## Suburban Life

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

### Wellness in mind and body

BRING YOUR. swimsult to spend some time in the whitipool before you get a wintipool before you get a 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 therajist whose words spelled out the philosophy of Sensations start mumunication with proceedings of the said of the sense of the new of the control o

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 lookout on life,

MARY ORLANDO, owner of Sensations, said she has always been holistle-minde.

"I always exercised, watcher midel, 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 Bills 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-filteness survey client, or the least history and lifesty to list their health-filteness are proposed to the health-filteness are proposed to be the least history and lifesty, or he will be considered to be the least history and lifesty or he will be considered to 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 do it yourself, You have to take the 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 wih 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
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the lethargic turn around into the energetic."

ergetic."
Orlando said she sees her educa-tion efforts working when clients "come in here pale and leave here rosy."

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

# MASSAGE

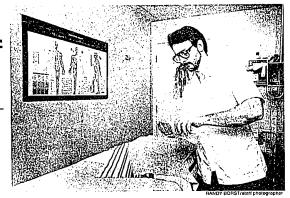
'The physician must be experienced in rubbing.'

-Hippocrates c.400 b.c.

## Helping the body to help itself

### A natural method of healing

of those little clumps in the lymph system I can bréak it down and flush it out. That's when massage goes way beyond pampering.



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

By Lorsino McClish staff writer

ANA PIPER AND Sharon Coleman play new age music for their clients who come to the coleman play new age music for their clients who come to the coleman play new age music for their coleman play plane or ocean waves that produce the new age music do more than set a mood.

"It affects your reactions, it mellows 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

measure against proceed with hyper-active children, professional athletes, and pregnant women. His specialty in griatrics has brought him cilents that needed assistance to get on the massage table. He has worked with chents with advanced stages of arthritis, a highly specialized art. Many of his clients, notably thought 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 lottons and the patient is fully clothed. He is noted the being highly successful in cellulitie reduction.

Piper is also the first non-member

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

ciation to receive its Body Mobiliza-tion certificate.

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

tion."

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 white, 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 psychiatric social worker and turned massage therapitst after a serious car accident put her in the hospital

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 psycologists and psychiatrists, MDs and chiropractors. Massage is what brought my body up to where it belonged. "Massage is she pling 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

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#### Getting the juices going

shaff writer

LORIA BISDORF is a certified myomassologist. It's a coince word that combines the one who massage.

Myomassologists' study includes the muscles, the skeltal system and functions of the body.

It also incorporates the techniques of the Swedish massage, accupressure, taken from the Orient's accupuation of the body.

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The study of the massage is applied to points on the hands and feet; and energy healing.

"There's nothing mystical about energy healing.

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Bisdorf said. "It's a matter of tapping into the energy from the air that's all acund 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 be it together and then it's even mission of the control of the

Bisdorf travels to her elients, 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

move and then you assist vou in getting things moving.