

maya's massage therapy

maya's massage therapy offers a comprehensive range of therapeutic services designed to promote relaxation, relieve pain, and improve overall wellness. With a focus on personalized care, Maya's massage therapy integrates various techniques to address specific client needs, from stress reduction to injury recovery. This article explores the different types of massage therapies provided, the benefits associated with these treatments, and the unique approach that sets Maya's services apart in the wellness industry. Additionally, the discussion includes important considerations for choosing the right massage therapy and how to maximize the benefits of each session. Whether seeking relief from chronic pain, enhancing physical performance, or simply indulging in a calming experience, Maya's massage therapy delivers effective and professional solutions tailored to individual goals. Read on to discover the full spectrum of offerings and expert insights into this holistic healing practice.

- Overview of Maya's Massage Therapy Services
- Health Benefits of Maya's Massage Therapy
- Techniques and Modalities Offered
- What to Expect During a Session
- Choosing the Right Massage Therapy
- Tips for Maximizing Your Massage Experience

Overview of Maya's Massage Therapy Services

Maya's massage therapy encompasses a diverse array of services designed to meet the physical and emotional needs of clients. These services range from traditional Swedish massage to more specialized treatments such as deep tissue, sports massage, and prenatal care. Each session is carefully tailored to address individual health concerns, whether for relaxation, injury rehabilitation, or chronic condition management. The practice emphasizes a client-centered approach, ensuring that every treatment plan aligns with the personal goals and medical history of the individual. Facilities are equipped with a calming environment that fosters comfort and healing during every appointment.

Personalized Treatment Plans

At Maya's massage therapy, personalized treatment plans are developed based on thorough client assessments. This process includes evaluating physical conditions, lifestyle factors, and specific pain points to create an effective therapy schedule. Customized plans help optimize therapeutic outcomes and ensure safety, particularly for clients with underlying health issues or recent injuries.

Professional and Certified Therapists

The team at Maya's consists of licensed and certified massage therapists with extensive training in various modalities. Their expertise enables them to adapt techniques to suit different body types and sensitivities, providing professional care that adheres to industry standards and best practices.

Health Benefits of Maya's Massage Therapy

Maya's massage therapy offers numerous health benefits that extend beyond immediate relaxation. Regular sessions can improve circulation, reduce muscle tension, and enhance flexibility. These physiological improvements contribute to better posture, reduced risk of injury, and accelerated recovery times. Additionally, massage therapy supports mental health by lowering stress hormones and promoting the release of endorphins, which are natural mood enhancers.

Physical Benefits

Consistent massage therapy can alleviate chronic pain conditions such as arthritis, fibromyalgia, and lower back pain. It also aids in reducing inflammation and muscle spasms, thereby improving overall mobility and functional ability.

Mental and Emotional Benefits

Stress reduction is a significant advantage of Maya's massage therapy. The calming effects help decrease anxiety levels and improve sleep quality, fostering a more balanced emotional state. These benefits are critical in managing conditions related to stress and enhancing overall quality of life.

Techniques and Modalities Offered

Maya's massage therapy features a wide range of techniques tailored to different client needs. Each modality targets specific tissues and health objectives, from superficial relaxation to deep muscular therapy. Understanding the variety of approaches available helps clients select the most appropriate treatment.

Swedish Massage

This classic technique uses long, gliding strokes to promote relaxation and improve circulation. Swedish massage is ideal for those seeking stress relief and general muscle relaxation.

Deep Tissue Massage

Focused on deeper layers of muscle and connective tissue, deep tissue massage is effective in treating chronic muscle tension and injuries. It involves slower strokes and more intense pressure to release knots and adhesions.

Sports Massage

Designed for athletes or active individuals, sports massage targets muscle groups involved in specific sports activities. It aids in injury prevention, enhances performance, and accelerates recovery.

Prenatal Massage

Specialized for expectant mothers, prenatal massage alleviates pregnancy-related discomforts such as back pain and swelling. Therapists use techniques that are safe and comfortable during pregnancy.

What to Expect During a Session

A typical session at Maya's massage therapy begins with a consultation to discuss client needs, medical history, and treatment goals. The therapist then selects the appropriate technique and pressure level. Sessions usually last between 60 to 90 minutes, during which clients are encouraged to communicate their comfort levels. The environment is designed to be soothing, with ambient lighting and calming music to enhance relaxation.

Client Preparation

Clients are advised to wear comfortable clothing and arrive hydrated. Removing jewelry and ensuring personal comfort helps optimize the session's effectiveness. Therapists may provide guidance on positioning and breathing techniques during the massage.

Post-Session Care

After the massage, therapists often recommend gentle stretching, hydration, and rest to prolong the benefits. Follow-up appointments may be suggested based on individual progress and therapeutic goals.

Choosing the Right Massage Therapy

Selecting the most suitable massage therapy depends on various factors such as health conditions, personal preferences, and desired outcomes. Maya's massage therapy offers consultations to help clients make informed decisions about the best modality for their needs.

Considerations for Selection

- Type of pain or discomfort experienced

- Medical history and existing conditions
- Level of pressure preferred
- Specific goals, such as relaxation or injury recovery
- Time availability and session length

Consultation Services

Maya's massage therapy provides expert consultations to assess these factors and recommend appropriate treatments. This ensures clients receive maximum benefit while minimizing any potential risks.

Tips for Maximizing Your Massage Experience

To get the most out of Maya's massage therapy, clients should follow several practical tips before and after their sessions. Proper preparation and aftercare enhance the therapeutic effects and support long-term wellness.

Pre-Session Recommendations

- Arrive early to relax and fill out any necessary forms
- Communicate openly about any pain or sensitivity
- Avoid heavy meals immediately before the appointment
- Stay hydrated to facilitate muscle relaxation

Post-Session Advice

- Drink plenty of water to flush out toxins
- Engage in gentle stretching to maintain flexibility
- Avoid strenuous activities for the remainder of the day
- Schedule regular sessions for sustained benefits

Frequently Asked Questions

What types of massage therapy does Maya's Massage Therapy offer?

Maya's Massage Therapy offers a variety of massage services including Swedish, deep tissue, sports massage, prenatal massage, and aromatherapy massage tailored to individual needs.

How can I book an appointment at Maya's Massage Therapy?

You can book an appointment at Maya's Massage Therapy through their official website, by calling their contact number, or using their mobile app for convenient scheduling.

Are the massage therapists at Maya's Massage Therapy licensed and certified?

Yes, all massage therapists at Maya's Massage Therapy are fully licensed and certified professionals who have undergone extensive training to ensure high-quality care.

What health benefits can I expect from regular sessions at Maya's Massage Therapy?

Regular sessions at Maya's Massage Therapy can help reduce stress, alleviate muscle pain, improve circulation, enhance flexibility, and promote overall relaxation and well-being.

Does Maya's Massage Therapy offer any packages or discounts for frequent clients?

Yes, Maya's Massage Therapy offers various packages and membership plans that provide discounts for frequent clients, making regular massage therapy more affordable.

Is Maya's Massage Therapy suitable for people with specific medical conditions?

Maya's Massage Therapy therapists customize treatments and work with clients to accommodate specific medical conditions, but it is recommended to consult with your healthcare provider before starting massage therapy.

What COVID-19 safety measures does Maya's Massage Therapy implement?

Maya's Massage Therapy follows strict COVID-19 protocols including sanitizing rooms between sessions, requiring masks, health screenings for staff and clients, and maintaining social distancing in waiting areas to ensure safety.

Additional Resources

1. *The Art of Maya Massage: Techniques for Healing and Relaxation*

This comprehensive guide explores the unique massage techniques developed by Maya therapists, focusing on holistic healing and stress relief. Readers will learn step-by-step methods to enhance physical and emotional well-being. The book also delves into the cultural roots of Maya massage and its integration into modern therapy practices.

2. *Maya Massage Therapy: Ancient Traditions for Modern Wellness*

Discover the rich history behind Maya massage therapy and how ancient practices are applied today to promote health and vitality. This book covers the use of natural oils, pressure points, and rhythmic movements characteristic of Maya healing. It is an essential read for therapists and anyone interested in traditional wellness methods.

3. *Hands of the Maya: A Practitioner's Guide to Massage Therapy*

Designed for massage therapists, this practical manual offers detailed instructions on performing authentic Maya massage techniques. It includes illustrations, case studies, and tips for adapting treatments to individual client needs. The book emphasizes mindfulness and connection during therapy sessions.

4. *Maya Massage for Stress Relief and Pain Management*

Focusing on the therapeutic benefits of Maya massage, this book explains how specific techniques can alleviate chronic pain and reduce stress. It provides protocols for common ailments such as muscle tension, headaches, and insomnia. Readers will find useful advice for incorporating these methods into regular self-care routines.

5. *Healing Touch: The Spiritual Side of Maya Massage*

Explore the spiritual and energetic dimensions of Maya massage therapy in this insightful work. The author discusses how massage can balance the body's energy fields and promote emotional healing. The book also includes meditative practices to complement physical treatments.

6. *Maya Massage Therapy for Athletes: Enhancing Performance and Recovery*

This specialized guide addresses the needs of athletes seeking improved performance and faster recovery through Maya massage techniques. It covers muscle conditioning, injury prevention, and rehabilitation strategies. The book is filled with practical tips tailored to sports professionals and enthusiasts.

7. *The Maya Massage Therapist's Workbook: Exercises and Practice Sessions*

Ideal for students and practitioners, this workbook offers exercises, practice scenarios, and self-assessment tools to master Maya massage skills. It encourages hands-on learning and reflection to build confidence and competence. The interactive format makes it a valuable resource for ongoing professional development.

8. *Integrative Approaches to Maya Massage Therapy*

This book explores how Maya massage can be combined with other therapeutic modalities like aromatherapy, reflexology, and yoga. It presents case studies demonstrating the benefits of an integrative approach to holistic health. Therapists will find guidance on creating personalized treatment plans for diverse clients.

9. *Maya Massage: A Journey Through Touch and Tradition*

Take a cultural and experiential journey into the world of Maya massage with this beautifully

illustrated book. It tells the stories of practitioners and their communities, highlighting the significance of touch in Maya culture. Readers will gain a deeper appreciation of the tradition's role in healing and community bonding.

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maya s massage therapy: Messages from the Gods Michael J. Balick, Rosita Arvigo, 2015
The unrivaled and comprehensive guide to the healing and other useful plants of Belize, containing over 900 species accounts, 600 illustrations, and detailed discussion of the medicinal and other traditional applications of local plants, collected through a unique partnership with traditional healers and bushmasters.

maya s massage therapy: Explorer's Guide Playa del Carmen, Tulum & the Riviera Maya: A Great Destination (Third Edition) Joshua Eden Hinsdale, 2011-10-03 Completely updated, this insider's guide veers off the tourist trail for intrepid travelers to experience the local color, intrigue and charm of the Riviera Maya. For travelers in the know, Playa del Carmen is the little gem with all the beauty of white sand beaches that has drawn crowds from around the world to Cancun, with none of the high-rise overdevelopment. Playa remains a wonderful, sleepy town on a human scale, yet its discovery has resulted in a wide range of lodging and dining options. For families and adventurous travelers alike, there's something for everyone in this Mexican Riviera, known as the "Riviera Maya." You can explore the fascinating Mayan ruins on the beach at Tulum, shop and have a fabulous lunch on the pedestrian area in Playa, stay in a full-service resort along Playacar, and go for some of the best fishing in the world near the famous Sian Ka'an biosphere in Punta Allen. The Riviera Maya is one of the true travel hot spots in the world today. Includes detailed info for eco-travelers, Maya culture buffs, anglers, foodies, and anyone needing respite on a sleepy beach. This is the definitive guidebook on Playa del Carmen. Distinctive for their accuracy, simplicity, and conversational tone, the diverse travel guides in our Explorer's Great Destinations series meet the conflicting demands of the modern traveler. They're packed full of up-to-date information to help plan the perfect getaway. And they're compact and light enough to come along for the ride. A tool you'll turn to before, during, and after your trip, these guides include chapters on lodging, dining, transportation, history, shopping, recreation, and more; a section packed with practical information, such as lists of banks, hospitals, post offices, laundromats, numbers for police, fire, and rescue, and other relevant information; maps of regions and locales, and more.

maya s massage therapy: Explorer's Guide Playa del Carmen, Tulum & the Riviera Maya: A Great Destination (Fourth Edition) Joshua Eden Hinsdale, 2015-01-05 Hidden beaches, great taco bars, secret fishing holes, and buzzing nightspots await . . . Explorer's Guides show you how to visit great places like a local, getting under the touristy surface with insights into the area's history, culture, economy, and more. Explorer's Guides Playa del Carmen, Tulum & the Riviera Maya: A Great Destination is no exception. The author's insider knowledge and selective recommendations make this book a must-have for your sojourn in Mexico. Let it help you make the most of your time in this beautiful place: delve deep into fascinating Mayan ruins; explore the pedestrian boardwalk in Playa del Carmen; or fish for elusive bonefish along the famous Sian Ka'an biosphere reserve in Punta Allen. This fully revised and updated fourth edition features color photography; detailed maps;

rich history; a glossary of English to Spanish phrases; a rundown of the best local swimming lagoons, hidden beaches, and great taco bars; events calendars; and much more. It's all you need to help you plan your best vacation yet.

maya s massage therapy: Moon Cancún & Cozumel Liza Prado, Gary Chandler, 2019-02-05 White sands and turquoise seas, cenotes and ruins, relaxation and adventure: dive in with Moon Cancún & Cozumel. Inside you'll find: Strategic itineraries from a Cozumel getaway to a week touring the length of the Riviera Maya, designed for families, honeymooners, ecotourists, history buffs, and adventurers The top attractions and unique experiences: Wander the ancient ruins of Chichén Itzá or climb the second-highest Maya pyramid at Cobá. Kayak through mangrove forests, snorkel with whale sharks, and dive into pristine coral reefs full of sea life. Sunbathe on the best beaches of Cancún with a margarita, indulge in a picnic of tacos and empanadas, or dance the night away in a vibrant club The best spots for sports and recreation, including sailing, fishing, kayaking, mountain biking, kiteboarding, and diving or snorkeling in reefs and in eerily beautiful underground cenotes Honest advice from seasoned adventurers Gary Chandler and Liz Prado on when to go, how to get around, and where to stay, from backpacker hostels and beachy bungalows to high-end luxury resorts Detailed maps and full-color photos throughout Thorough information on the landscape, climate, wildlife, and local culture, including a Spanish phrasebook Full coverage of Cancún, Isla Cozumel, Playa del Carmen and the Riviera Maya, Tulum and the Costa Maya, and Chichén Itzá With Moon Cancún & Cozumel's practical tips and local insight, you can plan your trip your way. Expanding your trip? Check out Moon Yucatán Peninsula or Moon Belize.

maya s massage therapy: Belize Pocket Adventures Vivien Loughheed, 2006 We travel to grow - our Adventure Guides show you how. Experience the places you visit more directly, freshly, intensely than you would otherwise - sometimes best done on foot, in a canoe, or through cultural adventures like art courses, cooking classes, learning the language, meeting the people, joining in the festivals and celebrations. This can make your trip life-changing, unforgettable. All of the detailed information you need is here about the hotels, restaurants, shopping, sightseeing. But we also lead you to new discoveries, turning corners you haven't turned before, helping you to interact with the world in new ways. That's what makes our Adventure Guides unique. The only English-speaking country in Central America, Belize is home to 500 Completely rewritten, the 6th edition has a great layout that makes for easy navigation and is filled with abundant new information. All manner of tips and recommendations for the first-time or veteran Belize traveler. Encouraging eco-travel, Vivien Loughheed profiles many of the unique archeological sites, wildlife preserves, marine sanctuaries and conservation areas. Explore firsthand Belize's myriad attractions. Visit Belize City, the Turneffe Islands, Belmopan, San Ignacio, Corozal, Punta Gorda and more! Thousands of species of birds, innumerable Maya ruins, as well as the world's second-largest barrier reef. Over 80% of the land remains covered with primeval forest and 30% has been set aside as national parks/preserves. Includes maps.

maya s massage therapy: Adventure Guide to Belize Carol O'Donnell, Vivien Loughheed, 2003-02 Annotation. A constant top seller, this book is overflowing with tips and recommendations for the first-time or veteran Belize traveler. Loughheed encourages eco-travel, profiling many unique archeological sites, wildlife preserves and marine sanctuaries and exploring firsthand Belize's myriad attractions. Visit Belize City, the Turneffe Islands, Belmopan, San Ignacio, Corozal and Punta Gorda. Crucial information on traveling solo or with a tour group, as well as the pros and cons of each.

maya s massage therapy: Perfection Julie Metz, 2025-05-01 Julie Metz's life changes forever on one ordinary January afternoon when her husband, Henry, collapses on the kitchen floor and dies in her arms. Suddenly, this mother of a six-year-old is the young widow in a bucolic small town. And this is only the beginning. Seven months after Henry's death, just when Julie thinks she is emerging from the worst of it, comes the rest of it: She discovers that what had appeared to be the reality of her marriage was but a half-truth. Henry had hidden another life from her. He loved you so much. That's what everyone keeps telling her. It's true that he loved Julie and their six-year-old daughter

ebulliently and devotedly, but as she starts to pick up the pieces and rebuild her life without Henry in it, she learns that Henry had been unfaithful throughout their twelve years of marriage. The most damaging affair was ongoing -- a tumultuous relationship that ended only with Henry's death. For Julie, the only thing to do was to get at the real truth--to strip away the veneer of perfection that was her life and confront each of the women beneath the veneer. Perfection is the story of Julie Metz's journey through chaos and transformation as she creates a different life for herself and her young daughter. It is the story of coming to terms with painful truths, of rebuilding both a life and an identity after betrayal and widowhood. It is a story of rebirth and happiness -- if not perfection.

maya s massage therapy: Massage Therapy - E-Book Susan G. Salvo, 2015-03-25 Covering massage fundamentals, techniques, and anatomy and physiology, Susan Salvo's *Massage Therapy: Principles and Practice*, 5th Edition brings a whole new meaning to the word 'comprehensive.' This student-friendly text boasts more than 700 illustrations and expanded sections on neuroscience, research, and special populations, plus new line drawings in the kinesiology chapter of origins and insertions that match the painted skeletons found in most classrooms. It makes the essential principles of massage therapy more approachable and prepares you for success in class, on licensing and board certification exams, and in a wide range of therapeutic practice settings. Clear, straightforward approach simplifies complex content for easier understanding. Complete anatomy and physiology section, in addition to material on techniques and foundations, gives you all the information you need in just one book. Certification Practice Exam on Evolve mimics the major certification exams in format and content, builds confidence, and helps increase pass rates. Over 700 high-quality illustrations, including line drawings and halftones, clarify difficult concepts in vibrant detail. Case studies challenge you to think critically and apply your understanding to realistic scenarios, foster open-mindedness, and stimulate dialogue. Profile boxes provide an inspirational, real-world perspective on massage practice from some of the most respected authorities in massage and bodywork. Clinical Massage chapter focuses on massage in clinical settings like hospitals, nursing homes, and medical offices to broaden your career potential. Two business chapters loaded with skills to make you more marketable and better prepared for today's competitive job market. Video icons refer you to the Evolve site featuring about 120 minutes of video covering techniques, routines, client interaction sequences, and case studies that facilitate the learning process and the practical application of the material. Evolve icons listed in each chapter encourage you to go beyond the lecture and reading assignments and learn more on the Evolve site. Evolve boxes at the end of each chapter list Chapter Extras found on Evolve that reinforce concepts learned in the chapter.

maya s massage therapy: The Massage Therapist's Guidebook Diane Matkowski, 2018-11-01 The *Massage Therapist's Guidebook* is approved by NCBTMB as a home study course toward continuing education credits (CEU's) for massage therapists. Diane Matkowski shares invaluable insights into the business world of massage. As a leader in the field she gives an authentic and realistic view about how she has thrived as a massage therapist. Drawing on her decades of experience she explains how to:

- understand massage as a business
- provide excellent client care
- continue growing in all aspects of your work
- increase self-care awareness as a massage therapist
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- be more conscious of the human body on many levels
- deepen your appreciation for your work and lifestyle

By recognizing the value that touch brings, you'll be able to enjoy your work more and become a better (and more successful) massage therapist. Help your community and make a quantum leap in the booming business of massage with *The Massage Therapist's Guidebook*.

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maya s massage therapy: Maya Bonesetters Servando Z. Hinojosa, 2020-02-28 Scholarship on Maya healing traditions has focused primarily on the roles of midwives, shamans, herbalists, and diviners. Bonesetters, on the other hand, have been largely excluded from conversations about traditional health practitioners and community health resources. Maya Bonesetters is the first book-length study of bonesetting in Guatemala and situates the manual healing tradition within the current cultural context—one in which a changing medical landscape potentially threatens bonesetters' work yet presents an opportunity to strengthen its relevance. Drawing on extensive field research in highland Guatemala, Servando Z. Hinojosa introduces readers to a seldom documented, though nonetheless widespread, variety of healer. This book examines the work of Kaqchikel and Tz'utujil Maya bonesetters, analyzes how they diagnose and treat injuries, and contrasts the empirical and sacred approaches of various healers. Hinojosa shows how bonesetters are carefully adapting certain biomedical technologies to meet local expectations for care and concludes that, despite pressures and criticisms from the biomedical community, bonesetting remains culturally meaningful and vital to Maya people, even if its future remains uncertain.

maya s massage therapy: Maya's Aura - The Charred Coven Skye Smith, 2019-04-15 Cover Flap This is the fifth novel in the "Maya's Aura" series. This naughty novel of magic and mayhem begins with Maya's visit to her great grandmother who lives on an island in Boston Bay. She gives Maya some family heirlooms, including a crystal pendant and an iron ring. The crystal causes her to dream. Not her dreams, but the dreams of the original owner, a woman from the late 1700's. In order to find out more about these mystical heirlooms, Maya travels to Cambridge, England to track down her family's heritage. While partying at the infamous Strawberry Faire, she makes friends with some local witchlets who have just come out of the broom closet. She goes with them to a Witches' Sabbath in hopes of meeting more experienced witches who may know more about her heirlooms. She meets all sorts of witches at the Sabbath. Some skilled, some good, some fun, some fake, and some who are absolutely terrifying. About the Author Skye Smith is my pen name. My family convinced me not to use my real name because my stories are so critical of predator males. You'll understand and forgive me this as you fall in love with sweet Maya, my main character. For those of you who like stories about vampires, witches, and magic, you won't be disappointed by my very different, more realistic take on it all. My vampires are parasites wearing business suits. My witches are healers ignored by the modern world. My magic is based on aura's, and everyone has felt or seen an aura at least once in their lives. Other Novels By The Same Author: The Hoodsmen - 12 historical adventures set in the Norman conquest. Knut - many historical adventures set in the Viking Era. The Pistoleer - 9 historical adventures set in the English Civil War. Maya's Aura - 8 new age adventures while tripping around the world. 1. "The Awakening" - She discovers her strange aura. 2. "The Refining" - She learns how to use her aura. 3. "The Ashram" - She searches for answers in India 4. "Goa to Nepal" - She follows a quest into the Himalayas 5. "The Charred Coven" - She fights black craft in England. 6. "The Crystal Witch" - She learns psychic craft in England 7. "The Redemption" - Psychic dreams of her ancestor Britta. 8. "Destroy the Tea Party" - Britta's adventures in Boston in 1773.

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high-quality illustrations, including line drawings and halftones, clarify difficult concepts in vibrant detail. Case studies challenge you to think critically and apply your understanding to realistic scenarios, foster open-mindedness, and stimulate dialogue. Profile boxes provide an inspirational, real-world perspective on massage practice from some of the most respected authorities in massage and bodywork. Clinical Massage chapter focuses on massage in clinical settings like hospitals, nursing homes, and medical offices to broaden your career potential. Two business chapters loaded with skills to make you more marketable and better prepared for today's competitive job market. Video icons refer you to the Evolve site featuring about 120 minutes of video covering techniques, routines, client interaction sequences, and case studies that facilitate the learning process and the practical application of the material. Evolve icons listed in each chapter encourage you to go beyond the lecture and reading assignments and learn more on the Evolve site. Evolve boxes at the end of each chapter list Chapter Extras found on Evolve that reinforce concepts learned in the chapter. NEW! Revised line drawing color scheme for origin and insertion matches the painted skeleton found in most classrooms, maintains consistency, and prevents confusion in learning origin and insertion points on the body. NEW! Coverage of Thai massage provides up-to-date content on the most useful, in-demand modalities that are most often requested by clients - and better prepares you for what you will encounter during training and practice. NEW! Updated text reflects changes to the new board certification exam so you have the most up-to-date, relevant information - and are fully prepared to pass the current exams. NEW! Brand new Think About It, Webquest, and Discussion features in each chapter's Test Your Knowledge section build your vocabulary usage and critical thinking skills necessary for day-to-day work with clients. EXPANDED! More content on pain theories, the neuromatrix model, and pain management, plus updated guidelines for massage after surgery and injury, equips you with essential information when working in rehab. NEW! Updated instructor resources, featuring more TEACH lesson plan classroom activities and an additional 500 test questions, provide instructors with more ways to interact with and test students.

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maya s massage therapy: A Haven for Healing Lea Rannells Comrie, 2011-10

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