

Massage Message

VOLUME 3, ISSUE 1

SPRING 2009

MYOFASCIAL
RELEASE

FACIAL
TREATMENT
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OUTDOOR
MASSAGES

FLEX
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Greetings From Kelly.....

Hi everybody! I'm writing this two days back from Arizona. My wonderful husband gave me an early 40th birthday present (EARLY being the key word, I'm still 39 for another 7 months!). Since I first started massage school in 2003, I have wanted to attend a John Barnes Myofascial Release class, and thanks to Walt, I finally got the opportunity. The class being held in Sedona was a bonus as we were able to stay with Dee and Michael and catch up on the last year and a half.

The class was AMAZING! In the first ten minutes of the first day, I was literally moved to tears. I'll go into more detail inside, but I



can't tell you how excited I am to start using these techniques in my practice. And this is just the beginning..... I've already registered for two more

classes.

Other than that, we have all kinds of fun stuff happening..... New treatments, special prices, upcoming events and tips on getting ready for Spring and Summer.

Our next big event is Sunday, March 22nd. We will be sponsoring a Quarter Auction at Swansea Improvement. Please join us either as a volunteer or just to enjoy the event.

Hope to see you there!

Kelly

Get A Free Hour Massage

We need people to help get our new non-for-profit organization off the ground.

So, as an incentive, we have decided to offer a free hour massage to anyone willing to organize

a fundraising event. Terri, Kelseigh and I are available to help, but we need people to take control of some of the events. We're looking for Trivia Nights, Quarter Auctions, Golf Tournaments, Raffles,

Dinner Dances, Rummage Sales, Casino Nights, etc.

If you are interested in organizing an event or have any questions, contact our office at 618-235-8853 or Terri at 618-267-5611.

Curtis Jewelers



Curt Cecena & Patricia Magouirk

Curt Cecena and Patty Magouirk are the owners of Curtis Jewelers in Waterloo. I have been doing business with Curt for about 13 years now and we've seen each other go through some major life changes, personal and business. It's such a pleasure to see him realize his dreams. He and Patty are wonderful people to deal with and will treat everyone fairly. Curt has been kind enough to help us raise money for our

organization by making our logo pendants for us. The pendants (picture below) will be available at our office and at

Curtis Jewelers
1550 North Main, Ste D
Columbia, IL
setnstones@hotmail.com

Hands To Help, NFP

Our Mission is to save the world one massage at time.

I've been using the phrase, "saving the world one massage at a time," for several years. Who would have known it would ultimately become the mission statement of our organization.

We want to literally start saving the world by offering massages to those who need it the most and don't have

access to the service. We'll be starting locally by working with nursing homes, Hospice, Violence Prevention Center, CASA and other local organizations. Ultimately we hope to sponsor massage mission trips internationally.

We are looking for members and volunteers. If you would like to be a

part of our group, please join us at our upcoming quarter auction on March 22nd or at our first official meeting:

Saturday, April 4th
1:00 p.m.

Swansea Improvement
301 Service St.,
Swansea, IL
618-277-6331

Hands to Help Pendants



Hands to Help Pendants

Funny how so many things tie back to Sedona.....

I started wearing this necklace when I visited Sedona in 2003 when I was in massage school.

After I started my business, on my visits to Arizona, I would buy these charms for the therapists working with me. And now, as it has evolved, this is the symbol for our

organization. The pendants will be available at our office and at Curtis Jewelers after March 15. The cost is \$25 each with 100% of the proceeds benefiting Hands to Help.

New Year's Resolutions: Did you resolve to lose weight and get in shape for 2009? Three ways we can help you reach your goals....

Regular Massages Can Help You Lose Weight

You have probably heard of the hormone, cortisol, often referred to as the "stress hormone." Cortisol is an important part of the body's response to stress, however, in our high-stress lifestyles, the body doesn't always have a chance to return to normal. High levels and prolonged levels of cortisol in bloodstream have effects



such as: suppressed thyroid function, decreased bone density and muscle tissue, and increased abdominal fat, in addition to many other health-related issues. Regular massages can help reduce your level of

stress, thereby reducing the amount of cortisol levels in your system.

Massage also helps increase the levels of dopamine and serotonin in your system to help fight off depression, another contributing factor in weight gain.

There is only one journey. Going inside yourself.
Rainer Rilke

Lymphatic Drainage Massage & Cellulite

The lymphatic system's primary function is to collect waste and toxins from between your cells and assist in the absorption of fat. This lymph fluid is also a

contributing factor in the appearance of cellulite. Lymphatic drainage massage is a slow, manual technique of pushing the fluid towards the lymph nodes. This

technique helps rid the body of toxins, improves the body's immune system and reduces the appearance of cellulite, water retention and puffiness.

Inch Loss Body Wraps

This body wrap works on shrinking adipose (fat) tissue and cellulite. The process involves wrapping the body with cotton-elastic wraps which have been soaked in a special formula. Once you are wrapped, you'll put on a plastic suit and footies. To

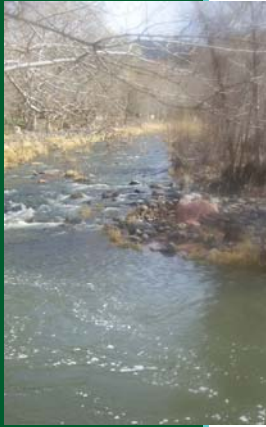
achieve the best results, the wraps should be worn for an hour. You can choose to receive a scalp and face massage or combine the body wrap with a facial treatment (extra \$30).

You will see results with one

treatment, but for long lasting results, it is recommended to receive a series of wraps over a 2-3 week period. Each wrap is \$100 or a series of 6 for \$450.



Myofascial Release



View from Therapy
on the Rocks in
Sedona

The view from Dee &
Michael's front door.



Another
view of Oak
Creek from
the balcony
of Therapy
on the
Rocks



As I mentioned in my greeting, I just returned from a John Barnes Myofascial Release class in Arizona. I don't know how to explain it and I'm not going to try, but I've always felt there was something I was missing in my practice. In the first ten minutes of our first day of class, I was moved to tears when John said, "for those of you who have been looking for the missing link, this is what you've been searching for."

From that moment on, I experienced and witnessed amazing things happen in that room. There were massage therapists, physical therapists, occupational therapists, speech pathologists, dentists, chiropractors, orthopedic surgeons and my classmates included people from all over the country and Canada. After the first day of class, I decided I needed to get a treatment from an experienced myofascial therapist. Again,

thanks to my wonderful husband, I was able to experience this session. He let me charge the \$280 per hour session to his flex plan. It was worth every penny. For a long time, I have had serious issues with my lower back. I have been nearly pain-free since that session.

About Myofascial Release

Fascia is a connective tissue that spreads throughout your entire body, head to foot. Fascial restrictions can occur from posture, inflammation or trauma (emotional and physical) and can cause pressure on nerves, muscles and internal organs. Standard tests do not show fascial restrictions, so the problems sustained are many times misdiagnosed. This fascial tissue forms a "straight-jacket" of pressure that causes pain, postural misalignments and a myriad of other problems.

Myofascial restrictions can produce pressures of

approximately 2,000 pounds per square inch. This enormous pressure on muscles, nerves, blood vessels and organs produces pain, restriction of motion, headaches and a variety of other symptoms. When we are injured, our body and mind experiences a freeze response, sometimes referred to as the "fight or flight" response. Over time, these responses can create holding patterns that eventually produce increased chronic muscular tone, spasm and fascial restrictions. Unfortunately, these symptoms are often misdiagnosed and the core problem is never addressed. This is why treating the symptoms only provide temporary relief.

I am by no means an expert yet, but am very excited to attend advanced classes in the near future. I am happy to offer this new service by itself or in combination with a Swedish or Deep Tissue massage at no additional cost.

Facial Treatments



Due to popular demand, we will now be offering facial treatments.

The facial treatment begins with hot towels on your face

to open the pores. Your face will then be cleansed and a mask will be applied. During the mask, process, you will receive a scalp and neck massage. We will then apply a toner, an eye treatment and an age-defying serum. The last step in the process is a face massage with and SPF moisturizer.

This service will be offered

in 30 or 60 minute appointments. The cost is the same as massages, \$40 for 30 minutes or \$60 for 60 minutes. However, if you would like to combine a 30 minute facial treatment with a 30 minute massage, the cost will be \$60 for both treatments.



15 Minutes a Day

25 Jumping Jacks

10 Pushups

10 Sit-ups or Crunches

10 Lower Ab Exercise

Lie on your back, pull knees to chest then straighten to a 90 degree angle with the small of your back pushed

into the mat or floor. Start to lower your legs until your back starts lifting. Keep your back on the ground and hold your legs for a 10 second count then slowly lower all the way down. Once your back lifts, you're no longer using your lower abdominals.

Commit to doing this every day for two weeks and see how you feel.. Do it for 4-6 weeks, eat healthy, drink plenty of water and see if you have to buy clothes in a smaller size.

You have nothing to lose except some extra inches!

Imprint the future you desire and it is done.

Merlin's Message

Hot Stone Massage & Spa Treatments



Hot Basalt Stones

During the month of April, we will be offering the Hot Stone Massage and Spa Treatments (excluding inch loss body wrap-see page 3 for discount information)

at a discount. Normally \$100 each, save \$50 when you purchase three for \$250. Hot Stone Massage is helpful in relieving deep muscle pain and is a very relaxing treatment. An exfoliation treatment will help

rejuvenate and soften the skin after the cold weather that causes dry skin. Mud wraps help in the exfoliation process and cleanse the body of toxins.



Outdoor Massages



Massage under the pergola



Plant Sale

This spring, we will have Datura (Moon Flower) and various other plants for sale. A portion of the proceeds will benefit Hands To Help. Call for more details around mid-April.

The outdoor massage area will be finally get to be utilized this year!

The privacy fence is up, the pergola is completed and the vines and ivy that were planted last year should be covering everything in no time.

Obviously, the room can only be used weather permitting, but I think we

should have plenty of nice days to use it.

You'll have the option to use the space anytime you have an appointment, but we'll need notice to prepare it, so please give us several hours notice or at the time you make your appointment.

Odds & Ends

What the undeveloped man seeks is outside; what the advanced man seeks is within himself.

Confucius

Freeburg Chiropractic

Kelly is now offering massages at Freeburg Chiropractic. Call 618-539-3333 for an appointment.

Flex Plans

I have recently been informed that most flex or cafeteria plans cover up to 26 massages per year. We are happy to give you a receipt for your appointment to submit for reimbursement.

Spa Products

We have decided to start phasing some retail

products at our office.

There will be various products from oils and lotions to jewelry. Most of the items will be handmade, but will also carry items such as, Biofreeze.

Shangri-La Soul Spa

To kick things off, we are now carrying Shangri-La Soul Spa Formulas in Geb Nuit and Cloud Nine. These formulas are hand mixed by Deidre Madsen in Sedona, AZ.

Couples Massages

The couples massage was very popular at Valentine's Day, so we've

decided to make it a regular service. This service is not just available to couples; bring your mom, sister or friend and enjoy a massage together.

Two Hour Sessions

With the addition of myofascial release to my practice, I am now offering two hour massage sessions. The cost for two hours will be \$110. The session can include any combination of Swedish, Deep Tissue, Myofascial Release and/or Range of Motion therapies.



Fix your course to a star.

Leonardo DaVinci

Events & Important Dates

March 22nd

Quarter Auction
Swansea Improvement Association
301 Service St.
Swansea, IL
1:00-4:00

April 6th

IL-AMTA
Massage Therapist Meet-Up
Tim & Joe's
6500 West Main
Belleville, IL
7:00-9:00

April 4th

Hands To Help Volunteer Meeting
Swansea Improvement Association
301 Service St.
Swansea, IL
1:00-2:00
(Fish Stand Open)

May 9th

Mouse Races & Dance Party with Derrick Keith From WIL
Hands to Help Fundraiser
Shiloh Eagles
100 Eagle Drive
6:00-11:00

April 22

Administrative Professional's or Secretary's Day

May 10

Mother's Day

May 12

Nurse's Day

May 16

Armed Forces Day

May-June

Graduation

June 21

Father's Day



We must reach the point where we can change our present in order to change the future.

Dr. Michael Ryce

Whatever happens, I will not let my cheerfulness be disturbed. Being unhappy won't get me anywhere and will dissipate all my goodness. Why be unhappy about something if I can change it? And if I can't, how will being unhappy help?

Shantideva

Band Schedule

March 28th, 8:30-12:30
April 18th, 8:30-12:30
May 30th, 8:30-12:30
Centerfield
Belleville, IL

Dates Available:
March 27
April 3,4,5,10,11,12,19
May 15, 22, 29, 31
June 5, 6, 7, 12, 13, 14, 21
July 17, 18, 24, 25, 26, 31
August 1, 2, 15, 16
September 4, 11, 12, 18, 19
October 3, 23, 30, 31
November 6, 7, 14, 21
December 11, 18

A band of
BITS 'N PIECES





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