

JULY HAPPENINGS

Monthly Newsletter | Center for the Healing Arts



Center for the Healing Arts Shines at the New Jersey Massage Championship

We are thrilled to share our exciting experience at the inaugural New Jersey Massage Championship held this past May in Atlantic City! This year marked the first time New Jersey hosted this amazing event. We felt honored to be a part of it in multiple significant ways.

As a sponsor of the event, it was our pleasure to support the championship and contribute to the promotion and recognition of excellence in massage therapy. Our involvement underscored our commitment to advancing the field and celebrating the skills and achievements of massage therapists. Our director, Joelle, had the distinguished honor of serving as a judge at the championship. Her expertise and dedication to the art of massage therapy made her a perfect fit for this prestigious role. Joelle's participation as a judge highlighted the respect and recognition she has earned within the professional community.

We are also incredibly proud of our student, Jack, who competed in the student massage category. Jack's hard work, skill, and dedication paid off as he took home the gold in his category!

His achievement is a testament to the high level of training and support provided by our school, as well as his personal commitment to excellence.

Naturally we had staff and students at the event to spectate and support our competitor. There isn't too much cheering or fanfare from the crowd during a massage competition - but one of our dedicated students arrive with a creative and encouraging sign to support her classmate in the competition. We are genuinely blessed with some of the most caring and uplifting students.

Being part of this very special event was a joy for all of us at the Center for the Healing Arts. We are already looking forward to next year's championship and continuing to support and celebrate the phenomenal talents within our field.

Congratulations to all the participants and winners, and a special shout-out to our student (now graduate!) for making us proud. We can't wait to see what the future holds for our students and the ongoing growth of the massage therapy community.

Join Us for Our Open House: Introduction to Teaching Hands to Heal

Have you ever wondered what it would be like to be a massage therapist? If you've considered attending massage therapy school, this is your chance to get an inside look. You are invited to our open house event on Tuesday, October 1st, from 6pm to 8pm.

Event Details

- Date: Tuesday, October 1st
- Time: 6pm - 8pm
- Location: Center for the Healing Arts
- Registration: [Visit our website](#) to register. The event is FREE, but space is limited, so don't wait!

Our open house is set up to mimic a classroom experience, aptly named Introduction to Teaching Hands to Heal. This event is designed for anyone curious about what an education in massage therapy entails. Whether you're considering a career change or just exploring your options, this is the perfect opportunity to experience what our school has to offer.



Facial Sculpting CE Course by Paulette Harper

We are thrilled to highlight our recent Facial Sculpting CE course, expertly taught by Paulette Harper. Hosted twice this year, the most recent class took place on Monday, July 22nd, and it was a resounding success.

Participants learned a variety of facial sculpting techniques that their clients will love. This course focused on holistic, non-invasive treatments designed to enhance existing facial and massage services. Key techniques included Lymphatic Drainage and Facial Cupping, which provide numerous benefits for clients while also increasing income potential for practitioners.

Facial sculpting techniques offer a multitude of benefits for clients. They help to sculpt and define facial features, enhancing facial contours for a more refined appearance.

Experience our school by walking through our welcoming environment and seeing firsthand where everything happens. Enjoy our inviting classrooms, where you'll learn and grow. Meet some of our experienced and passionate instructors and staff, who are eager to share their knowledge. Additionally, get an up close look at the curriculum and hands-on training that make up our successful and comprehensive massage therapy program.

All participants will receive a free gift, including a certificate for a complimentary massage in our student clinic. It's our way of saying thank you for considering the Center for the Healing Arts as the place to start your journey in massage therapy. This open house is more than just an event—it's a glimpse into a fulfilling and rewarding career. If you've ever been curious about what being a therapist is like, now is the time to explore. We look forward to welcoming you and showing you the endless possibilities that a career in massage therapy can offer.

Don't miss out on this incredible opportunity. Register today and take the first step towards a future of healing and wellness.

Improved circulation and lymphatic drainage promote healthier, more radiant skin, leading to overall improved skin health. Regular treatments can also significantly reduce facial puffiness and swelling, providing a smoother, more youthful look. Additionally, these non-invasive methods align with holistic wellness practices, offering clients a natural and effective approach to skincare.

Our Facial Sculpting CE course by Paulette Harper continues to empower practitioners with valuable skills that enhance client wellness and satisfaction. Stay tuned for more enriching learning opportunities at the Center for the Healing Arts.



Himalayan Salt Stones vs. Hot Stones: The Ultimate Battle!

It's the ultimate showdown between two massage heavyweights: Himalayan Salt Stones and Hot Stones! On one team, we have the soothing, mineral-rich Himalayan Salt Stones, and on the other, the classic, muscle-relaxing Hot Stones. Let the battle begin!

Round 1: Origins and Composition

Himalayan Salt Stones are crafted from pure Himalayan salt, rich in over 80 trace minerals. These pink wonders hail from the foothills of the Himalayas, bringing a touch of ancient wellness to your massage.

Hot Stones, on the other hand, are typically made of basalt, a volcanic rock that retains heat exceptionally well. Sourced from riverbeds and beaches, these stones have a smooth texture that glides effortlessly over the skin.

Round 2: Benefits

Himalayan Salt Stones boast a variety of benefits. They can exfoliate the skin, promote better sleep, and balance the body's electromagnetic field. Plus, they leave your skin feeling silky smooth.

Hot Stones are champions of relaxation. Their deep heat penetrates muscles, easing tension, reducing stress, and enhancing blood flow. They're the go-to for a deeply soothing experience.

Round 3: Massage Experience

Himalayan Salt Stones provide a unique experience by gently exfoliating the skin. Their warmth helps relax muscles while also imparting essential minerals.

Hot Stones offer a more traditional experience with their consistent heat, which helps to relax tight muscles and improve circulation. Their smooth surface glides seamlessly over the skin, providing a deeply calming sensation.

The Verdict

Who wins in this epic battle? The truth is, it's a draw! Both Himalayan Salt Stones and Hot Stones offer incredible benefits and unique experiences. We encourage you to try both and discover which one you prefer. Each has their own benefits and can enhance your massage in different ways.

A Cool Addition: Cold Stones

Let's not forget about the underdog—Cold Stones! Especially refreshing in the summer heat, cold stones are primarily used on the face. They feel soothing, reduce puffiness, and can help alleviate sinus issues. The cool touch of these stones can be a perfect complement to the warmth of hot or Himalayan salt stones, offering a balanced and rejuvenating experience.

In the end, whether you're team Himalayan Salt, team Hot Stone, or even team Cold Stone, you're guaranteed a delightful and therapeutic massage. Book your session today at the Center for the Healing Arts and find out which stone is your favorite!



Student Therapist Spotlight: Symone



What sparked your interest in massage therapy?

There are so many reasons why I became interested in massage therapy. If I try, I can hone it down to two primary factors. One is the fact my mother has been a massage therapist for quite a few years now, and seeing her passion and love for massage definitely interested me. She felt at home at CFTHA, and wanted to “save the world one massage at a time.” Watching and feeling her progress through this career has been incredible, and I knew that I could learn so much at CFTHA.

The second reason is that I am certified in levels I and II of reiki, and I have a strong desire to advance further in this conquest. To do so, however, I needed licensure to touch, as I prefer to utilize hands-on reiki. This meant going to massage school and getting licensed, which I was already considering! Everything just started pointing in the direction of massage, and I knew it was my path.

What has been your favorite concept to learn about so far?

I thoroughly enjoyed learning about aromatherapy. I've been using it in my personal life for years and it was heavenly to just take the time to investigate all of the aromas we have at CTFHA! There's so many different options, and I love being able to provide that aspect of service to clients.

Is there anything you will miss about your time as a student?

I will greatly miss the camaraderie of the classroom. We've all really grown together as a group and I couldn't be happier to spend 600 hours with such wonderful people. I will also absolutely miss Liz. I assuredly couldn't have gotten this far without her extensive knowledge and engaging teaching style.

What are you most looking forward to when you get your license?

I am so thrilled to be able to even think about licensure! I am most looking forward to all of the Continuing Education classes that will be available at CFTHA. I am very passionate about learning, and having a system dedicated to continuing education as a therapist is very important to me. I couldn't be more excited to learn more about different techniques and styles.

What is your favorite aromatherapy essential oil?

Bergamot! It's such a lovely citrus scent that is clean but also grounding. Found in Earl Grey tea, bergamot has been used historically in Italian folk medicine, traditional Chinese medicine, and Ayurvedic medicine. It has a multitude of therapeutic uses that go beyond its incredible aroma and flavor, including immunomodulatory, wound-healing, and anti-inflammatory properties.

Professional Therapist Spotlight: Toni

We interrupt our normal question and answer format to unapologetically brag about Toni. Anyone who has met Toni knows she is absolutely *vibrant*. A warm, caring extrovert who starts every tour with 'I'm a hugger, come here,' she is our stellar admissions rep.

And you know what else she is? She is Symone's mom! That's right, that amazing mom who helped inspire Symone's interest in pursuing massage therapy school? THAT'S TONI! Toni was part of the very first class (heads up, ALMOST FIVE YEARS AGO) to graduate from Center for the Healing Arts, and wow has she done so much since then. Toni LOVES massage and she is a gifted LMT specializing in Myofascial Release. We are beyond grateful for Toni's energy, expertise, and enthusiasm.



Speaking of that enthusiasm, she's going to want you to know about our [upcoming start dates!](#)

SEPTEMBER 9th 2024 - Part Time

JANUARY 6th 2025 - Full Time

MARCH 11th 2025 - Full Time

SEPTEMBER 17th 2024 - Full Time

MARCH 11th 2025 - Part Time

Current and Upcoming Student Clinic Hours

4/20/2024 - 8/17/2024 10/1/2024 - 12/5/2024

Saturdays

9:00 am - 4:00 pm

6/5/2024 - 8/16/2024

Wednesdays

11:00 am - 3:30 pm

Fridays

9:30 am - 3:30 pm

Tuesdays

11:00 am - 3:30 pm

Thursdays

9:30 am - 3:30 pm

10/19/2024 - 2/8/2025

Saturdays

9:00 am - 4:00 pm

Professional Clinic Hours

Wednesdays 4 pm - 8:30 pm

Fridays 4 pm - 8:30 pm

Sundays 10 am - 3 pm



Continuing Education Classes

Aug 12 @ 9:00 am - 6:00 pm

Forearm Fusion Advanced

8 CE Credits | \$189 | **CLASS FULL**

Sept 8 @ 9:00 am - 5:30 pm

Kinetic Chain Release Protocol Level 1

15 CE Credits | \$450

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

Aug 29 @ 7:00 pm - 9:00 pm

Meditate & Create: Mala Beads Workshop

by Breathe with Josie

\$45

Oct 24 @ 7:00 pm - 8:30 pm

Meditate & Create: Intention Jar Workshop

by Breathe with Josie

\$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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