Omaha Massage and Healing Arts Is the Place to Go When Looking for Omaha Massage Locations

August 30, 2022

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Omaha Massage and Healing Arts wants to point out that their location is in 611 North 50th Street in Dundee, Omaha, Nebraska and that all of the services they provide are done on the premises. These services include massages for various therapeutic purposes, spa services, couples massage and spa treatments, facials, body wraps, sauna, and scalp massage. The Dundee neighborhood is famous for its culinary delights with its chef-based restaurants that serve artfully presented dishes made with locally sourced ingredients. This neighborhood is near the Memorial and Elmwood parks, which border the University of Nebraska, Omaha. The area has early 20th century homes that are well-maintained and the streets have distinctive cast iron streetlights. And from May to October, hundreds of huge flower baskets are displayed on these streetlights.

When customers arrive at Omaha Massage and Healing Arts in the Dundee neighborhood, they will be asked several questions to ensure that they will be provided with the proper treatment. These include: what they do for work; the person?s stress level; the activities that the client does; how often the individual is active; and where they feel body tension. They also provide clients with the proper education during treatments to ensure that they understand the relationship between the body and the mind. They believe that this connection is vital in helping a client experience healing and have a better lifestyle.

They offer massage for various purposes. One example is for craniosacral therapy, which is a gentle hands-on treatment that may be used to offer relief for various symptoms, such as neck pain, headaches, and side effects of cancer treatment and more. It employs a light touch to examine membranes and the movement of fluids in and around the central nervous system. Relieving tension in the central nervous system may help in providing a feeling of well-being through the elimination of pain and enhancement of healthy and immunity.

The cupping and massage technique may help in bringing fresh blood to the affected area as a way to help improve circulation. Through the creation of suction and negative pressure in the affected area, cupping may help in draining excess fluids and toxins from the body, lift connective tissue, loosen adhesions, and bring blood flow to stagnant muscles and skin. It may also help in opening up the chest for the benefit of the lungs. Typically, it is used for aches and pains of different kinds, including respiratory problems, like wheezing and coughing.

They can also provide myofascial release through deep tissue massage. This is a kind of bodywork that is designed to free blockages to rebalance the body by releasing tension in the fascia or connective tissue. And depending on the needs of the client, the massage may also include trigger point therapy and/or sports massage.

They can also offer fertility massage, which is based on the methods of cleansing, getting rid of congestion, educating on fertility awareness, balancing, and opening up the person?s energy both at the physical and spiritual levels.

Founded in 2006 by Tara Zinn, the Omaha Massage and Healing Arts has grown from a single treatment room at the Omaha Healing Arts Center into several treatment rooms with 10 therapists offering various kinds of services in Dundee, Omaha. Their original location at the Omaha Healing Arts Center is considered by Tara Zinn as a very sacred space with blessings from various healers from various parts of the world. She credits this sacred place for much of the business?s growth. It is with the encouragement and guidance of Sandy Aquila, owner and founder of the Omaha Healing Arts Center, that Tara and her team made the commitment to offer greater healing in the Omaha community. And in 2022, they moved to a new building they had bought and rebranded the business as a way to honor the sacred space where they originated.

To learn more about Omaha Massage and Healing Arts be sure to see this recent press release: https://www.pressadvantage.com/story/54028-omaha-massage-and-healing-arts-invites-omaha-residents-to-know-the-people-behind-their-favorite-ther

Those who are interested in learning more about the services provided at Omaha Massage and Healing Arts can check out their website, or contact them on the phone or through email. They are open from 8:00 am to 10:00 pm, from Monday to Sunday. They provide helpeful content frequently on their Instagram page at https://www.instagram.com/omahamassage/.

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For more information about Omaha Massage and Healing Arts, contact the company here:Omaha Massage and Healing ArtsTara Zinn(402) 212-4520hello@omahamassageandhealingarts.com661 N 50th St Omaha, NE 68132

Omaha Massage and Healing Arts

We strive to create a peaceful spa sanctuary where each client can find balance. Our mission is to help others become more in touch with their body awareness by awakening and balancing Mind, Body and Spirit.

Website: https://omahamassageandhealingarts.com

Email: hello@omahamassageandhealingarts.com

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