

OCTOBER HAPPENINGS

Quarterly Newsletter | Center for the Healing Arts



Celebrating Five Years as Center for the Healing Arts!

On Friday, November 1st, we'll be marking a special milestone—five incredible years as Center for the Healing Arts! Many of our wonderful clients have been with us even longer, back when we were the massage therapy program with Rizzieri. We are endlessly grateful to those who journeyed with us through that transition, placing their trust in us as we created a new chapter in holistic health and wellness.

Over these five years, our commitment to providing top-tier massage therapy education has only grown stronger. We're proud to offer our students the best training possible, preparing them for fulfilling careers in the world of massage therapy. Meanwhile, our professional spa continues to deliver the highest quality care to our clients, blending relaxation with therapeutic expertise. The student clinic also remains an invaluable resource for both our students and the community, offering hands-on experience in a nurturing environment.



Beyond the classroom and the spa, our goal is to remain a hub for holistic health and healing. We're excited to continue offering community workshops and events that support overall wellness, like our beloved Meditate & Create series. It's our way of giving back and bringing people together in the spirit of mindfulness and self-care.

As we look ahead, we couldn't be more hopeful for what the next five years will bring. With heartfelt thanks to our amazing students, clients, and staff, we're excited for all the opportunities that lie ahead. Your continued support is what makes this journey so meaningful, and we can't wait to see where we go together next.

We are hosting an open house and inviting clients, alumni, and students to gather with us and mark the occasion. Everyone is invited to join us Friday evening on November 1st from 6pm-8pm. Gather, talk, enjoy time in our healing space, and of course have some cake!

Here's to five more years of growth, healing, and community!

The Benefits of Cupping: Lifting Tissue for Deeper Relief

Cupping therapy is an ancient practice that has been used for centuries in cultures around the world, and today, it continues to offer remarkable benefits. At our spa, we specialize in dry cupping, which is a safe and effective technique involving suction cups placed on the skin to lift the tissue.

One of the key differences between cupping and traditional massage is how the two techniques interact with the body. While massage works by compressing tissue, cupping works by lifting tissue through suction. This lifting action can provide relief for stubborn knots or areas of tension that may not fully release through compression alone. The lifting effect created by cupping can help untangle those deep, resistant knots, offering a deeper level of relaxation and relief.

Cupping is also a wonderful deep pressure technique, making it particularly useful for clients who enjoy firm pressure but might struggle with areas of tension that seem to "fight back" during a massage. By lifting the tissue, cupping allows for more space and circulation to flow into the area, promoting faster recovery and relaxation.

In its historical roots, cupping therapy often involved heat from a flame to create suction, and some therapists still use this method today. However, in our spa, we use modern cupping tools made from glass or silicone that do not require heat to create the vacuum. This allows us to deliver the benefits of cupping in a safe, comfortable, and controlled way.

Massage therapists trained in cupping can incorporate the technique into a massage session using gliding and circular motions along the body, which feels similar to a deep tissue massage as the suction engages the tissue. This method helps relieve tension, improve blood flow, and promote healing. Additionally, focused cupping involves placing cups in static positions on specific areas—such as the back and shoulders—allowing for targeted relief in problem spots.

Whether you're looking for a way to address deep-seated tension or simply want to experience the unique lifting sensation cupping provides, our therapists are ready to incorporate this powerful technique into your next massage.

Current and Upcoming Student Clinic Hours

10/1/2024 – 12/5/2024 10/19/2024 – 2/8/2025

Tuesdays

11:00 am – 3:30 pm

Thursdays

9:30 am – 3:30 pm

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

Upcoming Class Start Dates

January 6th, 2025

Full Time

March 11th, 2025

Part Time

April 8th, 2025

Full Time



Our Student Clinic: Where Learning Meets Healing

At the Center for the Healing Arts, our Student Clinic is a cornerstone of our school. It not only provides every massage therapy student with the required clinic hours needed for licensure but also offers them invaluable hands-on experience in a real-world setting. We're incredibly proud of our student clinic, where learning and healing come together in a spa environment that truly sets us apart.

Our clinic hours rotate throughout the year, as we only hold clinic sessions when students are in that specific phase of their education. This ensures that our students are fully prepared and supported as they progress through their learning journey. Unlike other programs that may focus on quantity over quality, we take great care in offering a personalized, rigorous education—we aren't constantly churning out therapists. Instead, we prioritize comprehensive training over fast results, allowing our students to develop real mastery of their craft.

We deeply respect our students and recognize the importance of providing them with the right balance of guidance and independence. That's why their time in the clinic is designed to give them the skills they need, while ensuring they meet their educational requirements in a supportive, spa-like environment. Out of respect for their time and commitment, we don't extend clinic hours beyond what is necessary. Our goal is to prepare students for successful careers and to see them confidently "leave the nest" and become licensed professionals, fully equipped with the skills and knowledge they need.

Our student clinic clients play a key role in this process, providing thoughtful feedback and embracing the understanding that this is a learning environment. In return, clients enjoy relaxing, professional massage experiences at a reduced rate, knowing they are helping to shape the future of therapeutic massage.

With a COMTA-accredited massage therapy program—the only school in New Jersey with this distinction—and expert instructors guiding the way, our students are able to deliver high-quality massages that reflect the exceptional standards we uphold. Our student clinic is a vital part of their education, offering a unique opportunity for both learning and healing.



Student Spotlight: Christina



What sparked your interest in massage therapy?

I was introduced to yoga about three years ago, and took a two hundred hour teacher training two years ago. I am extremely passionate about that, and massage seems to present itself and I felt a draw towards learning about it and acquiring that into my life. I am also a reiki practitioner and I feel like these three things compliment each other beautifully.

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

Honestly all of them. They all tie together and to me understanding one of them helps me understand the others as well. Learning about the connections and the muscles and movement is extremely intriguing to me.

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

I will miss the season of life as a student, it definitely brought discipline and focus to apply myself and make it a priority. I will also miss my classmates and Paulette.

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

I am looking forward to gaining experience and expanding my knowledge. I'm super excited to sharpen my skills and become a better therapist overall every day. I can't wait for the opportunities to come.

What is your favorite aromatherapy essential oil?

Vanilla or orange.

Professional Therapist Spotlight: Ellen

What is your favorite style of massage?

Relaxation massage. Prior to school, I thought massage was only effective with deep pressure. But now I am aware of how healing it can be to relax the nervous system and bring the body into a parasympathetic state - and the many benefits of doing so.

Is there anything you miss about being a student?

Of course! I miss the daily learning. But thankfully there are always opportunities to learn and grow as a therapist. I also miss my classmates and fabulous teacher Paulette.

If there was one thing you wish everyone could know about massage what would it be?

That the benefits extend beyond just the muscles and tension relief. Massage can help form the foundation of overall holistic health, including mental health, which I am very passionate about.

What is your favorite aromatherapy essential oil?

Currently frankincense! I love that the scent has both a magical and grounding quality to it. Plus it has a wide array of benefits when applied topically. I have been using diluted frankincense in my skin care, and just the smell alone always uplifts me.



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.