



Sandra Alexcae Moren, B. Ed., a spa consultant with Kyron Spa & Salon Consulting, (a division of Chiron Marketing Inc.) has over 35 years experience in the Professional Beauty Industry.

Sandra's diverse background includes a B. Ed from the University of Alberta, Canada, with a major in Vocational Education and minors in Psychology and Drama. As a cosmetologist, educator, Master Judge with the Judges Panel of Canada, a member of the Cosmetology Industry Association of British Columbia, former Spa Director, business owner, Professional Speaker, Educator and writer it was a natural evolution to assist individuals as a spa consultant.

You will find Sandra at the drawing board with the design team, consulting with the accountant, on site with the contractors, sourcing equipment and products, creating treatments and services, creating and designing menus/brochures writing Procedures and Policy manuals, developing the staff and designing the marketing plan.

As a Professional Speaker, and educator Sandra inspires with her passion and enthusiasm for life. As a writer, articles have appeared in trade magazines and extensive media and promotional materials, curriculum development and corporate brochures.

Living, working and traveling internationally has allowed Sandra to personally experience and research the marketplace diversity and Spa/Salon Experiences.

Inspiration and information, is what she is all about; with a passion and enthusiasm for life. Her books, *Spa & Salon Alchemy, The Ultimate Guide to Spa & Salon Ownership* and her 2nd book *Spa & Salon Alchemy: Step by Step Spa Procedures* are a "must for everyone in the industry."

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The *Healing of* **BODYWORK**

by Sandra Alexcae Moren

Being a very open and curious spa consultant I am always trying new modalities of treatments and services to continually educate myself. I believe that certain services and treatments available in certain spas and healing centers, not only feel good but can be very healing to the body and soul. Today, the focus has been shifting from the pampering and beauty aspects to addressing the demands for amenities such as anti-aging services, therapeutic benefits, wellness, preventive medicine, energy medicine, alternative healing, and spiritual practices—blending Eastern and Western, ancient and modern, healing approaches.

Over the last few years, not only did I have a car accident I lost my mother and younger brother within a nine month period. Only now, after a long period of time, can I realize the toll it took on my physical, emotional, and spiritual being. I have searched and tried many modalities for healing and then went back to acupuncture which gave me a certain level of physical relief. My level of energy was very low; I ached all over and was not too enthusiastic about anything, which for me is totally out of the norm. I realize now that part of the process was grieving and part was the physical trauma from the car accident.

I recently met a group of Chinese Doctors and massage therapists at a trade fair booth at the Alberta Teachers' Convention. I was very intrigued with the Tui Na (pronounced t-weigh na) massage and decided to experience the treatment. Barkley Tan my massage therapist who works out of the Bethune Oriental Medical Center in Edmonton, Alberta, was trained in China in ancient healing modalities and massage. The first appointment with him was very thorough as he analyzed my symptoms and then started working on my body with the Tui Na massage and moxibustion. I had previously experienced the Cupping treatment with the acupuncture treatments I

had done after the car accident.

After the second treatment with Barkley, I started to feel like I had felt years ago. I had more energy; I was able to focus, sleep better, and concentrate better. My memory and disposition improved; the pain was starting to leave. I recommended Barkley to a dear friend and colleague who complained about a frozen shoulder for years. This particular woman is an international speaker and educator who travels the world and could not raise her arm up. She is absolutely amazed and very excited that after two treatments with Barkley she has some mobility in her shoulder.

I am so impressed with the improvement of my health that I have asked Barkley if I could interview him so that he could share with others what the process and benefits are;

• **What is your background in regards to your modalities of bodywork techniques?**

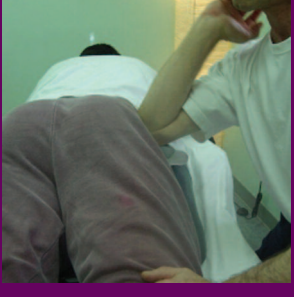
"I grew up in a traditional Chinese medicine (TCM) family where my father has been running a clinic in mainland China since 1985. From then on, I was trained mainly in Tui Na massage in his clinic."

• **What are Tui Na, Moxibustion and Cupping?**

"Tui Na massage is a form of Chinese manipulation therapy that has existed for over 2000 years. It brings the body into balance through working on meridian and acupuncture points. Practitioners can treat both acute and chronic musculo-skeletal conditions, as well as many disorders of internal organs. Moxibustion has functions of warming and opening meridians, and tonifying the internal organs. I use moxa to promote the local circulation and remote energy flow and it is especially effective in the treatment of weakness and chronic patterns. I use cupping, which is a traditional modality, to release energy stagnation and blood stasis. It is usually ►



Tui Na



applied to treat the back, neck, arms, legs and other musculo-skeletal pain. It is also good for the common cold, pneumonia, and bronchitis, etc.

• **What results have you seen with clients?**

The specialized bodywork technique that I am practicing in Bethune Oriental Medical Center is called “Jiu Tui” (Moxa massage). The technique is a combination of Tui Na and moxibustion and is very different from traditional Tui Na massage in that it relieves excess pain effectively. Jui Tui can treat not only muscle and joint problems but also internal disorders. It is especially beneficial for the relief of deficient and chronic pain caused by tight muscles, nodulose muscles and tendons; arthritis, motor vehicle accident challenges, sports injuries, fibromyalgia, frozen shoulder, sciatica, etc. I find the biggest challenge with current massage is the results may be short-lived.

Based on my practice and observations, patients with pain conditions will get beneficial effect immediately after my treatments. The effectiveness lasts much longer than other kinds of massage, and may even cure the disorders. I had a patient who suffered dull lower back pain around S1 joint for 4 years, and just got a little improvement with massage. I gave him one treatment of “Jui Tui” and his pain was released after one treatment. I followed up with him in a few days, and the pain was gone. The reason is that the chronic pain comes with deficient condition in general, and mox can tonify deficiency very well. Therefore, “Jui Tui” can treat not only symptoms, but also underlying pathological factors which we call “root”.”

• **Can you share any other information about the bodywork and your clinic with us?**

“All single modality techniques may have their limitations; however, I encourage those who suffer from acute and chronic pain to experience therapeutic modalities in TCM. I work closely to satisfy my patients and maximize the effectiveness of the healing process. The Bethune Oriental Medical Center (www.bethune68.com) is the Teaching Clinic of the traditional Chinese Herbology Program for the Grant MacEwan (College) Acupuncture Program.”

With the incredible results that I have achieved, I decided to do more research into this type of massage treatment and moxibustion and share it with others. The pedigree of Chinese massage is very impressive. There are massage textbooks as far back as the Nei Jing (722-481 BC), the most ancient of medical texts. In the Tang Dynasty (618-907AD), it is ▶

Moxibustion



recorded that there were 56 massage doctors in the imperial palace. Around this time Chinese techniques were imported to Japan and eventually gave rise to Japanese Shiatsu. Later still, Peter Henrik Ling, a Swedish doctor, poet and educator, learned from Chinese masters and other countries before developing Swedish Massage, the origin of Western bodywork.

“The Physician Must Be Experienced in Many Things,” wrote Hippocrates, the father of Western medicine, in the 5th century B.C., “but assuredly in rubbing... for rubbing can bind a joint that is too loose, and loosen a joint that is too rigid.”

My research on Tui Na massage or traditional Chinese bodywork indicates that it is a form of therapy that has been used in China for over 2,000 years. Through the application of massage and manipulation techniques, Tui Na seeks to establish a more harmonious flow of Qi through the system of channels and collaterals, allowing the body to heal itself naturally. It is well suited for the treatment of specific musculoskeletal disorders and chronic stress-related disorders of the digestive, respiratory, and reproductive systems. Tui Na is excellent for both tonifying (strengthening the body’s immune system) as well as eliminating pathogenic factors. Tui Na helps to treat disorders from soft tissue to other ailments such as:

- Stiff neck and distension of shoulders
- Frozen shoulder
- Sore back
- Sciatica
- Aching muscles
- Low energy
- Symptoms caused by stress or emotional trauma such as, insomnia, difficulty focusing and headaches.

The moxibustion is very different and I perceive it as a very exotic experience. It is a form of heat therapy wherein a dried herb is burned near the surface of the skin in order to soften the tissue and trigger natural healing responses in the body. The result is that the heat from moxibustion penetrates deeply into the body, giving a warming effect which lasts for several days after the treatment. In clinical practice, moxibustion lifts the spirits and is very effective for many types of mild depression or fatigue. For stiff or painful muscles and joints, Tui Na or acupuncture combined with moxibustion is one of the best treatments available.

In China, archaeologists have found evidence of cupping dating back to 1,000 B.C. and it is described in the Ebers Papyrus one of the oldest medical textbooks in the world (the systematic use of cupping by the early Egyptians as far back as 1,550 B.C.). Typically, cups are glass round vessels, one inch to three inches in diameter, that are applied to the body with vacuum suction. The vacuum is created either by means of heating the air inside the cup or by a mechanical pump. Traditionally, cupping has been used to improve blood circulation in the underlying tissues and to stimulate the internal organs. During the cupping treatment, the patient experiences a mild pulling sensation which calms the sympathetic nerves and allows a deep relaxation to move through the whole body. It is not unusual for someone to fall asleep during the treatment, waking up afterwards feeling relaxed and refreshed.

Considering all the individuals who suffer with illnesses and stress-related problems and our hectic and busy lifestyles, you may want to experience one of these modalities. Without our health we really have nothing and at a certain level we all know that, however, when your health is personally challenged, you wake up and really understand the significance of “what is really important.” At that point you may source out healers and healing modalities. ■



Cupping