

JULY HAPPENINGS

Quarterly Newsletter | Center for the Healing Arts



Summer Wellness Spotlight:

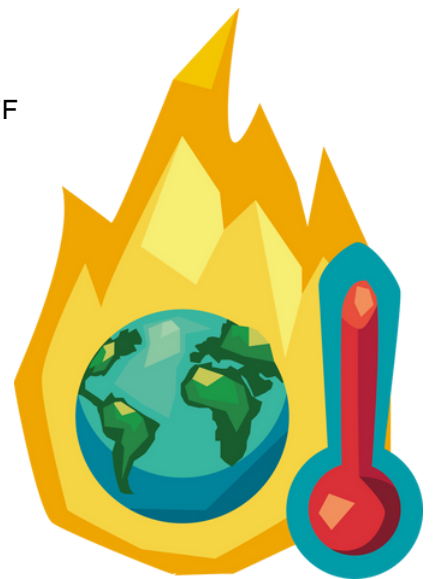
Summer is in full swing—the sun is shining, days are longer, and there's an unmistakable energy in the air! While we're soaking up all the golden goodness this season offers, it's also the perfect time to tune into your body's needs. Sunshine is one of summer's greatest gifts, playing a vital role in the body's production of vitamin D, which supports strong bones and overall wellness. Increased sun exposure also sparks the release of serotonin—the “feel-good” hormone—leading to brighter moods and improved mental well-being. Altogether, these benefits make summer a naturally uplifting season, filled with joy, vitality, and optimism.

Cooling off in the water is a quintessential summer experience. Whether it's a day at the beach, a dip in the pool, or a kayaking adventure, water activities offer a refreshing escape from the heat.

With more heat waves on the horizon, and a big one currently sweeping much of the U.S., the risk of heat-related health problems has also been on the rise.

Here are some tips for staying safe in these extreme conditions:

- Avoid going outside and doing strenuous activity during the hottest time of day.
- Stay in the shade. Remember that perceived temperatures in the sun can be 18–27 °F higher thanks to humidity.
- Stay informed about official heat warnings.
- Use the night air to cool down your home by opening windows after dark when the outdoor temperature is lower than the indoor temperature.
- During the day, when outdoor temperatures are higher than indoors, close windows and cover them with blinds or shutters to block direct sunlight.
- Use light and loose-fitting clothing and bed linens.
- Take cool showers or baths.
- Wet your skin using a damp cloth, spray, or wet light clothing.
- Drink water regularly (1 cup of water per hour and at least 2–3 litres per day).
- Regularly check in with vulnerable people in your circle.



So as you soak up the sunshine and savor the season's joys, don't forget to give your body the care it deserves—come get a massage and let summer self-care be your sweetest ritual yet.



New Service - Facial Sculpt and Release Treatment

Get ready to glow— ✨ We're thrilled to unveil an exclusive new offering on our professional spa menu!

This signature experience is available only at our spa—Fridays from 4:00 PM to 8:00 PM—with Paulette herself guiding you into deep renewal.

An 80-minute facial ritual to sculpt, soothe, and restore. The Facial Sculpt and Release Treatment combines gentle facial lymphatic drainage, cupping, cool stone therapy, and relaxing neck, scalp, and hand massage

- Lymphatic drainage helps reduce puffiness and swelling, Relieves muscle tension, Boosts circulation, and improves skin tone.
- Cupping helps boost circulation, reduces puffiness, softly sculpts the face, and stimulates collagen production.
- Cool stone therapy is used to soothe the eye area, brightening and toning the skin
- A deeply relaxing neck, scalp, and hand massage that brings balance to your entire nervous system, releasing tension.

This treatment is ideal for those experiencing inflammation, stress, or facial tension—this ritual is as rejuvenating as it is grounding.



This rejuvenating service was thoughtfully created by the talented Paulette Harper, a Licensed Massage Therapist and Licensed Esthetician with over a decade of experience in holistic care. Blending her deep knowledge of massage therapy with advanced facial techniques, she's designed a one-of-a-kind treatment that gently works the muscles of the face to release tension, restore radiance, and elevate your natural glow.



Massage History - Cupping Therapy

1550 BCE - Ancient Egypt

The earliest recorded use of cupping appears in the Ebers Papyrus, where Egyptians used it to treat fever, pain, and menstrual imbalances.

500 BCE - Ancient Greece

Greek physicians like Hippocrates adopted cupping from the Egyptians, using it to treat internal disease and structural problems.

200 BCE - Han Dynasty, China

Cupping becomes a staple in Traditional Chinese Medicine (TCM), often paired with acupuncture to balance Qi and treat respiratory and musculoskeletal issues.

7th Century CE - Islamic Golden Age

Cupping, known as Hijama, is recommended by the Prophet Muhammad and has become a widely practiced healing method in Islamic medicine.

Middle Ages - Europe

Cupping spreads through Europe, used by physicians and barbers alike. It remained popular until the 1800s when Western medicine shifted toward internal pharmacology.

20th Century - Decline and Quiet Persistence

Cupping fades from mainstream Western medicine but continues in Eastern traditions and among holistic practitioners.

2016 - Olympic Spotlight

Swimmer Michael Phelps appears with cupping marks at the Rio Olympics, sparking global curiosity and a wellness revival.

2018-Present

Rise of Full-Body and Facial Cupping

Cupping is now widely used for focused areas like the back, shoulders, and hips, as well as full-body sessions to support mobility, reduce inflammation, and promote deep relaxation. It's especially popular among athletes and those with chronic tension. Facial cupping gains traction in the beauty world as a non-invasive technique to boost circulation, reduce puffiness, and promote collagen production. It's now a spa favorite and social media darling, often featured in self-care routines and holistic facials.



Continuing Education Classes

Somatic Mindfulness: Poise with Fernando Rojas MSME/T, LMT, PhD

Date: (Two Days) 08/24/25 - 08/25/25

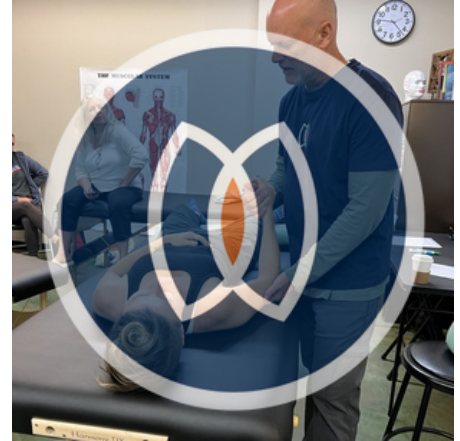
Time: 9:00 am - 5:00 pm

Cost: \$369

CE credits: 16

****NCBTMB Approved****

By bridging somatics with bodywork, these workshops invite both practitioner and client into a deeper conversation with the body's inherent wisdom. Learn to work with natural ease and flowing precision, allowing tissues to reveal their own path to change while protecting your own body's resources.



Kinetic Chain Release with Kristen O'Grady, LMT

Date: (Two Days) 09/21/25 - 09/22/25

Time: 9:00 am - 5:30 pm

Cost: \$450

CE credits: 15

****NCBTMB Approved****

A series of gentle mobilizations and stretches, carefully crafted to quickly and effectively bring about postural changes that correct the body's imbalances. KCR frees the human body of its physical and energetic blocks to return the body to its natural, dynamic, energized, active, and lively state.

Ready to grow your skills? Register now at www.centerforthehealingartsnj.com

Current and Upcoming Student Clinic Hours

3/20/2025 - 8/16/2025

Mondays + Thursdays 6:00 pm - 8:00 pm

Saturdays 9:30 am - 12:30 pm

07/18/2025 - 10/03/2025

Wednesdays 10:30 am - 3:30 pm

Fridays 9:00 am - 3:30 pm

Professional Spa Hours

Wednesdays 4:00 pm - 8:30 pm

Fridays 4:00 pm - 8:30 pm

Sundays 10:00 am - 3:00 pm



Student Spotlight: Delany

What is your favorite hands-on technique you've learned so far?

My favorite technique would have to be deep tissue work! I truly enjoy the opportunity to work deeply into the muscles, using firm pressure to locate and release the knots that contribute to so much tension and discomfort.

What's something unexpected you have learned in the massage therapy program?

Something unexpected I learned so far in my course is just how impactful massage can be to the overall health of a person. I always knew that massage had stress relief capabilities, but I never understood how it could alleviate pain for so many medical conditions! From those who suffer from immune conditions to cardiovascular issues to psychological conditions, everyone can benefit from getting a massage regularly.

What inspired you to pursue a career in massage therapy?

My journey began with a massage I received while on vacation in January. I'd mentioned neck and shoulder tension, and the therapist's precise, intentional work moved me deeply, so much so that I cried, releasing years of stored trauma. That moment opened my eyes to the profound connection between body and emotion, and sparked a passion for somatic healing. A few weeks later, I found the Center for the Healing Arts—and everything clicked!

How would you describe the vibe at Center for the Healing Arts?

When I first walked into the Center for the Healing Arts, a wave of serenity washed over me. It may sound dramatic, but the peaceful energy in the space was almost tangible, even before I spoke to anyone. As I got to know Toni, the admissions coordinator, along with the incredible instructors, support staff, and fellow students, that initial feeling only deepened. There's something truly magical about being surrounded by people who share the same deep-rooted passion for compassion, healing, and the transformative power of massage. From that very first moment, I knew this was exactly where I was meant to be—and choosing this path has been one of the best decisions I've ever made.



Professional Therapist Spotlight: Dave

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

My favorite modality would have to be Swedish massage—it sets a great baseline to build therapeutic sessions from. As for technique, I really enjoy working with petrissage overall, but I take special pride in how I incorporate my forearms into my back sequence.

What do you miss about school?

Honestly, I miss the constant learning environment—getting to explore techniques that were new to me and connecting with others who shared the same curiosity and passion.

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

Explore what resonates with you, and don't be afraid to experiment as you grow. Have fun with it, stay curious, and always pay attention to what feels good and aligned with your intention.

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

I'm also a Shamanic Practitioner, and I want to incorporate energetic healing and tissue manipulation to create my own brand of massage. I plan to specialize in myofascial release and also become certified in Reiki. I love to help people, and I'm a big fan of nature and anime.

What is your favorite aromatherapy essential oil?

My favorite essential oil is definitely bergamot. It's bright, uplifting, and grounding all at once.



Massage Program & Upcoming Start Dates

At the Center for the Healing Arts, both full-time and part-time massage programs lead to the same destination, but the journey feels very different depending on your lifestyle and goals.

Full-time programs are immersive and fast-paced, typically wrapping up in about 6.5 months. They're ideal if you're ready to dive in headfirst and want to start your career as soon as possible. You'll stay deeply engaged with the material, build momentum, and graduate quickly so you can begin transforming lives through touch.

Part-time programs, on the other hand, stretch over a longer period—often around 12 months—making them perfect for those balancing work, family, or other commitments. The pace is gentler, giving you more breathing room and flexibility, though it takes longer to reach the finish line.

It comes down to your current schedule and how quickly you want to step into your new role as a massage student.



**August 4th
2025
Full Time**

**September 8th
2025
Part Time**

Connect With Us

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.