

# *APRIL HAPPENINGS*

Monthly Newsletter for Center for the Healing Arts



## *New Spa Menu Launch - Embrace the Renewal!*

We're excited to announce that our updated spa menu has officially launched, ushering in a wave of rejuvenation and relaxation. Starting from Wednesday, April 3rd, you can indulge in new services designed to elevate your well-being.

Among the exciting additions are:

**Cupping Therapy:** Experience the ancient healing art of cupping, known for its myriad benefits including improved circulation, pain relief, and relaxation.

**Himalayan Salt Stone Massage:** Transport yourself to a state of bliss with the therapeutic touch of Himalayan salt stones, renowned for their detoxifying and balancing properties.

**CBD Cream (Yoga Balm Enhancement):** Enhance your massage experience with the soothing properties of CBD cream, perfect for targeting areas of tension and promoting deep relaxation.

**Cold Stone Enhancement:** Amplify the soothing effects of your massage with the invigorating touch of cold stones, ideal for reducing inflammation and revitalizing tired muscles.

We also implemented a slight price adjustment, reflecting the value of our enhanced services. However, rest assured that our commitment to providing accessible wellness remains steadfast. There has been no changes to our student clinic services and prices.

Join us in embracing this exciting evolution as we invite you to embark on a journey of self-care and transformation!



## *Best in Voorhees 2024 - Celebrating Excellence*

We're beyond proud to announce that once again, Center for the Healing Arts has been honored with the prestigious "Best in Voorhees 2024" award for excellence. This accolade is a testament to our unwavering dedication to quality education and dedicated service.

The Voorhees Township Award Program recognizes businesses that have demonstrated resilience and innovation in navigating challenging economic climates. We are deeply grateful for this recognition, which serves as validation of our collective efforts in fostering a culture of excellence and community engagement.

Thank you for being part of our journey!



## *Forearm Fusion Foundations - Elevating Expertise*

Several members of our team recently had the privilege of participating in a transformative Continuing Education class, Forearm Fusion Foundations, led by the impressive massage therapist Jim Funk. It was a gathering of both aspiring and seasoned therapists, united in our pursuit of knowledge and growth.

At the heart of Forearm Fusion is a revolutionary approach to massage therapy that prioritizes the well-being of both the therapist and the client. By utilizing forearm techniques, therapists can deliver deep tissue work with precision and efficacy, all while minimizing strain and fatigue on their hands and thumbs.

Jim Funk's expertise in body mechanics and massage techniques proved to be invaluable as he guided the class through the intricacies of Forearm Fusion. Students emerged equipped with a comprehensive toolkit of body-saving techniques, empowering them to provide exceptional massages without compromising their own physical health.

We are immensely grateful for the opportunity to expand our skill set and explore new techniques under Jim's guidance. Stay tuned for future sessions, as we endeavor to bring more enriching experiences to our community of healers.



## *The Magic of Reflexology - Treat Your Feet!*

Discover the ancient art of foot reflexology and experience a world of holistic healing and relaxation. Our professional spa and student clinic offer comprehensive foot reflexology sessions, meticulously crafted to soothe the mind, body, and soul. Indulge in a full 50-minute reflexology session, complete with a luxurious foot soak, exfoliating scrub, and targeted reflexology massage.

Reflexology has long been revered for its potential to promote wellness and balance within the body. While the mechanisms behind its effectiveness continue to be studied, emerging research sheds light on its therapeutic potential. One compelling theory suggests that reflexology operates by stimulating the nervous system. By applying gentle pressure to specific areas of the feet, we activate the nerves, initiating a cascade of physiological responses.

This gentle stimulation sends signals to the central nervous system, triggering a profound relaxation response. As a result, reflexology has been observed to have a myriad of positive effects on the body, including: enhanced blood flow, improved immune function, stress reduction, balanced breathing, and harmonized body systems.

While the science of reflexology continues to evolve, countless individuals have experienced its transformative effects firsthand. Whether you seek relief from stress, pain, or simply wish to nurture your body and soul, reflexology offers a holistic path to wellness.

## *Celebrating Global Massage Makes Me Happy & Healthy Day!*

March 20th marked a momentous occasion as we came together to celebrate Massage Makes Me Happy and Healthy Day—a day dedicated to promoting the profound benefits of massage therapy. At Center for the Healing Arts, we seized the opportunity to spread joy and wellness throughout our community with a special free chair massage event.

The success of the event surpassed our wildest expectations, with six of our talented student therapists showcasing their skills and expertise. Participants were treated to invigorating chair massages that left them feeling rejuvenated and revitalized. It was truly heartwarming to witness the smiles and expressions of relief on the faces of our clients as they experienced the healing touch of massage.

A special thank you goes out to our dedicated instructor, Paulette Harper, whose leadership and guidance were instrumental in making the event a resounding success. We are immensely grateful to Paulette and our team of student therapists for their unwavering dedication and passion for healing.



## Professional Therapist Spotlight: Jenairy



### What is your favorite style of massage?

My favorite style of massage is any bodywork that has to do with energy work and deep pressure! Reiki is an example of the energy work I love doing. It's a wonderful addition to any service because it's all about healing not only your soul but also your body in many ways. I am Reiki level 2 certified and I would love to introduce people to something new if you're open and willing to learn more! Lastly, I am fascinated by neuromuscular massage which is being able to palpate and find a knot or trigger point that is causing the root of your pain. I connect with this modality very much because it reminds me of when I had my own experience on the table of an emotional release, that I didn't know I needed until someone found the right spot!

### What got you interested in energy work?

I found out about energy and individual auras and how they affect people during a really tough time in my life. I struggle with depression and of course, I wanted to find out ways to help myself and others get through whatever they were feeling. The moment that I took my first reiki class, I started to question how people perceive me and how I perceive others. I became very attuned with myself at first noticing there would be some kind of vibe or presence that would surround me either at home, in my workspace, or even in public. My intuition has grown ever since then and from there I've been comfortable enough to describe these things to people and help them for their highest well-being. Reiki originated in Japan and this modality can be explained in many ways but a simple way is understanding that it helps balance the 7 chakras of our bodies and Reiki balances our soul with the life energy source known as ki.

### What is your favorite essential oil?

My favorite essential oil has to be vanilla! I love mixtures of any oil with vanilla; it just brings such a welcoming scent to people just like myself!

### When you aren't practicing massage what are you interested in?

My name is Jenairy as we all know now but I also always say Jenairy like a Canary (literally like the singing bird which is so relevant because I love Singing!!) I am interested in many things but my biggest passion is anything and everything that has to do with singing, sign me up. I am a little shy because I haven't sung in a while but my goal is to get back into singing someday with professional choirs and Musical productions. I once learned "I don't sing to impress, I sing to inspire" This was at a rehearsal for the National Choir Festival at Carnegie Hall where I've had the pleasure of performing with different choirs. From there I've always loved telling people this phrase because it explains exactly how I always feel after a performance of any kind whether it's singing, acting, dancing or even massaging!! I love seeing someone's reaction to whatever I have done to impact them positively. For example, I enjoy it when people have emotional releases on my table, I feel the same way when I am singing. Sound is so powerful and healing and that is why it is my passion!

## Student Spotlight: Rebecca



### What motivated you to enroll in massage therapy school?

It took me a long time to figure out what I wanted to do with my life - after receiving my yoga teacher certification, I wanted something that would marry nicely with yoga. I want to help people find connections between their mind and body to feel their best.

### What has been the most interesting thing you have learned in the program so far?

That there are truly endless variations of certain techniques for effleurage! Letting your hands kind of guide you is pretty powerful. Also, I LOVE kinesiology!

### What is your favorite essential oil to work with?

Hard question. I like to use lavender to relax/calm, sweet orange to awaken at the end of a session, and peppermint if my client is experiencing any neck pain, back pain, or headaches.

### Are you hearing spa music in your dreams yet?

I already was! :)

## *Current and Upcoming Student Clinic Hours*

**3/21/2024 – 5/23/2024**

**Tuesday 11:00 am – 3:30 pm**

**Thursdays 9:30 am – 3:30 pm**

**4/20/2024 – 8/17/2024**

**Saturdays 9:00 am – 3:30 pm**

## *Professional Clinic Hours*

**Wednesdays 4 pm – 8:30 pm**

**Fridays 4 pm – 8:30 pm**

**Sundays 10 am – 3 pm**



## *Continuing Education Classes*

**May 6 @ 9:00 am – 6:00 pm**

**It Doesn't Have to Hurt: Thumb-Free Deep Tissue**

**8 CE Credits | \$200**

**June 9 @ 9:00 am – 6:00 pm**

**Massage Therapy in Athletics**

**8 CE Credits | \$240**

**September 22 @ 9:00 am – September 23 @ 5:00 pm**

**Somatic Mindfulness: Radiance**

**18 CE Credits | \$360**

**September 24 @ 9:00 am – September 25 @ 5:00 pm**

**Somatic Mindfulness: Connection**

**18 CE Credits | \$360**

**September 29 @ 9:00 am – September 30 @ 5:00 pm**

**Hospice Massage**

**16 CE Credits | \$375**

**October 20 @ 9:00 am – 6:00 pm**

**It Doesn't Have to Hurt: Thumb-Free Deep Tissue**

**8 CE Credits | \$200**

## *Workshops*

**April 18 @ 7:00 pm – 8:30 pm**

**Meditate & Create: New Beginnings Bracelet**

**Workshop with Josie**

**\$33**

**May 4 @ 7:00 pm – 8:30 pm**

**Sound Healing Journey with Lucia**

**\$33**

## *Stay Connected with Us on Social Media*

We invite you to stay connected with us and be a part of our exciting journey! Follow us on social media to keep up with the latest updates, events, and news from the Center for the Healing Arts. Join our online community and engage with us as we continue to explore the world of holistic education and massage therapy.



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