

Healing

lifestyles & spas magazine

Featuring: Lamar Everyday Spa

Feeling Blue?

Soothe your soul with spa therapies designed to lift your spirits—and help mend your aching heart.

ANYONE WHO'S EVER SUFFERED FROM A BROKEN HEART KNOWS HOW ACCURATE THIS expression can be: the sensation is often akin to the feeling of jagged shards of glass piercing the chest. The experience of sorrow, whether from grief, loss, or a broken heart, can have profound manifestations throughout the body, and many health experts believe that these emotions, if left unresolved, can be the catalyst for a host of illnesses.

In fact, research supports the premise that we store emotions in our tissues and muscles—that the body, in fact, carries feelings. You can take heart in the knowledge that massage and other body therapies can help you to release deeply held emotions and negative memories, allowing your body and heart to heal.

Studies by psychologists, psychiatrists, medical doctors, spiritual healers, and others from various health backgrounds have long maintained that the need for human touch is basic to our overall well-being. The emotions that surface in response to massage and other body treatments—especially when administered by a knowledgeable and sensitive therapist—can help us let go of deeply stored or painful memories through a process of cognitive recall that is triggered by meaningful touch.

Spas to Ease Sorrow

Lamar Everyday Spa, Scottsdale, AZ

At Lamar Everyday Spa, you can indulge in a full-day of recovery with the I Will Survive package, which features a yoga class, 30-minute scalp massage, and three 55-minute treatments: hot stone massage, facial, and algae wrap. (480) 945-7066, www.thelamar.com

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