

## **Emma Ynequez, Therapeutic Massage Therapist**

Certified massage therapist Emma Molina-Ynequez provides healing massage to a wide range of clients, soothing tired, over-taxed or stressed muscles and helping rejuvenate their bodies. Since 1994, Emma has been working in conjunction with The Laughlin Center of Glendale, assisting chiropractor Marta Laughlin in providing needed therapy to patients (icing, ultrasound, moist heat, etc.). She is also affiliated with Uptown Face and Body Care, working on-call as a massage therapist.

Emma began her career in healing after a hectic career as a sales representative for a sportswear retailer in Los Angeles' famed garment district. Unfortunately, her long hours on the job resulted in a variety of stress-related ailments. Through massage, she discovered ways to renew her own vitality and energy and enrolled in a basic massage course in 1994 at the Institute of Healing. After completing the initial 15-hour course, she went on to advanced course work at the Massage School of Santa Monica, where she received her certification.

Immediately following her schooling, Emma landed a full-time job with Nurturing Touch Salon in Arcadia, where she built up a steady client base over the next six months. During that time, she was receiving massage treatments from a friend who recommended her for a position at The Laughlin Center in Glendale. Designed as a center for healing the body and mind, The Laughlin Center offered Emma the opportunity to expand her responsibilities to include assisting Dr. Marta Laughlin by providing therapeutic treatments to patients.

Since that time, Emma has developed a loyal following of clients as a result of her instinctive ability to locate the source of her clients' pains, resolving them through soft tissue massage. Using deep breathing techniques, she helps her patients become centered, mentally as well as physically, allowing for greater release of tensions stored in the muscles.

Whether someone has suffered trauma as a result of an accident, illness or from stress in their work or home environment, Emma is able to help them by locating, then gently removing knots, embedded in the muscle tissue where toxins have built up. By maintaining a regular schedule of massage therapy, her patients feel better, look healthier and are more relaxed and productive in their lives.

When she's not working on sore or stressed muscles, Emma participates in healing workshops being held in the local area speaking to groups on stress reduction and ways to lead a healthier life. Previous workshops include those held at Montrose's Reader's Edge Bookstore and Dawn Star Healing and Learning Center in Sunland.

**For more information please contact Emma at: (818) 957- 2536**