases endorphins -- the body's natural painkiller -- and is proving very beneficial in patients with chronic illness, injury, and post-op pain;
- Reduces post-surgery adhesions and edema and can be used to reduce and

realign scar tissue after healing has occurred;

- Improves range-of-motion and decreases discomfort for patients with low back pain;
- Relieves pain for migraine sufferers and decreases the need for medication;
- Provides exercise and stretching for atrophied muscles and reduces shortening of the muscles for those with restricted range of motion;
- Assists with shorter labor for expectant mothers, as well as reduces the need for medication, eases postpartum depression and anxiety, and contributes to a shorter hospital stay.

The benefits of massage are diverse. No matter how great it feels, massage isn't just a luxury; it's a health necessity.



To get the full benefits of massage, take it easy after your session and let it soak in.

The Wonders of Water

For Skin Health and More

Shelley Burns, N.D.

Creams, nutritional supplements, treatments, lotions, and potions. We are always looking for the next miracle product to keep skin looking healthy and young. However, there is one essential, inexpensive, and often overlooked nutrient right at your fingertips: water.

Just as a car cannot function without oil, our bodies cannot function without water. After oxygen, H₂O is the most important component of the body, responsible for 65-70 percent of its composition. And of this, 80 percent is dedicated to the skin.

Water is the medium for various enzymatic and chemical reactions in the body. It moves nutrients, hormones, antibodies, and oxygen through the blood and lymphatic systems, and it also helps form the matrix of the skin. Devoid of water, the skin becomes dehydrated, resulting in a dry, dull tone.

It's likely that the moment a person feels thirsty, mild dehydration has already set

in. To keep the complexion looking smooth and blemish-free, drink water upon waking and continue drinking it throughout the day at one- to two-hour intervals. At least six 8-oz. glasses of water should be consumed daily and more if you are exercising, perspiring, and/or in hot weather. Ideally, intake should be between ten and twelve 8-oz. glasses of water a day. One note: Don't increase water intake all at once, as the kidneys and digestive system need time to adjust. Add one 8-oz. glass every day or every second day.

What counts toward your daily water intake? Just the basics: water and herbal tea. Caffeinated beverages and alcoholic drinks are diuretics that can contribute to dehydration, requiring even more hydration after drinking.

Not only is water important for skin health, it can also play a key role in the prevention of disease. Drinking eight glasses of water a day can decrease the risk of colon cancer, bladder cancer, and potentially even breast cancer.



Water helps keep the body at optimum health.

The Art of Aromatherapy

Essential Oils Provide Healing and Balance

Aromatic essential oils extracted from herbs, flowers, resin, wood and roots have long been a source of healing since ancient times, aiding in relaxation, circulation and wound healing. However, the use of these medicinal oils declined as the modern pharmaceutical industry developed. In 1928, French chemist Rene Maurice Gattefosse revived the use of essential oils and developed the art and science of utilizing naturally extracted aromatic essences from botanicals to balance and harmonize the health of body, mind and spirit. Gattefosse coined the practice aromatherapy.

Because aromatherapy's affect on emotional health, many massage therapists and bodywork practitioners

incorporate this noninvasive treatment into their practices. Dispensers or diffusers filled with aromatic essences may be used to scent the massage room, and specific essential oils are used on the client's skin during the massage. Because each oil has unique characteristics and benefits, the choice of oil or oils can be customized to the client's needs and emotional state. Whether inhaled or applied topically, aromatherapy requires an understanding of how each essential oil interacts with the body, as well as the mind.

Many pure essential oils need to be diluted, as they can cause irritation when applied directly to the skin. To guarantee safe and correct usage, consult a trained herbalist or practitioner.

The emotions listed below can be gently eased by one or a combination of the following essential oils:

Anxiety: bergamot, cedarwood, clary sage, frankincense, lavender, patchouli, Roman chamomile, rose, sandalwood.

Fatigue, Burnout: basil, ginger, grapefruit, jasmine, lemon, peppermint, rosemary, sandalwood.

Stress: bergamot, frankincense, geranium, lavender, mandarin, neroli, patchouli, Roman chamomile, ylang ylang.

Anger: jasmine, neroli, orange, patchouli, petitgrain, Roman chamomile, rose, vetiver, ylang ylang.

He who can no longer pause to wonder and stand rapt in awe, is as good as dead; his eyes are closed.

-Albert Einstein

WELCOME TO YOUR NEW CAREER!

At Exceptional School of Massage we are so excited to know that you'll be starting school with us in just three weeks. These articles give you just a taste of what you will learn in our program. Just think, in a little less than a year you might be practicing in a spa, a hospital, a fitness facility or at a wellness center. Enjoy your journey through massage school and know that I'm always here when you need me. Don't forget:

Mandatory Orientation: September 7 from 6:00 PM – 9:00 PM

Supplies: You will need to bring a set of twin sheets, massage oil or cream, a bolster, a small blanket or bath towel, and your textbooks to your first day of class on Sept 8.

My Contact Details: If you have any questions or concerns don't hesitate to call me at 222-333-4444.

Warmly,
Amy Admissions

Amy Admissions

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Member, **Associated Bodywork & Massage Professionals**