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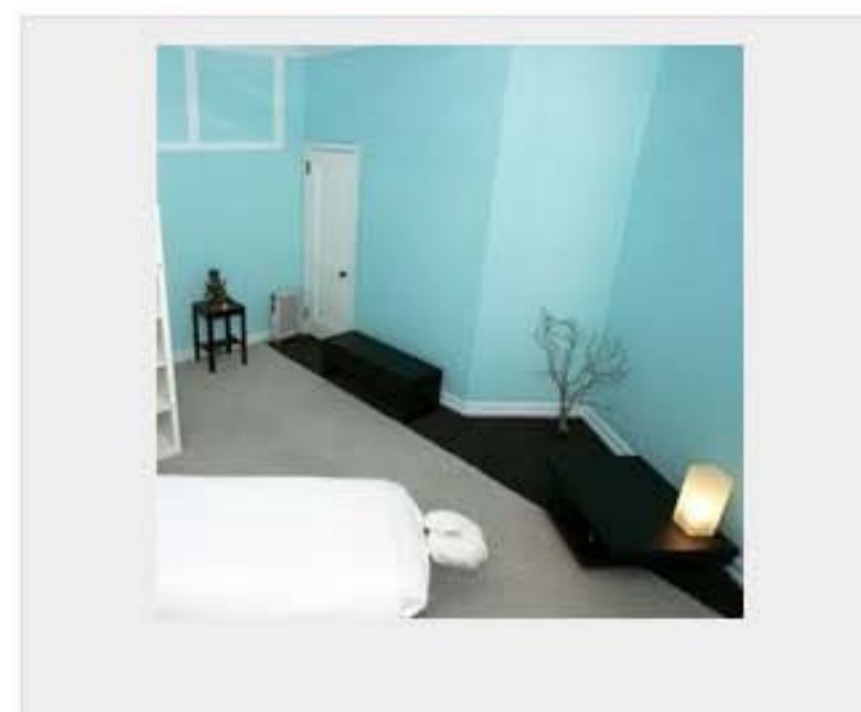
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Health & Wellness Article

Top Bodywork Picks

*Treatments Worthy of a Splurge*By [Nirmala Nataraj](#) (Mar 19, 2009) [ShareThis](#)

- [Jennifer Brinn, Reiki & Holistic Bodywork](#)
1404 Church St, San Francisco, CA 94131 [Map](#)
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- [Element Bodywork](#)
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+1 415.722.1491
- [Mochi Massage](#)
582 Market Street, Suite 908, San Francisco, CA 94104
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- [Sandy's Healing Center](#)
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With all the unrelenting media coverage of bailout scandals, foreclosure fiascos, and the generally dismal state of affairs, it seems a bit half-baked to justify emptying our wallets for pleasant yet inessential creature comforts. But while I'm all for downgrading to basic cable or saving your pennies instead of springing for a latte, some things are just too important to pass on: a damn good massage, for instance.

Too often, massages are seen as extraneous pampering -- great for a spendthrift weekend, but hardly a necessity. Think again. It goes without saying, we're living in a time where suppressed outrage and tense muscles run rampant, and therapeutic massage may be one of the best ways to alleviate the overlooked symptoms that can, in the long run, lead to chronic health problems. Here are four therapists who understand a massage is about much more than mindless luxury.

Jennifer Brinn

Tucked into Noe Valley's Purple Iris Healing Center, Jennifer Brinn's bodywork practice is truly an urban oasis. Brinn, who is a certified Reiki practitioner and holistic massage therapist, specializes in treating the whole person rather than a set of discombobulated symptoms. Brinn's multi-pronged approach to healing stems from her many years of studying meditation and yoga. Clients who step into her lair come for everything from injury recovery and post traumatic stress disorder to learning how to incorporate effective stress management techniques into their daily lives.

While Brinn's massage techniques reveal her chops, it's the Reiki that has most clients going back for more. Reiki, just so you know, is a Japanese energy-balancing modality that works to clear energy pathways (also known as chakras or meridians) and enable natural healing to occur within the body. While Brinn empowers her clients to see their bodies as sources of healing rather than machines that need to be "fixed," her guidance is more about the facilitation of gradual lifestyle changes than heavy-handed suggestions on how to balance your energetic and physical bodies. Her extensive knowledge of Ayurveda, Chinese medicine, and a variety of other wellness traditions always makes a visit well worth the money.

What to splurge on: The "Balancers" treatment (\$105), a restorative 90-minute combination of Reiki and wellness massage, preceded by a thorough consultation, that will work to combat stress and address other physical and emotional blockages; after you're done, you'll feel like you're emerging from the best nap of your life.