

Foad Araiinejad

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Professional Summary

Certified Traditional Chinese Medicine (TCM) Practitioner (Beijing, China) with over 27 years of experience in Alabama. Licensed Massage Therapist, Educator, and Certified Expressive Art Therapist committed to delivering holistic therapeutic services. Founder of Mind & Body Holistic Spa and Universal Art for Self-Discovery, integrating bodywork, expressive art therapy, and wellness practices. Experienced board leader in regulatory and professional development roles within the massage therapy industry. Currently pursuing a Life Coaching Certification through Harvard Medical School.

Professional Experience

Owner

Mind & Body Holistic Spa, Montgomery, AL

1998 – Present

- Provide comprehensive therapeutic services including bodywork, expressive art therapy, and yoga.
- Manage operations at both Old Cloverdale and Therapy at the Club (Wynlakes Country Club).
- Established and maintained a strong reputation for excellence in holistic wellness for over 25 years.

Founder

Universal Art for Self-Discovery, Montgomery, AL

2011 – Present

- Developed a unique modality integrating expressive art therapy with massage to support individuals dealing with pain, anxiety, and depression.
- Serve as a Continuing Education (CE) provider in Alabama.

Board Member

Federation of State Massage Therapy Boards (FSMTB)

2022 – 2024

- Participated in national governance and strategic leadership as a member of the Board of Directors.
- Served on the License Renewal Committee and currently serve on the Nominating Committee (2024–present).

Chairman

Alabama Board of Massage Therapy

Oct 2019 – Jan 2022

- Led regulatory and governance efforts for licensed massage therapy professionals statewide.

Board Member

Alabama Board of Massage Therapy

Oct 2011 – May 2024

- Contributed to nearly 13 years of board service, including regulatory development, professional standards, and public engagement.

Faculty Member

Expressive Arts Summit, New York City

2014

- Presented on the integration of expressive arts and massage therapy to national and international practitioners.

Certifications

- Certified Traditional Chinese Medicine Practitioner – Beijing, China
- Certified Massage Therapist
- Certified Massage Therapy Educator
- Certified Expressive Art Therapist

Skills

- Holistic Therapeutic Services
- Expressive Art Therapy & Bodywork Integration
- Continuing Education Curriculum Development
- Regulatory Governance & Policy Leadership
- Wellness Practice Management & Client Relations

Education

- Certification in Traditional Chinese Medicine – Beijing, China
- Currently pursuing Life Coaching Certification – Harvard Medical School

Professional Affiliations

- Federation of State Massage Therapy Boards (FSMTB)
- Alabama Board of Massage Therapy (2011–2024; Chairman 2019–2022)

Languages

- English (Fluent)
- Persian (Fluent)

Personal Interests

- Self-taught artist with a passion for integrating creativity and therapy for holistic wellness.