



Camille Baughman & Associates

THERAPEUTIC MASSAGE AND WELLNESS CENTER

Barbara Baughman BS, LMT

has been practicing Massage Therapy and Wellness since 1990. Along with her training in various massage therapy modalities, Barbara has expanded her education to include certification in EEG Biofeedback Meditation.



She has also completed course work in Hypno Therapy, Lymphatic Drainage, JinShinDo Facial Acupressure, Spa Modalities, Warm Stone Massage, Raindrop Aromatherapy Massage, Healing Energy work as taught by Barbara Brennan, and Muscle Testing with Ionic Foot Cleansing.

Recently Barbara began studying Ayurvedic Body Treatments and has developed a Purification Program designed to detoxify and balance the body, mind and spirit. This program is a unique combination of Ayurvedic Treatments; warm stones, JinShinDo Facial Acupressure and Ionic Foot Cleansing and is an integral part of Deeper Awakenings Yogic Cleanse provided by Jaqueline Hanson and Barbara Baughman. Barbara is also a Health Coach with Take Shape for Life and has been coaching numerous clients on their journey to weight loss and optimal health through learning the Habits of Health. She finds this part of her practice particularly rewarding.

Offerings:

- Therapeutic massage including Swedish, Deep Tissue, Neuromuscular Therapy, Connective Tissue, Pregnancy Massage, Child Massage, Elder Massage, Polarity Therapy, Passive Stretching and Joint Manipulation
- Meditation Training through EEG Biofeedback
- Detoxification for Arthritis, Gout, Chronic Sinus Problems, and general inflammation of the body through Ionic Foot Cleanses
- Specialty Massage Therapy Treatments: Integrative Warm Stone Massage, Raindrop Aromatherapy and Warm Towel Massage, Sinus Session with warm and cool stones, lymphatic drainage, warm compresses and JinShinDo Facial Acupressure
- Purification Program: Ayurvedic Body Treatments, Foot acupressure and Ionic Foot Cleanse, Deeper Awakenings Yogic Cleanse provided by Jaqueline Hanson and Barbara Baughman
- Health Coaching with Take Shape for Life