

No More Aches and Pains

A Caring Touch Wellness Center has the remedy

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MASSAGE

THERAPY

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LAUGHING

YOGA

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FACIALS
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Do you find yourself living day to day with aches and pains? Maybe you're just feeling like you need to do something special for yourself. Ever think about visiting a Massage Therapist? A Caring Touch Wellness Center is a spa and wellness center specializing in massages, facials and body treatments intended to make you feel better. The business (Establishment License MM#11611 and Massage License MA#30714) is owned and operated by Bernadette Dunn, a very educated and talented young lady. Dunn earned a bachelor's degree in chemistry from Saint Louis University, served six years in the Air Force and more than 20 years of competitive volleyball. She has been licensed in massage therapy since 1999, certified in neuromuscular therapy since 2001, northern-style Thai massage since 2006 and lypossage since March of this year. Dunn is not a typical massage therapist.

"I'm just interested in helping people feel better and helping them help themselves," she said.

Dunn worked in the industry for a few years before formalizing her own business in 2005. All her career has been spent working in the Brandon area, so she knows and understands the clientele and their needs. But this year, Dunn purchased a new location in Seffner at 711 E. Hwy. 92. After a short renovation of the beautiful, new location, Dunn and her staff began serving the Seffner area, and the business is growing. Dunn attributes her success as a massage therapist to the personal attention she gives to her clients.



Bernadette Dunn and Tammy Spurlock demonstrate The Bridge, part of a Thai Yoga Massage.

“Before we begin a program,” she said, “we conduct a careful investigation of all symptoms and the lifestyle circumstances that have produced their aches and pains.” Each client receives treatment individually designed for their specific needs.

In addition to the specialized attention, each member of Dunn’s staff has their own special talents they bring. They all are trained in the latest techniques to make your visit the most beneficial and enjoyable it can be. She also is developing some wellness classes such as laughter yoga and personal growth workshops. What could sound more fun than laughing yoga? Dunn has placed the treatments they offer into one of six categories: physical and health, spiritual, social, financial and career, mental and family. Most are familiar with the physical and health category with treatments such as massage, skin care and yoga. But other examples of well-thought-out treatment applications include the use of peaceful touch classes and laughter yoga for the social category and meditation, wellness workshops and mastermind classes for the mental

A variety of massages are available, including a Hot Stone Massage.



category. One can quickly realize she worked hard to develop a thorough understanding of how her services can help people feel better.

Dunn and her staff are prepared to serve your wellness needs from facials or massages to the perfect affirmation to use during your stressful day to day life. Things change and new methods and techniques are constantly being developed that can benefit people.

“I recently traveled to Thailand to learn Thai massage – a very unique massage offering to the area,” she said.

So if you’ve decided that one of these types of treatments might be the thing you’re looking for, visit A Caring Touch Wellness Center, or call them at 813-849-0023. You can also find them on-line at www.acaringtouchwellness.com to book appointments, find office hours, buy on-line gift certificates, a detailed service menu and wellness class offerings. You’ll find a well-rounded staff, competent staff and a warm environment to help you with your needs.



A Caring Touch Wellness Center is located at 711 E. Hwy 92.