

JANUARY HAPPENINGS

Quarterly Newsletter | Center for the Healing Arts



Explore Thai Element Theory with Marisa Incelli

At the Center for the Healing Arts, our mission is “Teaching Hands to Heal,” and we believe that education is a cornerstone of exceptional massage therapy. That’s why we are delighted to offer continuing education courses that empower therapists to expand their skills and deepen their understanding of the healing arts. This month, we are thrilled to feature an inspiring course: Thai Element Theory and Elemental Touch with Marisa Incelli.

Traditional Thai Medicine is a rich and ancient tradition rooted in balance and individualized care. It utilizes Five Element Theory—earth, water, fire, wind, and ether—which provides a framework for understanding the physical and energetic body. Each element corresponds to specific qualities: earth as solidity, water as fluidity, fire as transformation, wind as movement, and ether as spaciousness. Marisa Incelli brings these concepts to life in her engaging course, which introduces participants to both the theory and practical application of elemental touch techniques.

Participants will learn to identify elemental imbalances in the body and mind, apply tailored massage techniques, and gain tools to integrate this system into your current practice. This knowledge not only enhances client care but also offers new ways to reflect on workplace dynamics and personal well-being.

We are honored to partner with Marisa for this transformative learning experience, continuing our commitment to providing high-quality education to massage therapists. Whether you’re just beginning your journey or are an experienced therapist looking to explore new modalities, this course is an opportunity to grow both personally and professionally.

To learn more about this course and register, visit our website. Spaces are limited, so don’t wait to secure your spot!

Join us in carrying forward the art and practice of healing through education. Together, we can continue to grow, learn, and heal.

Massage Therapy: A Soothing Balm for the Mind

Depression can feel like a heavy fog that's impossible to lift, affecting every corner of life from work to relationships to simple daily tasks. While therapy and medication remain essential tools for managing depression, massage therapy offers a complementary approach that brings relief to both body and mind.

According to the Anxiety and Depression Association of America, over 6.7% of adults in the U.S. experience major depressive disorder annually. That's millions of people who could benefit from additional support. The good news? Massage therapy has been shown to reduce symptoms of depression by lowering cortisol levels (the stress hormone) and increasing serotonin and dopamine—chemicals responsible for mood regulation.

A 2010 meta-analysis published in the Journal of Clinical Psychology revealed that massage therapy significantly reduces symptoms of depression, especially when sessions are consistent. By releasing physical tension and promoting relaxation, massage helps clear that metaphorical fog, even if just for a little while.

At the Center for the Healing Arts, we understand that navigating depression takes immense courage, and we're here to help. We see the connection between caring for our bodies as a means to care for our brains. And that is how massage therapy can benefit mental health - that body-brain connection. Show up to a massage appointment and allow yourself to live in your body and experience deep relaxation. Let your brain quiet. Lean in to the power of the body-brain connection.

Interested in experiencing the healing touch of massage? Schedule your session today and let us help you find moments of peace amidst the challenges.



Professional Clinic Hours

Wednesdays 4 pm - 8:30 pm
Fridays 4 pm - 8:30 pm
Sundays 10 am - 3 pm

Current and Upcoming Student Clinic Hours

1/8/2025 - 3/19/2025

Wednesdays 10:30 am - 3:30 pm
 Fridays 9:00 am - 3:30 pm

10/19/2024 - 2/8/2025

Saturdays 9:00 am - 4:00 pm

3/20/2025 - 8/16/2025

Thursdays 6:00 pm - 8:00 pm
 Alternating Saturdays 9:30 am - 12:30 pm





Top It Off: Why Scalp Massage is the Crown Jewel of Relaxation

Have you ever noticed how a simple head rub can send waves of relaxation through your entire body? That's no coincidence. Scalp massage does more than feel amazing—it offers a variety of benefits that promote wellness from head to toe.

First and foremost, scalp massage is a champion of circulation. By stimulating blood flow to your head and hair follicles, it can encourage healthy hair growth and even alleviate pesky tension headaches. Regular scalp massage has also been linked to reducing stress and promoting better sleep—a much-needed respite in our busy lives.

And let's not forget about the “feel-good” factor. Scalp massage triggers the release of endorphins, giving you that instant mood boost. Plus, the rhythmic pressure can help reduce muscle tension in your neck and shoulders, creating a domino effect of relaxation throughout your entire body.

At the Center for the Healing Arts, we've taken scalp massage to the next level with our relaxing scalp treatment—available as an enhancement in both our student clinic and professional spa. This treatment not only pampers your scalp but also nourishes it with gentle oils and expert techniques, leaving you refreshed and revitalized.

Ready to crown your next massage session with a scalp treatment? Visit our website to book your enhancement and experience firsthand why scalp massage is the crowning glory of relaxation!

Upcoming Class Start Dates

March 11th, 2025
Part Time

April 8th, 2025
Full Time



Student Spotlight: Bri

What has been your favorite thing to learn so far in our massage therapy program?

My favorite thing would have to be learning the enhancements. Specifically the scalp massage; not only is it relaxing for the client, but also for me!

What are your plans after you receive your massage therapy license?

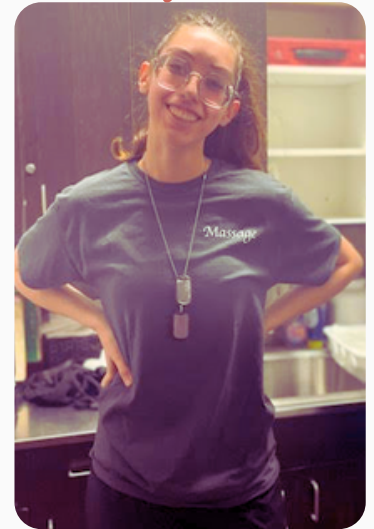
I wish to get a second job at a spa type setting to continue practicing on my skills. I would also take extended classes on maternity work to get a better idea for my dream job of being a doula. I'll also most likely take an extended class on cupping just for fun and interest!

What advice would you share with someone thinking about becoming a massage therapist?

Think long and hard before committing. This schooling is fast paced and very in-depth. It's okay to struggle and want to quit sometimes, but if you truly believe in your heart that this is your path or stepping stone then put all your chips on red!

What is your favorite aromatherapy essential oil?

Cinnamon



Professional Therapist Spotlight: Peggy



Do you have a favorite technique or modality that you love practicing?

I enjoy performing an 80 minute full body massage. I especially enjoy working on traps, rhomboids, and lower back. I feel fulfilled to be able to help relieve the tension that my clients are experiencing.

What do you miss about school?

The thing I miss most about school is learning how the body functions and is able to perform, and how each system regulates to perform functions to sustain life.

What advice would you share with someone thinking about becoming a massage therapist?

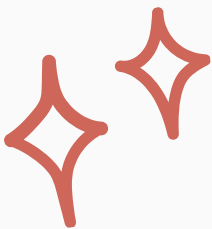
My advice to someone thinking about becoming a massage therapist would be to gain and retain all the academic education you receive during the course. Be prepared to be amazed at the human body and remember the power of human touch to heal.

What's something surprising or fun about you that people might not know?

I'm a book nerd, I love to read!

What is your favorite aromatherapy essential oil?

Peppermint - it reminds me of Christmastime.



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.