

What you can accomplish with your personal Wellness professional

The third stage of well being

In the August and September issues of IbizaNOW we introduced do-it-yourself wellness methods. Step 1 was wellness without other implements and step 2 was wellness through care products and nutrition. Now in the third and final part of our special three part series “Light in the Wellness Jungle” we will show you what wellness professionals can do for you and your life; things one cannot do alone.

Applied wellness from specialists begins the moment you allow yourself to be treated by the knowledgeable hands of a physiotherapist, personal trainer, massage therapist or even an aesthetician or a hairstylist. As I have said before, wellness is not just the health of the body, but also includes overall well being.

Professionals do what they can for both. Each practitioner often helps his or her clients in many different ways, both physically as well as mentally. They often do everything possible to fulfil all the personal wishes of their clients, whether it be relaxation or body training, and they must make sure they tailor their programme for the special needs of each individual client. This is true whether it be mas-

sage, mental training or even fitness and body sculpting.

When these are correctly done they often create several positive factors that then start working together. For example, a motivating power training not only helps keep (or attain) a nice figure, it also produces adrenaline, which helps strengthen body consciousness and brings new energy with it.

Others dream of a setting that allow their soul to take wing, to flee their everyday situation or responsibilities. Each of us has our own interpretation and idea of what it means to let go and relax. Here are some tips and ideas you may use as a starting point to help you put together your own wellness profile and to see how your own wellness professionals can help you out.

Massage

Massage in its many, various forms offers everything from deep relaxation to true bodily healing. On Ibiza you can find practically every available option on offer, from classic to Oriental techniques. Here are some short descriptions of just a few different techniques.

- Thai Massage or Shiatsu, which work with acupressure and stretching to help balance energy levels in the body and help create more flexibility

- Ayurveda, Hawai’ian Lomi Lomi or Hot Stone Massage, all of which are gentle, sensitive forms of massage that help stimulate the senses through gentle touch

- Or a classic Swedish massage, which is medically oriented to help the musculature

It is important for your personal well being that you find the right therapist for you, that you trust this person and feel comfortable with him or her. You must also find out which massage technique is the most helpful for you and your body. This is something you should be able to judge after two treatments.

Generally it is best to bring a bit of regularity into the massage schedule so that your body will begin to notice the changes. A suggestion could be, for example, one to two treatments per month, assuming that you have no physical limitations. With



Ibiza NOW

physical problems, your physical therapist may make one or two appointments per week, depending on the clinical picture.

Physical Fitness

You have decided to lose some weight, to strengthen your back muscles or help stabilise your overall level of fitness?

It really makes sense to go for a test training in new fitness studios. Let them advise which are the best ways to achieve your goals and be sure to go in knowing what you wish to achieve. This is a good way to create motivation and helps to work against dreary winter thoughts and boredom. Check to make sure the trainers in the studio all have the appropriate education. Only then will they be able to individually create a programme best suited to your needs.

- Or you would like to have a special fitness programme created solely for your own needs, also called personal training. This is best achieved with a physical therapist or personal trainer, whom you must choose. She or he goes with you every step of the way helping you to get out of that rut and to follow your programme. An extensive personal training can offer you motivation, specialised knowledge in the areas of medicine, fitness and mental relaxation techniques.

- Even yoga, either individually or with a group, can help provide that physical balance and mental calm. Be sure to test several of the large number of yoga trainers on the island to help you decide which is best for you.

Physiotherapy

Physiotherapy starts where your body is in pain. It does not matter if it is due to injury, through improper or overloading of the musculature. Here is where you – also after consulting your physician – are being handled therapeutically.

Your physiotherapist should put together a plan for treatment with various methods and types of treatments. A few examples include back training, strengthening weakened muscles due to injury or operation, manual therapy up to lymph drainage and medical training therapy. Each treatment is tailored to your personal health profile and your actual complaints.

Many of these types of treatments may be covered by the National Health, assuming of course that your physician has prescribed them.

Cosmetics

Cosmetics for well being, to treat yourself, to rejuvenate and look after yourself.

Your aesthetician should tell you what the optimal care programme is for your type of skin and make sure that the treatment takes the individual considerations of your skin seriously. Each aesthetician has her or his own favourite product line and the types of treatments that go along with these products.

A classic cosmetics programme is usually made up of a deep cleaning mask and a special care programme for afterwards. Ending it all with an intensive face massage makes

it even more enjoyable. Skin, nails, hair – care, beauty and health are particularly closely related here.

So, let yourself enjoy your own well being. □

