

Therapies offered on November 6 and November 15 (may vary by location):

Individual 15-Minute Sessions (reservations required)

Table or Chair Massage – Hands-on massage (clothed) relieves pain from tight muscles, increases joint mobility, improves general health, and creates a sense of well-being.

Aromatherapy – Hands-on massage (clothed) with essential oils helps improve physical and emotional well-being.

Comfort Touch – A nurturing form of acupressure that promotes deep relaxation and relief from stress and pain.

Healing Touch – An energy-based therapy that helps promote balance and harmony.

Korean Hand Acupressure – A gentle system of pain reduction using pressure points on the hands.

Mini-Manicure – As much fun as going to the salon!

Nourishing Nutrition – A registered dietician answers your questions related to nutrition.

Reflexology – The application of pressure to points on the hands and feet that facilitates healing throughout the body.

Reiki – A spiritually guided life-force energy, applied through the practitioner's hands, that promotes healing of the body, mind, and spirit.

Group 35-Minute Sessions (reservations required)

Acupuncture for De-stressing – An ancient Chinese healing system that involves the insertion of fine needles on points along energy pathways (meridians) to balance the body's energy (chi).

Caring Conversation Support Group (available in English or Spanish) – Sharing with fellow caregivers on a similar path can be encouraging and therapeutic.

Finding Meaning In Your Dreams – Learn to benefit from your dreams as a source of challenge, information, and direction for your journey toward wholeness.

Meditation for Caregivers – The practice of focusing your attention and suspending the stream of thoughts can help you relax, cope with health concerns, and increase your overall wellness.

Music Therapy – Music helps in the management of stress, the expression of difficult feelings, and the experience of personal joy—for you and your care recipient.

Guided Relaxation – The procedure of Jacobson's progressive muscle relaxation teaches you to relax your muscles and ease tension.

Rx Laugh – Laughter, the best medicine, gives your heart and lungs a workout, boosts your immune system, and revs up your mental functioning.

Individual Drop-In Sessions (reservations NOT required)

Mini-Makeover – A two-minute makeover adds sparkle to your face and satiny smoothness to your hands.

Pampered Hands Paraffin Wax – A hot wax dip does wonders for rough hands.