

## RELAX AND REJUVENATE

Volume 1 Issue 12

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### HOLIDAY SPECIAL: GIVE THE GIFT OF RELAXATION AND REJUVENATION

Gift certificates are available!

Buy 2 one Hour Gift Certificates for \$90.00

4 one Hour sessions FOR \$175.00

10 One Hour sessions FOR \$400.00

### STRESS and Your Health

Medical research has determined that continual stress can block the body's natural ability to repair, regenerate and protect itself (immune system.) Stress is often caused by conflicting thoughts, feelings or emotions that get stuck in the subtle energy system. These include fear, worry, doubt, anger, anxiety, etc.

The American Institute of Stress ([www.stress.org](http://www.stress.org)) estimates that 75-90% of all Dr. visits are the result of reaction to stress. Unreleased stress effects range from minor aches and pains to major health concerns, heart disease, digestive problems and possibly cancer.

Take time to deep breathe, relax, drink plenty of water and rest. Meditation and massage are also great ways to decrease the symptoms of stress.

### Add Massage to your Wellness plan.

Massage has so many health benefits that it can easily be added to your wellness plan. It can help soothe the tired muscles after a hard workout or a stressful day at your job. It can be a great way to help lower your blood pressure or help decrease some pain, or headache or those tight neck and shoulders from working at the computer or on the phone all day. Massage can just help you slow down, go inside and let go. It is a way to relax and yet rejuvenate your body, mind, emotions and spirit.

15 minutes of chair massage, ½ hour or an hour or two of relaxing massage can give you the benefit that your body needs for that moment.

Many employers offer *Flex Plans that will cover massage*. Sometimes you will need a prescription by your physician for them to cover your massage. What a great way to use your money on yourself and get paid back from your pre-tax Flex account!

**I wish you good health, happiness and a peaceful holiday season. Have a prosperous and healthy New Year.**

*Connie Patton, LPN, LMT*

LYNNSPIRATIONS MASSAGE AND THE HEALING ARTS.....Connie Patton, LPN, LMT, Reiki and Karuna Reiki  
8170 Hickman Road, Ste 3, Clive, IA 50325

Please call to schedule an appointment or if you have questions: **CALL 515-270-7004**

Check out my website at:

[www.Lynnsinspirationsmassage.com](http://www.Lynnsinspirationsmassage.com)



or e-mail me at:

[willow@lynnspirationsmassage.com](mailto:willow@lynnspirationsmassage.com)

# HAPPY HOLIDAYS AND HAPPY NEW YEAR

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*Gift certificates for massage can be given for any occasion:*

*Christmas*

*Mother's day*

*Father's day*

*Anniversary*

*Birthday*

*Bridal Shower gift*

*New mom gift*

*Boss' day*

*Nurse's week (May)*

*Thank you gift to your employees or family or friends*

*Grandparent's day*

*Graduation gift*

*Secretary's day (April)*

*For your babysitter*

*An incentive for your employees*

*Valentine's day*

*Or JUST BECAUSE!*

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