

Chi Asian Spa

Sarah Pritchard

Ultimate Spa Judy Chapman,2012-12-11 Asia is now at the forefront of the international spa movement with the creation of many of the world's finest luxury spas--most of which base their treatments on traditional Asian therapies and formulas. Drawing on the expertise of many of Asia's best therapists, doctors, and wellness experts from around the region, ultimate spa offers a comprehensive look at the finest spas in Asia and the unparalleled range of therapies they now offer. This spa pictorial not only describes Asia's best-known destination and day spas in detail, it delves deeply into the ancient wellness traditions of Ayurveda, TCM (Traditional Chinese Medicine), and other health and beauty secrets which are largely responsible for the phenomenal success of Asian spas today. The emphasis is on spiritual well-being and natural holistic curatives. All spas and photographs, many with extensive how-to sequences and detailed recipes and instructions. This book is a must-have for spa goers and spa professionals everywhere.

Chi Nei Tsang Mantak Chia,1990

Tropical Spa Sophie Benge,2012-06-05 The Tropical Spa catalogs Asia's most luxurious spas with full-color photography and a wide range of stress-busting therapies. The emphasis is on spiritual well-being and natural curatives rather than on modern chemicals and synthetic preparations. Traditional beauty treatments for revitalizing facials; relaxing baths and scrubs; refreshing, healthy tonics and meals; massage oils; blends and techniques; and much more are offered here in an easy-to-follow manner. Many of the spa techniques were handed down from generation to generation. They are all designed to soothe, nurture and calm the body and mind. Practical tips and specific treatments are given to allow the reader to recreate the Asian spa experience at home. Many of the spa techniques were handed down from generation to generation. They are all designed to soothe, nurture and calm the body and mind. Also included are sections on bay treatments, Asia's top spas, and tropical pharmacopoeia.

Secret Destinations Susie Donald,2006

Chi Nei Tsang Mantak Chia,2006-12-26 An ancient Taoist system for detoxifying and rejuvenating the internal organs • Presents techniques to clear blockages in the body's energy flow • Includes illustrated exercises to relieve common ailments, revitalize the organs, and enable readers to take charge of their own health and well-being • Focuses on the navel center, where negative emotions, stress, and illness accumulate The techniques of Chi Nei Tsang evolved in Asia during an era when few physicians were available and people had to know how to heal themselves. Many people today have symptoms that modern medicine is not able to cure because a physical source for the problem is not easily found. The energies of negative emotions, stress, and tension--all common in modern life--and the weight of past illness accumulate in the abdominal center, causing energy blockages and congestion. When this occurs, all vital functions stagnate and myriad problems arise. By practicing the techniques of Chi Nei Tsang, this stagnation is removed and the vital organs surrounding the navel center are detoxified and rejuvenated. Master Chia teaches readers how to avoid absorbing negative energies from others and take full charge of their health through the self-healing techniques of Chi Nei Tsang. He offers fully illustrated exercises that show how to detoxify the internal organs and clear the energy (chi) channels throughout the body. He also presents methods for balancing emotions, managing stress, and observing the body in order to recognize, ameliorate, and prevent maladies before they become a problem.

Chi Self-Massage Mantak Chia,2006-06-05 Energetic massage techniques that dispel negative emotions, relieve stress, and strengthen the senses, internal organs, and nervous system • Shows how Chi Massage employs one's own internal energy to promote rejuvenation • Presents Chi Massage techniques for every organ and bodily system • Provides a daily practice routine that requires only 5 to 10 minutes to complete The Western concept of massage primarily concerns muscle manipulation. In the practice of Chi Massage, internal energy, or Chi, is manipulated to strengthen and rejuvenate the sense organs--eyes, ears, nose, tongue, teeth, and skin--and the internal organs. The Taoist techniques in this practice are more than

5,000 years old and, until very recently, were closely guarded secrets passed down from master to student with each master often knowing only a small part of the complete method. In Chi Self-Massage Master Mantak Chia pieces together the entire system of Chi Massage into a logical routine, revealing the methods used by Taoist masters to maintain their youthfulness. He explains the energetic theory behind Chi Massage and how negative emotions affect the organs and nervous system. By practicing the exercises outlined and following the daily routine that requires only 5 to 10 minutes to complete, readers can strengthen their senses--most notably vision, hearing, and taste--detoxify their internal organs and glands, help control negative emotions, relieve stress and constipation, and improve their complexion, teeth and gums, and overall stamina.

Thai Spa Book Chami Jotisalikhorn, 2012-10-16 Based on traditional Thai herbal lore, the secrets of this country's ancient healing therapies, are offered for the first time in this Thai guide to health and beauty. Feel-good therapies and natural healing are the lifestyle mantras of the new millennium. Asia leads the way in the back-to-nature market, reviving many of its ancient techniques and treatments that have been handed down from one generation of women to the next. Thai Spa Book focuses specifically on stress-busting therapies from Thailand, running the gamut from the many types of Thai massage and meditation, to full beauty treatments, facials, relaxing baths and scrubs, healthy tonics and much more. These therapies are offered with recipes or instructions, or both, which are easy to follow. practical tips are given to recreate these health and beauty recipes at home, and specific treatments are outlined for specific ailments. All are designed to soothe, nurture and calm. With superb, full-color photography using many of Thailand's top supermodels, the book was shot entirely on location in some of Thailand's super-delux spas.

Qigong Meridian Self Massage William Lee, 2014-10-09 Easy to Learn, Complete Program (book + video) for Improved Health, Pain Annihilation, and Swift Healing For those interested in Traditional Chinese Medicine, relaxation techniques, and Chi (Qi) healing methods - don't pass up the chance to get the chi flowing and enjoying in long list of health benefits. Through 99 photos, easy to follow guidelines and a 30 min long video, Sifu William Lee explains how very simple self-massage methods can maximize your energy and reduce symptoms of ill health - from arthritis to allergies, back pain to weight loss. These methods are practical and effective, not theoretical - work through them at your own pace, depending on the level of effect that you need. From your eyelids to the bottom of your feet, self-massaging those important meridian points can release your stress and allow you to live fully and drink deeply of life and its natural healing power. THIS IS PROBABLY MOST COMPLETE AND FASTEST TO LEARN QIGONG MERIDIAN SELF MASSAGE GUIDE - CHECK YOURSELF WHY

Chi Nei Ching Mantak Chia, William U. Wei, 2013-11-04 Fully illustrated guide to massage techniques for unblocking chi, releasing tight tendons and muscles, and alleviating back and joint pain • Explains the hammering massage technique of Tok Sen, which sends vibrational energy deep into the fascia and muscles • Details how to use the 10 Thai energy meridians known as Sen Sib and the 12 muscle-tendon meridians of Chinese acupuncture in massage • Explains Meridian Detox Therapy and Gua Sha, which clears blood stagnation, promotes metabolism, and can prevent and treat acute illness Good health depends on the free flow of life-force energy, chi, throughout the entire body. The accumulation of tensions in the muscles and tendons as well as the stagnation of negative energy can lead to blockages in the body's energy channels, resulting in pain, low energy, or illness. In this full-color illustrated guide, Master Mantak Chia and William Wei detail massage techniques for unblocking chi, releasing tight tendons and muscles, and alleviating back and joint pain. The authors explore the 10 Thai energy meridians known as Sen Sib, the 12 muscle-tendon meridians of Chinese acupuncture, and the most commonly strained muscles and tendons of the spine, neck, and pelvis. They explain how to treat specific ailments, such as headache, stiff shoulder, or lumbar pain, with the traditional Thai massage technique known as Tok Sen, which uses a wooden hammer to send vibrational energy deep into the fascia and muscles along the Sen Sib meridians. This method is particularly effective for joint pain, because the vibrations can reach more deeply and accurately within the body's structure than a massage therapist's fingers. The authors also explain

Meridian Detox Therapy, which includes cupping, skin massage, and Gua Sha--the scraping of different parts of the body to clear blood stagnation, promote metabolism, and treat acute illness. The final book in the Chi Nei Tsang series, Chi Nei Ching offers advanced massage techniques to work with the energy meridians for optimum health.

The Tui Na Manual Maria Mercati,2018-06-12 A full-color, illustrated guide to Chinese tui na massage techniques for whole-body health • Demonstrates each of the 15 unique Tui Na techniques with rich full-color photos and step-by-step instructions • Explains how to use qi-points to treat conditions in close proximity to the points as well as enact healing in tender or injured regions through the use of distant points • Details how to use Tui Na in all ages to release stress, re-energize the body, invigorate the mind, and relieve pain, sciatica, headache, sports injuries, and other common ailments Tui Na, which means “grasp and push,” is a Chinese system of therapy that uses massage and bodywork manipulation to relieve pain, release tension, and treat common ailments. Often practiced in conjunction with acupuncture and Chinese herbalism, Tui Na is also used as a treatment to address specific patterns of disharmony and stimulate the overall flow of qi, or vital energy, throughout the body. The leading authority on Tui Na in the West, with years of study in China, Indonesia, and Thailand, Maria Mercati combines the individual techniques of Tui Na into an easy-to-use method for whole-body health. Providing rich full-color photos with step-by-step instructions, she demonstrates each of the 15 unique Tui Na techniques, showing clearly where to place your hands as well as offering clear diagrams of the meridian energy channels and more than 100 powerful qi-points, where qi energy can be directly affected to restore balance and harmony. She explains how to use the qi-points to treat conditions in close proximity as well as enact healing in tender or injured regions through the use of distant yet connected qi-points. The author details how to use Tui Na treatments to relieve neck, shoulder, and back pain, sciatica, headache, and many other common ailments, treat sports injuries, and improve athletic performance. She also shows how it can release stress, re-energize the body, and invigorate the mind, as well as provide healing massage for adolescents, the elderly, and babies. Offering a healing method that requires no special equipment and is simple enough to do at home or in a chair at work, this fully illustrated guide provides a hands-on program to help yourself and others find whole-body health.

The Healer Within Roger O.M.D. Jahnke,2013-07-02 Release your natural powers for healing, endurance, and longevity With this revolutionary guide, you will learn four simple and remarkably effective techniques to release your natural powers for healing. The methods—gentle movement, self-applied massage, breathing exercises, and meditation—are drawn from the ancient Chinese healing system of Qigong (Chi Kung) and are easily adaptable to every lifestyle. You can practice them almost anywhere—in the car, in line at the bank, at your desk, while walking, even in bed. Using these methods for as little as ten minutes a day can dramatically increase your endurance, vitality , and longevity. Self-care has never been so easy!

Chinese Self-massage Therapy Fan Ya-Li,Ya-li Fan,1997 Chinese self-massage has many benefits and uses, ranging from maintaining health to treating acne, losing or gaining weight, and preventing wrinkles. This comprehensive overview of the theories and techniques of Chinese self-massage is for both professional practitioners of Chinese medicine and people who are interested in caring for their health. It includes self-massage procedures for treatment and prevention of many common complaints, such as colds and flus, insomnia, high blood pressure, constipation, diabetes, menstrual pain, tennis elbow, and fibrocystic breast disease, along with accompanying pictures showing how and where the technique should be done. This book also includes sections on self-massage for sexual dysfunction, beautification, weight loss, maintenance of teeth, prevention of balding, and the promotion of better breast health.

The Handbook of Chinese Massage Maria Mercati,1997-09 Britain's leading authority on Oriental massage integrates classic tui na techniques into a new, whole-body treatment never before seen in East or West.

Tui na Sarah Pritchard,2015-05-21 Tui na: The Chinese Massage Manual is a comprehensive and well established handbook for students and

practitioners of Tui na in the West. The author describes the roots and development of Tui na, how it works therapeutically with the context of Chinese medicine, and how to become an effective Tui na practitioner. The book contains detailed and clearly illustrated descriptions of Tui na techniques, how to practice them, their clinical applications and therapeutic effects. Foundation area routines are provided to support the development and fluidity of manual skills and to give an initial structure for building treatments. The book has a unique approach to creating and planning Tui na treatments. Avoiding the prescriptive approach usually employed, the author discusses the principles of practice and enables the student practitioner to make choices and formulate treatments by bringing together their knowledge and skills. Frameworks are provided, and techniques, methods and approaches suggested for presenting patterns of disharmony within the treatment of common ailments. The book features - Over 120 photographs clearly illustrating the techniques - The application of the ancillary therapies of cupping, gua sha and moxibustion - The application of external herbal media - 'Tips for Practice' easy reference to support the learning of techniques - Case histories illustrating the treatment of common clinical ailments - Treatment foundation area routines - Yin and yang styles of practice - Demonstration of how to combine Tui na and acupuncture in practice - a related series of videos (available online) showing how to apply all the major techniques

Chinese Massage Manual Sarah Pritchard, 2015-01-21 This comprehensive, introductory book covers the essentials of Chinese massage (Tui na), including the fundamental principles of Chinese medicine, and the 20 basic massage techniques. It also includes treatment advice for 12 common ailments, so that the reader can practice what he or she has learnt to good effect. The book covers: · Instruction on 20 specialized massage techniques · How to locate over 50 points to treat specific problems · How to combine massage with Qi Gong for maximum energy and wellbeing · Step-by-step treatments for common colds, lower back pain, sciatica and more · Clear photographs, diagrams and charts The author provides key information in clear, easy to refer to tables and diagrams, making this also an excellent reference for students, and practitioners of related disciplines.

Qigong Massage for Your Child with Autism Louisa Silva, Anita Cignolini, 2011-06-01 Qigong massage has been used in China for thousands of years as a means to achieve health and wellbeing, and to treat a wide variety of ailments. This book teaches parents a simple qigong massage programme that has been developed specifically for the needs of children with autism spectrum disorders (ASDs). With step-by-step instructions and an accompanying DVD demonstrating the technique in action, this book offers parents clear guidance on how to adopt qigong massage into their child's daily routine successfully. The program is based around a core 15 minute massage that, when performed regularly, has been shown to greatly improve mood and behavior, sleeping patterns, and language and social skills. Also included is information on diet, advice on reading a child's body language during massage, and helpful progress checklists. Qigong massage is the ideal therapy for parents looking for an alternative way to strengthen the mind, body and sensory abilities of their young child with autism aged 6 and under.

Traditional Chinese Hand and Foot Massage 王洪, 2001-01-01 Written for medical practitioners, but of interest to students of massage therapy, this new volume covers the history of hand and foot massage in traditional Chinese medicine, anatomy and related acupoints, treatment of 79 diseases and more.

Healing Buddha Palms Chi Kung Elise Dirlam Ching, Kaleo Ching, Gilles Marin, 2011-12-07 Healing Buddha Palms Chi Kung is a Taoist practice that is an especially powerful tool for healers and Chi Kung practitioners to build and conserve their own Chi and to channel Chi from both the Earth and the Universe. This practice stimulates our twelve internal organs and their meridians, the eight Extraordinary Channels which are our reservoirs of Chi. In this manual and its corresponding DVD (sold separately), Gilles Marin and Elise & Kaleo Ching guide you through the subtle yet powerful Buddha Palms sequence. The book provides in depth step-by-step instruction with color photos and relations to meridian points. It also includes introductory information and 7 guided meditations.

A Complete Guide to Chi-Gung Daniel Reid,2000-03-07 Chi-gung, which literally means energy work, is a system of cultivating health, vitality, and longevity that is based on the fundamental principles of Taoism and the laws of nature. Practiced by the Chinese for thousands of years, chi-gung works with the energy found in all living things to help rid the body of the imbalances that sap our strength and give rise to disease. The simple, meditative movements, breathing exercises, and massage techniques that are the basis of chi-gung can be practiced by anyone, regardless of age or physical fitness.

Tai Chi Chuan 'Book of Essence' Yvonne Huizinga,2018-07-30 Tai Chi Chuan the 'Book of Essence' Tai Ji Quan, Tai Chi Chuan, the book of essence is a free ebook created by Tai Chi Chuan and Chi Kung team from Uithuizen, Groningen in the Netherlands. This book is in the English language and explains many subjects about Tai Chi Chuan, Tai Chi Tao, Chi Kung, Yoga, Meditation, Selfdefense, Martial Arts and much more. Tai Chi team Uithuizen is operated by mw, Yvonne Huizinga from the Groningen Area in the Netherlands.

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