

## Suburban Life

Loraline McClellan editor/477-5450

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RANDY BORST/staff photographer

Linda Manecke is one of several massage therapists who work in the spa, which offers an entire wellness package.

## Wellness in mind and body

By Loraline McClellan  
staff writer

**B**RING YOUR swimsuit to spend some time in the whirlpool before you get a massage at Sensations.

"Your mind might still be going at top speed, but your body will start to wind down. Then escape the world and go into a meditative state if you can for maximum benefit to both the mind and the body," said Gayle Young, director of the fitness spa.

"You can't divide the body from the mind," said Cheri McDonald-Walker, a massage therapist whose words spelled out the philosophy of Sensations' staff.

"All of your communication with yourself and with others creates the thought waves that have an effect on the nervous system. What you program is what you get."

McDonald-Walker rattled off fear, grief, anger, frustration, resentment and guilt as some of the negative programming that manifests itself on the body.

"Massage helps because we can get the blood flowing easier to the brain, and then you can think more clearly. You can cope better. You can handle your problem — whatever it is — more intelligently. When you start to feel better physically you are going to find out that your attitude, your whole outlook on life,

will change and change for the better," said massage therapist Linda Manecke.

MARY ORLANDO, owner of Sensations, said she has always been holistic-minded.

"I always exercised, watched my diet, took vitamins. And I am convinced that 90 percent of our diseases originate in the mind," she said.

And though the full name of her new operation in Farmington Hills is Sensations Fitness Spa, she thinks of it as a wellness center.

"I offer an entire wellness package, beginning with a personal record of every client," Orlando said of the health-fitness survey clients fill out that asks them to list their health history and lifestyle.

"A lot of what we do here is education, or re-education to get to a high-level of wellness. I create the most positive attitude I can here, but you have to do it yourself. You have to take responsibility for your own body. You have to take that first step toward running your own life," she said. "You can't depend on someone else to do it for you."

"The lack of energy is just not a normal state, yet some people continue to think that it is," Manecke said. "We tell people that massage is both relaxing and energizing, and I suppose that's hard to believe unless

*'When you've combined positive attitudes with physical energy you've got dynamite, and we've seen the lethargic turn around into the energetic.'*

— Linda Manecke

you've experienced it.

"But when you've combined positive attitudes with physical energy you've got dynamite, and we've seen the lethargic turn around into the energetic."

Orlando said she sees her education efforts working when clients "come in here pale and leave here rosy."

WHEN SPEAKING about the therapeutic value of massage and its slow acceptance by Americans, McDonald-Walker quoted from Hippocrates who said, 2,300 years ago, "The physician must be experienced in rubbing."

In 1982, John Naisbitt wrote in

Please turn to Page 2



RANDY BORST/staff photographer

Gloria Bisdorf carries the tools of her trade, a portable table and the lotions she uses, to clients in a radius of about 30 miles from her home in Novi.

## Getting the juices going

By Loraline McClellan  
staff writer

**G**LORIA BISDORF is a certified myomassage therapist. It's a coined word that combines the study of the muscles with massage and the one who massages.

Myomassage study includes the muscles, the skeletal system and functions of the body. It also incorporates the techniques of the Swedish massage; acupressure, taken from the Orient's acupuncture; cranialogy where massage is applied to points on the head specifically for the relief of headaches; reflexology, somewhat similar to acupressure where massage is applied to pressure points on the hands and feet; and energy healing.

"There's nothing mystical about energy healing," Bisdorf said. "It's a matter of tapping into the energy from the air that's all around us and using it. It's non-invasive. When I do it my client knows that something good has happened. When I tell them what I've done — and they are comfortable with that — we can do it together and then it's even more beneficial."

Bisdorf travels to her clients, making house calls in a radius of about 30 miles from her Novi home. "When our hour is up they don't have to get dressed and get out in the traffic to go home. They

*'I get the blood to move and then you move. I assist you in getting things moving.'*

— Gloria Bisdorf

## MASSAGE

*'The physician must be experienced in rubbing.'*

—Hippocrates c.400 b.c.

Helping the body to help itself

## A natural method of healing

*'When I run across one of those little clumps in the lymph system I can break it down and flush it out. That's when massage goes way beyond pampering.'*

— Dana Piper



RANDY BORST/staff photographer

Dana Piper advocates massage for maintaining good health as well as a preventive measure against potential problems.

By Loraline McClellan  
staff writer

**D**ANA PIPER AND Sharon Coleman play new age music for their clients who come for a massage in Tamara's Institut de Beaute.

The harp or piano or ocean waves that produce the new age music do more than set a mood.

"It affects your reactions, it melts you out, it affects your whole personality. It's a kind of therapy in itself," said Piper who is generally recognized by those who belong to the American Massage Therapy Association as one of the most successful and most sought-after therapists in the metropolitan area.

Piper is an applied kinesiologist

who has worked with hyper-active children, professional athletes, and pregnant women. His specialty in geriatrics has brought him clients that needed assistance to get on the massage table. He has worked with clients with advanced stages of arthritis, a highly specialized art. Many of his clients, notably those with hypertension, have been sent to him by medical personnel in Henry Ford Hospital. He has been called upon to give on-the-spot relief during running marathons, another specialization, where massage is applied without oils or lotions and the patient is fully clothed. He is noted for being highly successful in cellulite reduction.

Piper is also the first non-member of American Massage Therapy Association.

to receive its Body Mobilization certificate.

He explained the techniques of body mobilization as "loosening the muscles and getting them working again, getting you back to mobilization."

His most recent success story was a client who had undergone lung surgery and was totally inactive for a year after.

"His muscles were frozen to where there was no movement at all. I got them going again. That took a while, but I have cleared up a bladder infection in a single treatment," he said.

COLEMAN THINKS of her job as "divine employment."

Coleman left her position as a psy-

chiatric social worker and turned massage therapist after a serious car accident put her in the hospital for a long stay.

"Of all the many kinds of therapy I was receiving, it was the massage therapy that had the most effect. I worked with psychologists and psychiatrists, MDs and chiropractors. Massage is what brought my body up to where it belonged."

"Massage is helping the body help itself without the use of drugs," she said.

Coleman works several 9 a.m. to 9 p.m. days a week in Tamara's but carefully spaces her appointments, and always meditates between clients.

Please turn to Page 2

Please turn to Page 2