

Bodywork Sampler

Ten Types of Somatic Methods, All Awaiting You

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A rich garden of bodywork exists, to benefit you at the different ages and stages of your life. Getting the advice of your massage therapist, doing some research on www.massagetherapy.com, and seeking methods to which you are intuitively drawn are your best guides to finding what works for your body and spirit. No need to wait for a medical problem or a new high on the stress-o-meter to get on the table and into the hands of your massage and bodywork therapist.

1. SWEDISH MASSAGE

This technique is typically the starting point for most massage training and client receiving. It involves five kinds of touching and is delivered to soft tissues

2. DEEP TISSUE

Often integrated with other massage methods, deep-tissue work is exactly what it sounds like. Once the outer muscles have been relaxed, the work goes deeper into the fascia, the deep, dense, connective tissue that helps join your body parts together. Deep-tissue work is an excellent remedy for chronic muscular pain, injury rehabilitation, and reduction of inflammation-related pain caused by arthritis and tendinitis.

3. SPORTS MASSAGE

Whether for professional athletes, active kids, or weekend warriors, sports massage has benefits for participants in the active life. For most people, sports massage is handy after muscle exertion



A variety of bodywork methods exist, offering many options to best meet your needs.

by the therapist's hands, which are moisturized with massage oil or lotion. The kneading, rolling, vibrational, tapping, and percussive movements all work inward toward your heart and will stimulate your circulation. Among many benefits, Swedish massage will hasten healing of injuries, reduce swelling, and help dissolve scar tissue adhesions.

to relieve stiffness and soreness. But anyone can borrow from the gym bag of the professional athlete, so to speak, especially if he or she is training for a major event like a triathlon. Sports massage can ease muscles that shorten and tighten to compensate for and protect injured areas. Massage of

Continued on page 2

"Nothing is so strong as gentleness. Nothing is so gentle as real strength."

-Frances de Sales

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In this Issue

Bodywork Sampler
Massage and Cancer
Tips for an Even Complexion

Continued from page 1

surrounding areas can relieve ripples of pain that expand from the injury site.

4. CHAIR MASSAGE

Chair massage is provided by a trained professional, with you seated on a padded, ergonomically designed chair and is often delivered in a semiprivate kiosk, fully clothed, without massage oil, and purchased in segments from five minutes to 20 minutes at about \$1 a minute. The focus is applying compression (pressure) to the head, shoulders, neck, back, and arms. Use chair massage for relief from long airplane rides, to relax shoulders weighted down by shopping bags or suitcases, or on your lunch hour.

5. STONE MASSAGE

This modality is truly a hot topic. Stones are warmed and then placed on the body, as well as used as an extension of the therapist's hands throughout the massage. The placement of the stones can be aligned with chakras, meridians, and zones according to the energy system your practitioner follows. Stone work can easily be blended with other kinds of massage and can be a powerful healing and grounding force. It's touted as an effective remedy to ease pain, stress, anxiety, and overactivity. Your therapist may refer to improvements in your flow of earth element or to the function of your root chakra.

6. GERIATRIC MASSAGE

Geriatric massage is a gentle approach tailored to meet the individual needs and comfort levels of seniors. For example, geriatric massage can be done with clothes on and may only address certain parts of the body. Massage for seniors also addresses the need for loving touch, an element that may be lacking in their lives. You can do a favor for the aging members of your family and book a professional massage for them.

7. PREGNANCY MASSAGE

Mothers-to-be can greatly benefit from pregnancy massage. It's worthwhile considering this as a baby shower gift for you or a friend to ease those backaches and swollen ankles. It can help a mother's changing posture and possibly the positioning of the baby in the womb. The beneficial relaxation chemicals a mother's body releases when getting a massage also flow to the baby. And once

the baby is born, massage can help bring mother's strained body structure and physiology back into alignment.

8. BABY MASSAGE

Right after that pregnancy, there's a special way for baby to get started on a lifelong enjoyment of massage. Practitioners can give, and teach parents, baby massage, which provides stimulation to little nervous systems, promoting brain development, and supporting that all-important parent-child bonding.

9. REFLEXOLOGY

Reflexology works with the incredible system of nerves and energy meridians rooted in our feet, hands, and ears, which are connected to corresponding systems and organs. Reflexology is a smart way to work with health concerns not ordinarily reachable through regular massage, such as problems in organs or

internal systems. This also goes for areas too damaged or painful to benefit from direct touch.

10. ENERGY WORK

Receiving energy work may mean never being physically touched, keeping all of your clothes on, and remaining seated or standing. Despite this hands-off approach, recipients of energy work often report dramatic reorientations in how they feel and move in the world. Some of the more prominent methods are shiatsu, reiki, Zero Balancing, jin shin jyutsu, and Insight Bodywork.

There are new discoveries every day in the complex relationship between body, mind, and spirit. Whatever your path, keeping an open mind and listening to your body are the guides to your unique situation. Your health and wellness are up to you, so relax and let go of your stress. You deserve it.



Massage is for all ages, including infants, who are often calmed by bodywork.

Massage and Cancer

A Viable Option?

There's no doubt that cancer patients can benefit from massage therapy. In fact, bodywork can serve as a nurturing healthcare option during the stressful, doctor appointment-ridden time of oncology management.

"Cancer treatment places a heavy toxin load on the body, which massage can help eliminate," says Gayle MacDonald, author of *Medicine Hands: Massage Therapy for People with Cancer*. "However, too much too fast may be more than the client's body can comfortably handle. Skilled touch is beneficial at nearly every stage of the cancer experience, during hospitalization, the pre- or post-operative period, in the out-patient clinic, during chemotherapy and radiation, recovery at home, remission or cure, and in the end stage of life."

The benefits of massage for these clients include improved blood circulation, equalized blood pressure, and help with fatigue and nausea. The place to start is by consulting with your physician and

your massage therapist. For those who are two to three months out from treatment, bodywork that can be used includes lymph drainage therapies, trigger point therapy, neuromuscular therapy, myotherapy and myofascial release, among others. It's better to wait before receiving deeper work.

While hospitalized, some appropriate techniques include cranialsacral therapy, polarity therapy, reiki and Therapeutic Touch. MacDonald says no matter how severe the treatment's side effects, there's always a way to administer some type of bodywork. According to massage therapist and former oncology nurse Cheryl Chapman, while it's important to receive touch from a qualified practitioner who has worked with cancer patients before, "Touch is always appropriate--there isn't anyone who is untouchable."

If you or someone you love is battling cancer, consider massage as a therapeutic, nurturing choice to help navigate this difficult journey.



Bodywork offers nurturing relaxation.

Tips for an Even Complexion

Diminishing Freckles and Age Spots

While freckles tend to develop in people with fair skin, red or blonde hair, and blue or green eyes, age spots happen later in life regardless of skin type. But both are caused by an accumulation of melanin in the skin, the pigment that makes us tan. Both will also likely darken in the summer with sun exposure and fade in the winter months.

A PREVENTION PLAN

The best way to avoid these unsightly spots is with a prevention plan. Use a sunscreen with at least a sun protection factor (SPF) of at least 15 as a part of your daily skin care regimen, and wear protective clothing when outside. Age spots will concentrate on the backs of the hands, so be sure to apply sunscreen there, as well as your face.

When you do notice freckles or age spots gaining ground, the following options may be beneficial.

LIGHTEN NATURALLY

Lemon juice is a natural lightener. Used twice a day, it will help fade age spots and freckles. Apply fresh lemon juice to skin with a cotton ball and allow it to dry before applying sunscreen and makeup.

EXFOLIATE

Human skin constantly sloughs old dead cells as new ones are produced. With aging, the skin tends to lose some of its ability to eliminate these skin cells. Alpha hydroxy acid (AHA) loosens the glue that holds old skin cells in place. When used regularly, AHA helps eliminate old cells and excess melanin.

Many skin care products contain AHAs, but they can also be found in fruits and milk. Apply a mask of sour milk and allow it to dry before rinsing, or, for a more aromatic option, make a fruit mask of pureed ripe papaya. This fruit contains papain, an enzyme that helps dissolve dead skin cells.

SUPPLEMENT WITH C

Taking a vitamin C supplement helps reduce skin's sensitivity to the sun and can prevent melanin buildup.

TALK TO A SKIN CARE PROFESSIONAL

Estheticians can provide products and treatments to help reduce or eliminate skin spots. Discuss your spots with a skin care professional to determine the best options for you.

*"We never touch
people so lightly
that we do not
leave a trace"*

-Peggy Tabor Millin

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