



Rheba Estante
SF Spa Guide Examiner
[Read Bio](#)



LEISURE / SPA & BEAUTY / SPAS

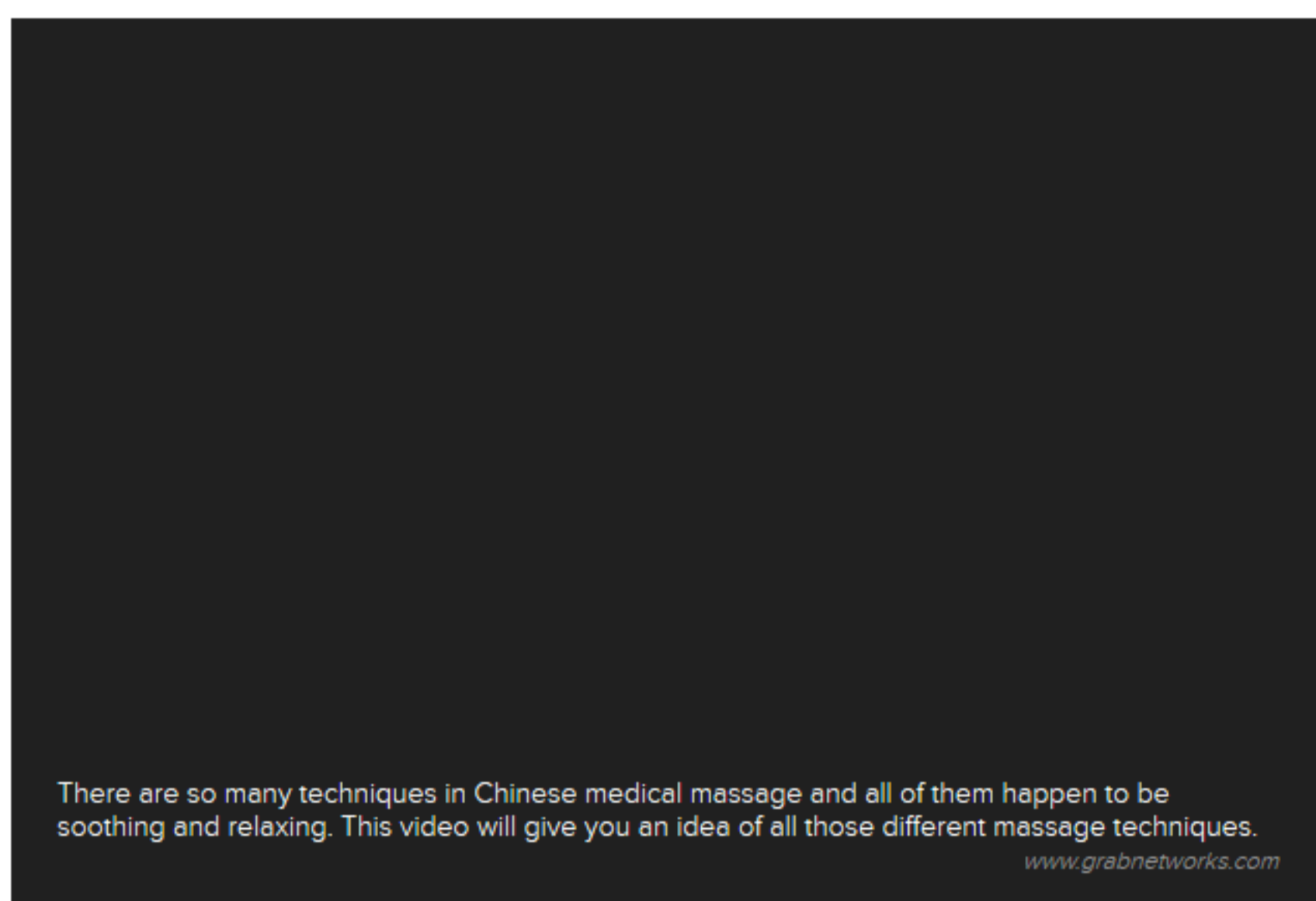
See also: [spa & beauty](#), [massage](#), [healthy lifestyle choices](#)

Profile: EOS Lymphatic Massage & Aromatherapeutic Bodywork

Next: [Rhonda Allison: Age defying skincare that is kind to humans ...](#)

Use your [→](#) key for the next article

October 5, 2012
6:15 PM MST



There are so many techniques in Chinese medical massage and all of them happen to be soothing and relaxing. This video will give you an idea of all those different massage techniques.
www.grabnetworks.com

EOS is the brainchild of Michelle Bravo, a holistic [massage](#) therapist based in San Francisco. Bavo conceived the idea for EOS through her commitment to fostering a mind-body lifestyle that promoted individual vitality. Bravo has also been working with plastic surgeons since 2006 who offer pre and post-op [lymphatic massage](#) to their patients. Through EOS, Bravo offers a lifestyle coaching service to guide clients towards being self-sustaining of a healthy lifestyle. To date, she has worked with hundreds of people who share her commitment to mind-body wellness.

Bravo's path towards forming EOS includes her training at the California Pacific Medical Center's Institute of Health and Healing, Integrated Medicine Education Program, World School of Massage and Holistic Healing Arts, American College of Health Sciences Accredited Certificate in Aromatherapy program, and Golden Gate University. Currently, Bravo is completing a Masters degree in Industrial Organizational Psychology at Golden Gate and is a Business Member of the National Association for Holistic Aromatherapy (NAHA).



Michelle Bravos/EOS

According to the EOS website, clients old and new can access the following [services](#):

EOS™ Lymphatic Massage reduces swelling, stress and fatigue prior to and after your surgical procedure(s). This technique stimulates your immune system, facilitates waste removal at cellular level and assists in transporting nutrients and oxygen to your tissues. EOS™ uses therapeutic-grade essential oils which engage your brain's limbic system so your emotions are calmed while your body is soothed. The detoxifying, regenerative benefits of EOS Lymphatic Massage™ allow you to heal faster - effectively, naturally after your surgical procedure.

EOS™ Integrated Bodywork includes several traditional massage techniques (i.e. Acupressure, Deep Tissue, Swedish, etc.), body-focused breathing, and therapeutic grade essential oils.

EOS™ Aromatherapy Services are designed to take a practical, portable, personalized approach to aromatherapy.

EOS™ Evincible Lifestyle Coaching is immediate, active and participatory, and personalized to a client's goals and personality.

Located in downtown San Francisco and easily accessible by public transport, appointments can be scheduled by clicking [here](#) or calling Bravo at 415-971-7373.

SUGGESTED LINKS

- [Spas: top ten of 2010](#)
- [Spas..not just for women](#)
- [Spas, Wine and Luxury in Northern Michigan](#)
- [Spas, fitness centers provide pleasant - and healthy - diversions to casino action](#)

[Report this content](#)

SHARE THIS ARTICLE



SUBSCRIBE TO AUTHOR

Comments

SPONSORED on EXAMINER.COM



Why Are the Students of ICEF Vista Academy Making the Grade?

Promoted by CA Lottery — ICEF Vista Academy has an ambitious agenda. Check out how they are making it happen.

Advertisement

Report this ad

POPULAR in SPA & BEAUTY

[Simple salt eye rinse solution for pink eye and other eye irritations](#)

[How to make your own hyaluronic acid serum](#)

[Discover how to get off market real estate deals](#)

Sponsored American Investors Association

[Six common nail problems: from fungus to hangnails](#)

[What's the difference between gel manicures and Nexgen?](#)

[The problems with olive oil & skin care: Pt. 2: Olive oil issues](#)

[Women's Shoes 20% Off Epsadrilles & Sandals](#)

Sponsored Shopbop.com/Amazon-Prime

[Get rid of those bumps on your legs to reveal smoother sexier summer skin.](#)

[Top 6 The Balm Products Worth Trying](#)

[American Greetings talk Care Bears, Christmas, and the new Advent Calendar app](#)

[50+ Retro Tech Gadgets for the Modern Man](#)

Sponsored EastDane.com/Amazon-Prime

[The seven face shapes- which one is yours?](#)

[The rules for nail polish color and age appropriateness](#)

TRENDING on EXAMINER.COM

[Dogs tortured then killed after 'free to good home' ads](#)

[Dog found dragging 6 pound chain around her neck exposing main artery](#)

[Hillary Clinton almost certainly will face indictment rec'd from FBI](#)

[Myrtle Beach is under a long-term no-swim advisory](#)

[Terrified dog tried to cling to owner just as he was surrendered to busy shelter](#)

[Dying girl's last wish: Please, remember to throw the ball for my service dog](#)

[Dog dragged by neck behind truck - reward offered](#)

[ABBA reunion video: What really happened when ABBA reunited to sing](#)

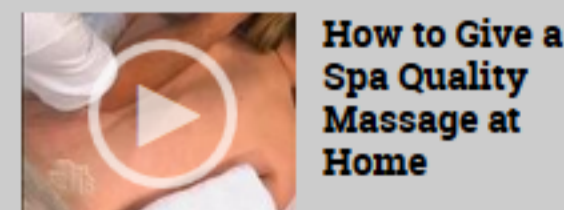
[Shih Tzu's owner gravely ill with cancer pleads for someone to save his dog](#)

[Simon Cowell walks off stage with scared puppy on 'Britain's Got More Talent'](#)

Advertisement

Report this ad

FEATURED VIDEO



RELATED STORIES

[Relax with Zeel](#)

[Massages on demand head to Honolulu and the ski resorts of Colorado](#)

[TPC Network breaks ground on TPC Colorado](#)

[Thompson Seattle hotel opens in Pacific Northwest](#)

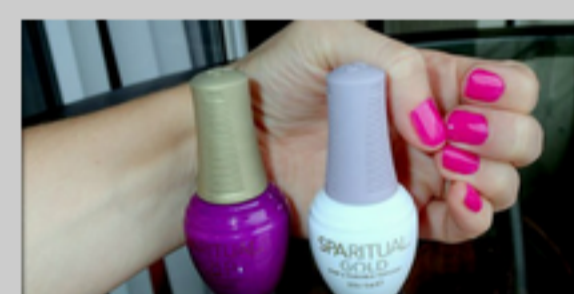
[Grille 401 in Fort Lauderdale to debut brunch on June 11](#)

LEISURE HIGHLIGHTS



[Learn about Ohio's rich railroad history at the Dennison Railroad Festival](#)

Cleveland railroad and train enthusiasts and those who just like to have fun have a treat in store for them at the family-friendly Dennison Railroad Festival (being held June 8 - 11) in Dennison....



[Match your nails to blooming violets with 'Bold' nail color by SpaRitual](#)

Today's feature is yet another gorgeous new Flexible Nail Color from SpaRitual! This gorgeous pinky-violet nail polish is called 'Bold', and it's part of SpaRitual's 2016 GOLD Summer Collection...

NEXT ARTICLE

[Rhonda Allison: Age defying skincare that is kind to humans and animals \(Photos\)](#)

COMPANY LINKS

- [About us](#)
- [OnTopic custom content](#)
- [The Rowdy](#)
- [Advertise with us](#)
- [Sitemap](#)