

A Trip to Blue Lotus Moon Holistic



by Amy
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Massage therapy has come a long way over the years. In fact, there are places in every town making it convenient to receive one. They are mostly all same, but I found a place called Blue Lotus Moon Holistic that does it a bit differently. This isn't your ordinary massage parlor. Owner Susannah Otocky-Pierce has gone above and beyond with special training, bringing in new techniques that sets her place apart from others. She has specialized in Polarity, graduating from SpaTech's program in Advanced Polarity Program and has completed RYSE Practitioner Level 3 training. She also has a Holistic Health diploma and is a Reiki Master. All these state of the art techniques equate to huge benefits for you, the client.



Blue Lotus Moon Holistic is located at 53 Main St. in Fairhaven, a small storefront with big character. I pulled up to a colorful building in a quiet neighborhood and it drew me in right away. I was eager to find out what was inside. I entered

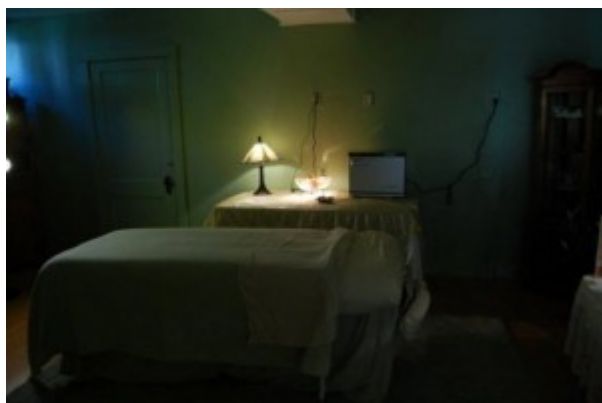
through a purple door into a room in progress. Susannah greeted me with a warm smile putting my nerves at ease. I had never had a Polarity massage before, and even though I did my

research I was curious as to what it entailed. She led me to a room in the back, that had dimmed lighting, soft mint green walls, and the smell of aromatic lotions. Water trickling from the water fall along with relaxing music soothed my senses. Like a small child, I couldn't wait to get started and let my stress melt away. We each took a seat before starting, Susannah sat and explained what she was going to do, what Polarity is, and the benefits I was going to obtain.

Climbing into the warm massage bed was all I needed, but as she began her practice I drifted off. One hour and a half later, I was a new woman. I felt energized, relaxed, my muscles loosened and ready to face the rest of my hectic day. This was not an ordinary massage, during the session she did do massaging but also incorporated acupuncture, reiki and some stretching. After the session Susannah sat and spoke to me about my troubled areas, for instance, she showed me a stretch that I can do at home to help take tension out of my back area. She answered any questions I had and reassured me that if I needed anything else she was there to help. Some of my questions were about ailments that I know other people have such as plantar fasciitis and tendonitis. Susannah explained in detail why people get them, what happens inside our bodies as it is happening and then how to fix those ailments. She really does care about her clients, only wants the best for them and hopes to create a lasting relationship.

There are many benefits from massage such as it can relieve stress, improve the body's metabolism, lower blood pressure, improve immune function, and relieve discomfort caused by strain. You're probably asking "*What is*

Polarity?" Here is the definition that Susannah has on her brochure: "Polarity is energy based healing modality developed



by Dr. Randolph Stone, a chiropractor. He realized there are energy blocks that form in the body and must be corrected for the body to be in a state of wellness. We are able to restore balance through the body's energetic system through a combination of acupressure, stretching, and working with elemental pathways, which results in the well being of our physical bodies. Regular sessions can lead to a sense of greater vitality as well as creativity."

Susannah offers other services as well, some of which were new to me. I look forward to trying these other benefitting services. Besides the Polarity massage, she offers Swedish Therapeutic Massage, Deep Tissue and Holistic Massage, Healing Stone Massage, Reiki and Reiki with hot stone and crystals. For your hands and feet check out her Eco-fin hand and foot treatments. Eco-fin is a petroleum-free alternative to paraffin. Eco-fin is a blend of palm, soy, jojoba, organic coconut oils, shea butter, vitamin E, and essential oils. All these ingredients leave your skin feeling silky smooth.

Blue Lotus Moon Holistic is a hidden gem in Fairhaven that I discovered and hope to make others aware of. For more details, check out their website at www.bluemoonholistic.abmp.com.