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## Infinity Massage: A Holistic Approach To Wellness

By Cami L. Jack



**RELAXING WITH MOM:** Jamie Gates of Infinity Massage holds her eight-month-old son, Gabe, in her office at the Crossroads At Fitzwilliam.

(Photo by Cami L. Jack)

"I got into this field because I was told I was too small to be a massage therapist," says Infinity Massage owner Jamie Gates. That statement alone reveals how different Gates is from other area massage therapists, but she also sets herself apart by offering a whole-body, holistic approach to massage and wellness.

Gates specializes in providing her clients with alternative therapies such as yoga bodywork, hot-stone massage, deep-tissue massage, facial therapy, bodywraps, paraffin dips, Reiki, and ear-coning, in addition to the commonly recognized forms of massage for stress reduction and muscle relaxation. For those who may be unfamiliar with some of her services, ear coning is a procedure that assists patients in allergy reduction and ear-wax elimination, and can also assist those with hearing loss, in some cases. Bodywraps and massage therapy help reduce stress, anxiety, sleep problems, and depression. Guided meditation and transformational services, such as breathwork, Reiki, and Etheric bodywork, may assist with healing on multiple levels and can provide energy when and where it is needed. As a local provider of infant and animal massage, Gates extends her sphere of practice to include the very young as well as clients' pets who may be stressed or recovering from an injury.

Gates has practiced holistic healing techniques since 2000, and attended the Dahnhak Healing School in Phoenix, AZ. In addition to her license in massage, Gates is also a certified co-

loun hydrotherapist, a technique that she says is immensely beneficial for those needing to flush toxins from their bodies, though it is not without its own set of challenges and consequences.

Now celebrating the first anniversary of her business, Gates is currently offering clients \$20 off all services rendered on Wednesdays, and is planning to offer more specials in the coming month, as the Crossroads At Fitzwilliam, the complex where Infinity Massage makes its home, celebrates its own first anniversary. She calls her space a "prime location," in that it's easy for new clients to find, as the Crossroads are nestled at the intersection of Routes 12 and 119.

Another unique aspect of Gates' massages is that they are "clothing optional," unlike most therapists', because she knows that many potential clients are uncomfortable with the idea of being undressed with a stranger and embarrassed about their bodies and their perceived physical flaws. But Gates knows that a massage conducted with a client fully clothed is far better than no massage at all, and she would rather be more flexible for her clientele than to turn away those who need her services for their own health and well-being.

"My clients come back week after week because they feel good, and because of that, I feel I'm fulfilling my purpose of being a resource to help people find wellness in their lives," Gates says.

One Infinity Massage client says of her work: "She customizes the massage work to meet the client's needs. On some occasions, I've gone in for basic stress relief, while on other days, I've gone to address and relieve pain in specific muscle groups. Along the way, Jamie has helped me to consider how the stress and pain are sometimes inter-related."

Another of Gates' clients, Michael Cottle of Rindge, says that "Jamie is a delightful young lady. Her massages have been very beneficial, and I look forward to each appointment."

Gates knows very well how important it is to communicate with each and every person on her massage table, and goes extraordinary lengths to train each patient to sense when and how injuries and stress happen, so that they can prevent the pain on a daily basis. She gears her sessions toward establishing trust with her clients, a process that often requires weeks or months of effort, but a process that is both necessary and rewarding for therapist and client.

"I want people in my office who are interested in trying alternative therapies and in taking care of themselves long-term," Gates says. Infinity Massage is open by appointment, and Gates may be reached by phone at 801-1700, or by e-mail at [jamielgates@cox.net](mailto:jamielgates@cox.net).