

The Premier Spa Business Resource

DAYS SPA[®]

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Soaking It Up

Healing Body Care
Makes A Splash

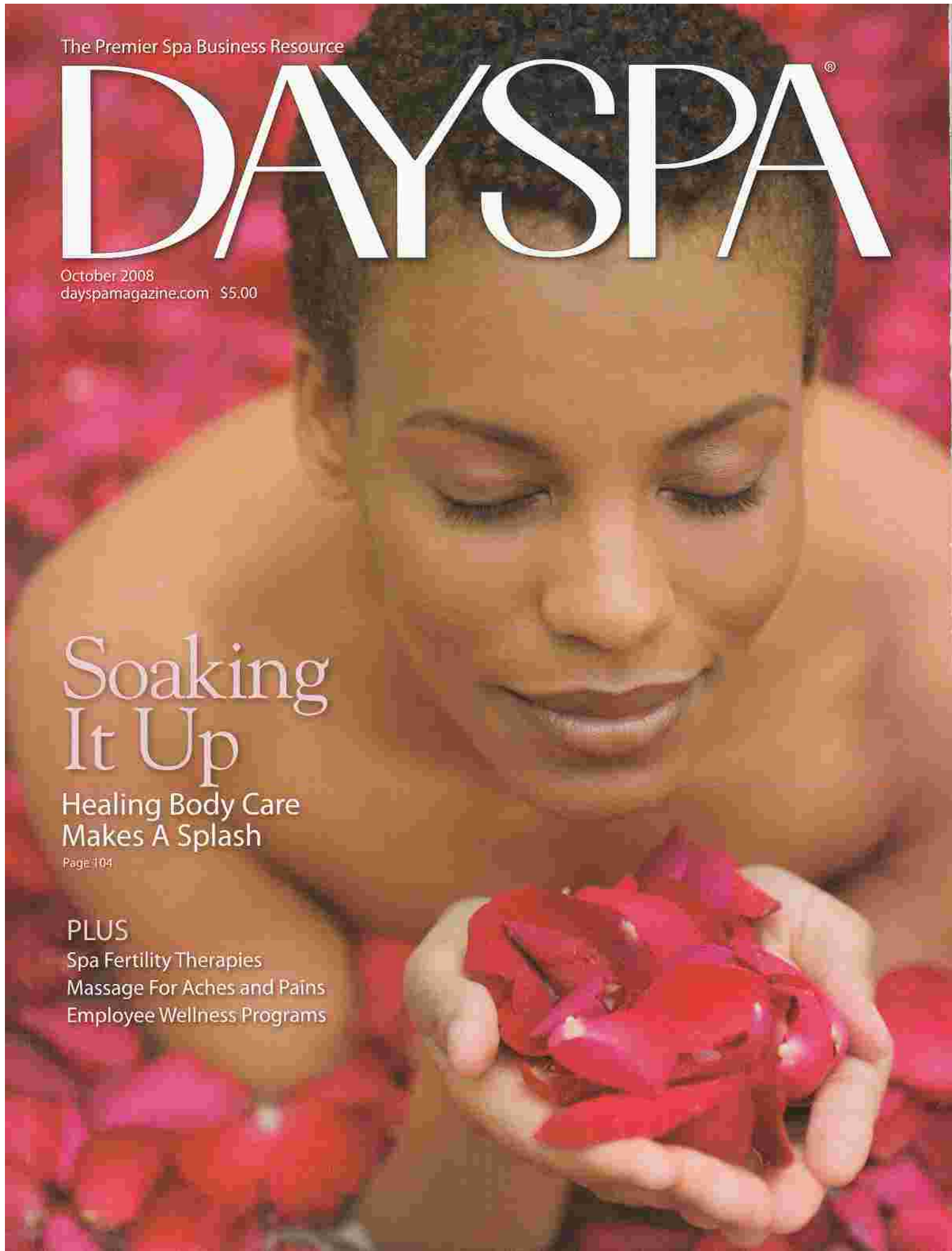
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PLUS

Spa Fertility Therapies

Massage For Aches and Pains

Employee Wellness Programs



By Teresa Hale

Special Treatment

The Lebed Method can help clients feel more comfortable in body and mind ... and at the day spa.

HEATHER RUCK IS A BREAST CANCER "THRIVER," A one-time owner of a holistic day spa and a certified trainer of The Lebed Method (TLM). She conducts training in the United States but will soon take it Down Under. Ruck talks passionately about the benefits of Lebed and why it deserves a spot on spa menus.

DAYSQA: What is TLM?

Heather Ruck: It's a medical-based therapy that combines movement and simple dance. It was developed 30 years ago by two surgeons and a breast cancer survivor/dance movement specialist. Performed seated or standing, it opens lymphatic channels; improves balance and posture; and increases range of motion, flexibility and strength. It boosts energy, through oxygenation, and the immune system by flushing out toxins. TLM was created for breast cancer survivors. It also greatly benefits seniors and people who've had surgery or have chronic illnesses, including arthritis, multiple sclerosis and fibromyalgia.

DS: How did you learn about it?

HR: I saw it on TV and thought, "That's the missing link." I was working with breast cancer survivors at my spa. I felt this would bring my holistic offerings full circle. I became certified and started teaching classes at a hospital.

DS: What makes it specially suited to breast cancer survivors?

HR: A cancer diagnosis causes physical and emotional pain, and body image issues. After surgery, many women can't lift their arms to shoulder level. They may also develop lymphedema (swelling) and depression. TLM helps them regain motion, reduce swelling, and become stronger in body, mind and spirit.

DS: Tell us about the instructor training program.

HR: Physical therapists, spa professionals, and massage and yoga practitioners participate. They receive in-depth training and ongoing support that enables them

to create a successful business opportunity while helping others. Lebed instructors must be certified and licensed.

DS: How does it fit into a day spa?

HR: A Lebed class lasts an hour. It includes breathing exercises, movements that promote balance and dance routines that utilize props. For spas, I suggest a 12-minute seated version of the lymphatic opening—a series of 10 movements. It's an ideal add-on before a massage or facial. The client mirrors what the therapist does, with deep breathing to open the thoracic duct, moving on to head, neck and shoulder exercises, and arm circles. TLM follows the pattern used in manual lymphatic drainage massage.

DS: Do you feel strongly that it belongs in spas?

HR: Self-consciousness keeps many women away from the spa post-surgery. A woman who's missing a breast and has lost hair may feel that the therapist can't understand her condition on a physical or emotional level, or how best to treat it.

Offering TLM shows you care enough to provide a service that addresses specific needs and helps clients heal. It creates a bond and puts them at ease. ●

Learn more at healingtherapy.us or lebedmethod.com.



To make the experience fun, full-length Lebed sessions incorporate costumes and props, such as hula hoops, feather boas, balls and bubbles.



Are you practicing Winning Ways at your spa with the results to prove it? Tell us. Email thale@creativeage.com.