

# Foad Araiinejad

## **PROFILE**

Proud Owner and Operator of Mind and Body Holistic Spa, I have owned my practice in Montgomery, Alabama since 2000. I center my services around helping my community in a holistic way. Additionally, I am the founder of UAFSD, Universal Art For Self Discovery, a program that incorporates Massage Therapy and Expressive Art Therapy. I have served on the Board of Directors of the Federation of State Massage Therapy Boards since 2021.

## **EXPERIENCE**

### **Licensed Massage Therapist — 1995-Present**

I have been practicing in the Montgomery Area for over 26 years. In addition to my Massage therapy license, I have participated in many continuing education programs and received various other certifications that I am able to incorporate with massage therapy.

### **Massage Therapy Educator — 2008-2021**

As a believer in education and a believer in the benefits of massage therapy, I am a Massage Therapy educator focusing on Continuing Education and by hosting workshops that provide information on Continuing Education opportunities to other local massage therapists.

### **Board of Massage Therapy—2008—2021 (Chairman—2020-Present)**

For over 13 years, I have proudly been the Alabama Delegate representing The Alabama Board of Massage Therapy. Because of my experience in the field and my familiarity with the area, I believe I am able to effectively represent Alabama while understanding the needs of those who I represent. By attending various conferences nationally, I have been able to bring back and apply learned experiences.

### **Leadership Montgomery — 2014**

Leadership Montgomery is a service-based organization geared towards involving professionals in the Montgomery area in engaging in volunteer work and informing them about how their efforts can contribute to the community.

### **Universal Art for Self Discovery—2015-Present**

With inputs of licensed counselors and expressive art therapists, I was able to construct a continuing education workshop that taught how expressive art therapy can be integrated with massage therapy.

## **EDUCATION**

### **Licensed Massage Therapist — 1998-Present**