

New Massage Therapist Directory Introduced by Health Care Hiring

A comprehensive massage therapist directory including complete contact information for therapeutic massage practitioners and LMT's (Licensed Massage Therapists) is now available in a local, city, state and nationwide search on www.healthcarehiring.com.

September 29, 2009 (FPRC) -- Seattle, WA. Health Care Hiring recently announced that their massage therapist directory has been updated and revised to search among 46,302 therapeutic massage practitioners, including LMT's (Licensed Massage Therapists), CMT's and CRMT's (Certified Registered Massage Therapists), in their expanded alternative health care category which also contains acupuncture, alternative medicine, chiropractors and naturopathic clinics as well as massage therapy. Search results include full contact information, plus specialties, certifications, office hours and payment methods. All search services are completely free and require no registration.

A wide variety of massage specialties are included in the new directory. Swedish massage helps stimulate circulation, frees adhesions, decreases swelling, releases tension, and relaxes the whole body. Foot reflexology follows the theory that the foot connects via nerves and meridians to particular organs and body parts, so when the feet are being rubbed the rest of the body benefits. Shiatsu is a Japanese massage method where points are held along the meridians (energy pathways) then rocking or stretching the meridians, to increase the circulation and increase the energy along that pathway. Aromatherapy is an ayurvedic technique that uses the pure essential oils derived from plants to aid in the healing process. Reiki is a non-invasive technique that works between the spiritual, mental, and physical levels.

Sports massage is recommended for people that have strenuous workouts or sporting events, and to help athletes perform at their highest capacity by increasing circulation and mobility. Trigger point therapy focuses on irritable spots in the muscle tissue that contribute critically to pain. Somatic technique stretches specific muscle groups to release chronically tight muscles. Deep tissue massage is an advanced Swedish technique, which specifically addresses the deeper layers of muscle tissue.

Acupressure is a Chinese method that follows the acupuncture meridians, holding certain arrangements of points along the meridians so that the body will open up and allow for the healing to begin. Hawaiian lomi lomi is a massage technique that involves pounding muscle tissue. Hot towel treatments may be used, where steaming hot towels are wrapped or placed on a body part: feet, back, neck, face

Many massage centers are combined with holistic health practitioner offices, some chiropractors are also massage therapists, and still others are in spas and beauty centers or offer mobile massage services and mobile day spas, traveling to homes, hotels and offices.

About Health Care Hiring:

Health Care Hiring is a comprehensive career and employment website for the health care sector, offering job seekers access to millions of health care jobs across the U.S. Employers and recruiters may search resumes free and post jobs (\$30 for 30 days) across a nationwide job network on thousands of websites that include exposure on Jobamatic, LinkedIn, MySpace, CNet, ZDNet and Fox News. Health Care Hiring also includes contact information for 5.5 million health care providers nationwide, where job seekers may search for jobs close to home. The staff of Health Care Hiring believe that their efforts can help play a small part in the larger effort to improve, revitalize and redesign the delivery of health care to all Americans.

Contact Information

For more information contact Mike Clark of <http://www.healthcarehiring.com>
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Keywords

[massage therapist directory](#)

[Acupressure](#)

[chiropractors](#)

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