

# STREET SCENE

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## All in a day's work

Most people because they have to. Many aren't happy with their jobs and many feel stuck with what they have. But what really motivates them? See Page 6D.

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## Rub-a-dub-dub

### Therapists let their fingers rub out life's aches, pains

By M.B. Dillon  
staff writer

Massages are like potato chips. One just isn't enough. Barbers, nurses, singers, painters, arthritis sufferers, moms, musicians — all kinds of people under stress are finding that weekly massages can keep tension, anxiety, aches and pains at bay.

Television watchers note that even Spuds MacKenzie of Budweiser fame loves a rubdown.

A few years ago, massage therapists in the U.S. totalled about 3,000. Now there are more than 6,500.

Some say massage is growing in popularity because it's "the last touching profession," as well as an

effective way to prevent disease by relieving stress.

"We all know and recognize the signs of stress: nervousness, muscular tension, headaches, hypertension and changes in blood pressure," says Celeste Hamilton and Kandi Mueller, owners of Plymouth's new Health and Wellness Center.

"During massage, the body releases endorphins. Endorphins are the body's natural pain killers, which act to relax the muscles and calm the nerves.

"Massage rejuvenates the body's own healing capabilities by increasing circulatory flow. It assists the movement of nutrients and oxygen to the cells and aids in the elimination of cellular waste," add Hamil-

ton and Mueller, who practice and teach massage in clean, cozy, carpeted quarters at 22 Forest Place.

DRAWINGS ON cave walls in Egypt are proof that massage has been around for centuries. Even so, massage has had a difficult time entering the mainstream.

That's partly due to the black eye it's received from so-called health spas and massage parlors, often used as fronts for prostitution.

But as awareness grows, massage therapy is gaining acceptance in medical, business, athletic and social circles.

"When I've told new acquaintances what I do, sometimes a faint smile would appear on the person's lips," said Hamilton, certified by the American Massage Therapy Association in 1979. "But that seems to be changing. Now, with all the education, that type of reaction is much less frequent."

Even among those who recognize massage therapy as a legitimate form of health care, there are those who feel uncomfortable disrobing. Others are unsure about the surroundings in which they will find themselves.

"A lot of people don't know what to expect, and they don't know if their privacy will be respected," said Hamilton, who welcomes her clients with fruit-flavored tea and soft music. "The fear of the unknown is there to begin with."

Most clients probably are pleasantly surprised. While massage therapists can work wonders with oil on exposed skin, there are modes of massage that are done over clothing. "People who do remove clothing are always kept covered with a sheet from head to toe," said Hamilton. "The only part of the body that's revealed is the part I'm working on."

"MEN, ESPECIALLY, keep their underwear on. That way if there's any misconception that they're in a massage parlor, it helps to eradicate that idea."

Bill Thimm, a 27-year-old Plymouth painter, gets massages regularly.

"Using your back all day can cause soreness and stress on the muscles, which massage therapy relieves. I also have chronic knee pain which massage has helped," said Thimm.

Linda Sayer, an Ypsilanti chiropractor, recommends massage to her patients.

"Massage therapy is a natural complement to chiropractic care, providing relaxation, normalization of muscle tone, increase of blood and lymphatic supply and pain reduction," she said. "For me, massage therapy is a perfect way to release all tension, both physically and mentally, allowing me to feel calm and rested."



Michael Townsend (from left), Kathleen Strauch and Virginia Drouin are masters at rubbing away life's little aches and pains through massage therapy.

## He trades in his job for a good massage

By M.B. Dillon  
staff writer

Michael Townsend was making a good living as an engineering draftsman for Duckworth and Associates in Livonia when he decided to become a massage therapist.

Opening Birmingham Massage Therapy meant taking a 90 percent pay cut, a move he doesn't regret.

"Duckworth was an excellent place to work; I worked with wonderful people," said Townsend. "But I was working on a computer 50 and 60 hours a week. One time I worked 80 hours a week. I had computer burnout."

Townsend began getting massages "and it really helped."

"I had a very good release of stress," he said. "Massage therapy is treatment for stress-related disorders — the classic diseases of the

'80s: alienation, addiction and burnout."

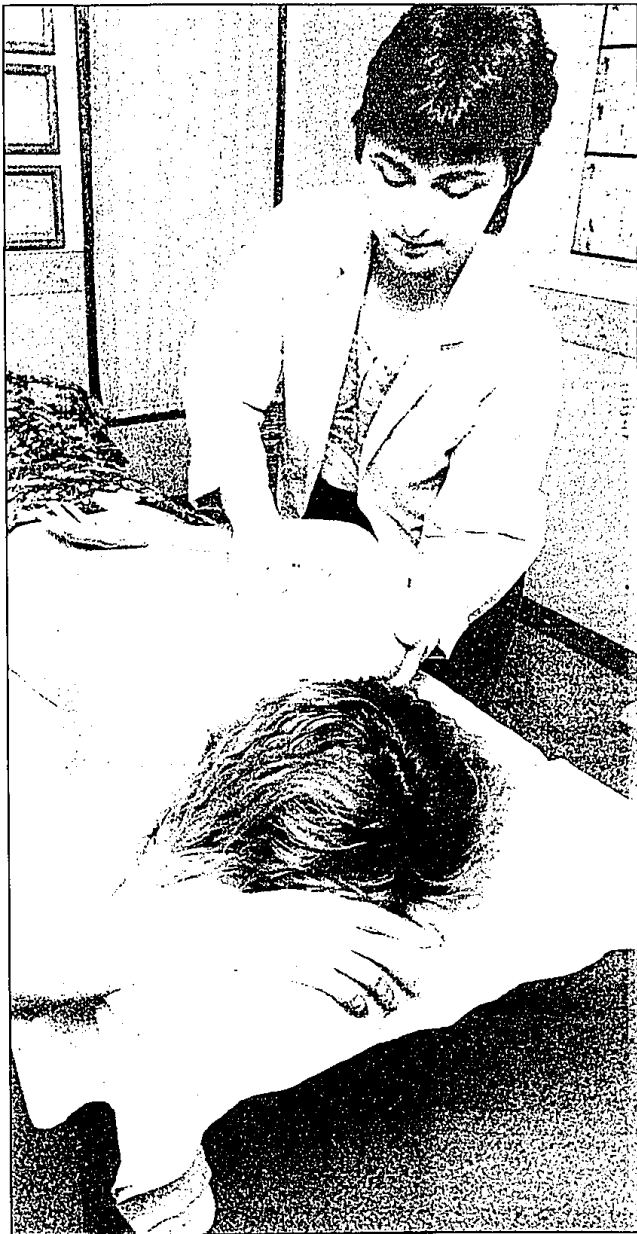
Townsend also is skilled in sports massage. As you read this, he is on duty at the Olympics in Calgary.

TRADITIONALLY, massage therapists have worked in their own offices, or made house calls. Townsend, along with two other staffers, give therapeutic massages at Birmingham Massage Therapy at 386 S. Hunter in the Birmingham Place Building.

But he's also on top of a national trend — massage in the workplace. Townsend launched his new company, "Just Touch," at a Christmas party hosted by Wayne County government officials.

"They invited me to come there, and I ended up kind of being the en-

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BILL BREBLEY/staff photographer

Celeste Hamilton of Plymouth's Health and Wellness Center works on a client's back muscles during a massage therapy session.

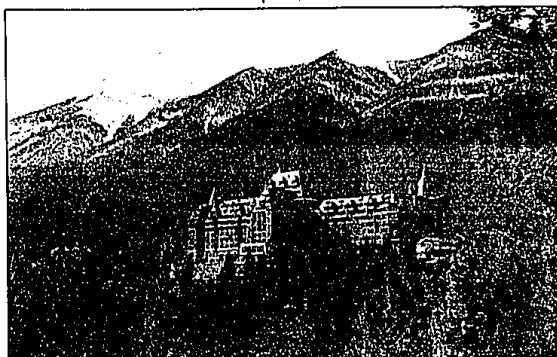
R.U.Syrlus

Karlos Barney



When Pinocchio is naughty, Geppetto gives him a good shellacking.

## See those Olympian mountains by train



MICKY JONES

One way to take in even more of the scenic Canadian Rockies is with a stay at the Banff Springs Hotel in Banff.

By Iris Sanderson Jones  
special writer

Q: I see those glorious Canadian Rockies on every picture they show of the winter Olympics. I'll never make it out there in time to see the Olympics, but I would love to take the train through those beautiful mountains later in the year. What's involved?

V.E.,  
Farmington

A: I have taken that train through the Rockies several times. The days of railway elegance may be mostly gone, but the facilities and service are still pretty good and the Rockies get better every time you see them.

If you were a real train buff, you could take the transcontinental train from Toronto to Winnipeg, go west through Banff and the Rogers Pass to Vancouver and return via the Yellowhead Pass and Jasper, which is the northern route through the Rockies.

Most of us don't have that kind of time. If you do, buy a Canrailpass. If not, take the train in one direction or the other, or fit it into another western trip by taking the final 24-hour run from Calgary through three ranges of mountains to the sea. You can also take a special train that takes two days to cross the mountains, allowing you to see everything by daylight.

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