

## POLARITY

**What It Is:** Polarity is the belief that every person has the ability to heal themselves, this twentieth-century energy technique seeks to bring harmony and balance to your body by manually working with its energy forces. "We're not giving energy, we're not taking energy. We're working with the person's body to release blockages and energy flow so they can feel better," says Mackensie Grant, a body therapist at the spa at Spring Creek Ranch in Jackson Hole, Wyo.

**What to Expect:** Sessions can include vigorous movement or very little touching at all from your therapist. "If someone's feeling out of whack and disconnected, a focused, loving touch can bring them back into their hearts. Whereas a more [vigorous], fiery session might be for someone who's feeling stuck, exhausted, or run-down," says Grant, who notes that afterward, many of her clients say they feel "very clear" and "a deep calm."

**Who It's Good For:** Depends on your desires. "We ask the client to come in with clear intention, like: 'I want to relax,' 'I want to relieve pain' or 'I want to find greater health.' Basically, we believe energy follows intention," says Grant, who adds that polarity bodywork is also great for anxiety and sleep problems: "It's not a you-do-it-to-me kind of therapy. It's for people interested in taking their health into their own hands."

**How Much It Costs:** \$35 to \$200 per hour-long session.

**How Do I Make the Connection?** Contact the American Polarity Therapy Association (APTA) at [polaritytherapy.org](http://polaritytherapy.org).

## TUI NA

**What It Is:** Pronounced *twee-nab*, this over-2,000-year-old form of Chinese bodywork combines deep

tissue massage and acupressure (where a therapist uses his or her fingers to apply pressure to key points) to help balance your body and unblock energy flow.

**What to Expect:** A front-to-back, top-to-bottom, over-a-towel massage, perhaps with aromatherapeutic oils. "We use ligaments to help

**"If someone's feeling out of whack, a focused, loving touch can bring them back into their hearts."**

move the chi (energy)," says Peggy Regis, co-owner of Brooklyn's Cornerstone Healing and a doctor of acupuncture and licensed acupuncturist. Regis mixes oil-based liquids with red flower for her clients. Like many massages, it can be done partially clothed.

**Who It's Good For:** Anyone experiencing chronic pain, be it tennis elbow, runner's knee, back pain or headaches. "It's more of a medical massage," says Regis. It's also a good deep tissue massage that assists with stress relief. After a treatment, Regis says that clients report that their muscles feel looser, their swelling goes down in inflamed areas and they're extremely relaxed.

**How Much It Costs:** \$20 (for a chair massage) to \$125 for 15 minutes to 1½ hours.

**How Do I Make the Connection?** Call the American Massage Therapy Association at (847) 864-0123 or go to [amtamassage.org](http://amtamassage.org).

## REIKI

**What It Is:** An ancient technique for mental, emotional and physical healing. Reiki practitioners move their hands over your body to facilitate the direction of what they call "universal life-force energy" into your body. "If you clear the emotional body—the anger, deep-

seated pain, bitterness—your nerve endings can send more energy to whatever part of your body they're designed to," says Nafisa Sharriff, a Brooklyn-based Reiki practitioner who's been healing for nearly a decade.

**What to Expect:** Some practitioners touch and some don't for this fully-clothed, energy-infusing experience that can impact you in a variety of ways. "My clients tend to feel a lot of heat rippling in their body, like water moving through. If there's a blockage, you might feel a little spasm. Sometimes

emotions come up, so you'll go from laughter to tears," explains Sharriff, who notes that many clients also fall asleep. "If you can relax into the space and serenity, you find yourself relaxed and dreamy."

**Who It's Good For:** "People come to me for pain issues, but also for stress management. They're stressed out, they're looking for balance or to change their lives," says Sharriff. So if you're interested in making a positive move from one phase of your life to the next, reiki can help. "Once a person's made a commitment to getting well (physically, emotionally or spiritually) the reiki will help the change that comes in transition," says Elizabeth Jayne Santos, a master reiki teacher and practitioner based in Lisle, Ill.

**How Much It Costs:** Anywhere from \$40 to \$85 for 45 to 90 minutes. Top dollar goes to practitioners who have a wider range of techniques and modalities, explains Santos, who is also a program coordinator at the College of DuPage in Glen Ellyn, Ill.

**How Do I Make the Connection?** Check out the listing of providers on [reikione.com](http://reikione.com)

*Additional reporting by Ziba Kashef.*