

Chapter 6 Outline

Traditions
 Ayurveda
 Traditional Chinese Medicine
 Folk and Native Traditions
 Aromatherapy
 Complementary and Alternative
 Medicine
 Allopathic Medicine
Massage Therapy
 Massage Techniques
Types of Massage Therapies
 Western-Based Massage Therapies
 Asian Bodywork Therapy and Energy
 Work
 Other Massage Techniques
Movement Education and Mind-Body
 Fitness
 Pilates
 Yoga
 Tai Chi
 Qigong
 Feldenkrais Method
 Rolfing
 Alexander Technique
 Trager Technique
Hydrotherapy
 Balneotherapy
 Thalassotherapy
 Hydrotherapy Treatments
Body Treatments
Skin Care/Facials
 By Therapeutic Goals/Skin Profile
 By Ingredient
 By Technique
Conclusion

Competencies

1. Describe some of the traditions from which current spa therapies have emerged. (pp. 213–219)
2. Describe the different strokes used in massage therapy and how various types of massage are classified based on technique, purpose, or therapeutic goal. (pp. 219–223)
3. Explain the concept of energy work and how it relates to Asian massage styles. (pp. 223–227)
4. Identify some of the pioneers in mind-body fitness and movement education. (pp. 227–235)
5. Distinguish between the types of hydrotherapy and hydrotherapy treatments. (pp. 235–240)
6. Explain the purpose of various body treatments. (pp. 240–242)
7. Identify skin care/facial treatments by therapeutic goals, ingredients, and technique. (pp. 242–245)