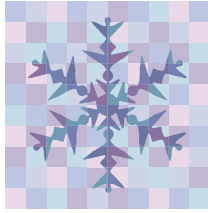


RELAX AND REJUVENATE

Volume 2 Issue 1

January 2008



Valentine's Day is February 14

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

Check out my web site at www.Lynnsinspirationsmassage.com for information on the different services offered at my office.

MYOFASCIAL RELEASE TECHNIQUES

Did you know that fascia, a thin layer of connective tissue, covers the body from head to toe? It covers many organs and between layers of muscle and other tissues. If you have had an injury, physical and/or emotional trauma, or have fibromyalgia, the fascia can become thick and restricted causing pain. MFR is a very gentle technique that can help the body release the tight restricted fascia with unwinding and can help decrease and sometimes eliminate the pain. If you have more questions or would like to schedule an appointment for a Myofascial Release technique session, please email or call for an appointment. MFR sessions last from 1 to 1 ½ hours. Amazing results can be obtained.

Many of you have heard of The Secret, but have you heard of CREATIVE QUESTIONS? Many people use affirmations, which are a statement of the way things are. Many times you have a question first; sometimes, one that you may not be aware that you were even thinking. Change that negative question to a positive one and see how your world can change! Interested? Curious? Why am I happy? Why am I healthy? Why am I grateful? Pay attention to not only your thoughts but to your questions. Check out my link to more information on this very wonderful and positive way to change what happens in your world.

<http://www.creativequestions.com/cmd.php?af=715111>

Raindrop Technique

Many clients consider this to be their "all-natural" flu shot. The oils used are said to have anti-microbial, antibacterial and antifungal properties. This technique is a 1 ½ to 2 hour session with Young Living essential oils applied to the feet and to the back and massaged in a certain technique with warm towels applied to the back at the end. A very relaxing experience!

IOWA HOLISTIC EXPO

Iowa Holistic Expo here in Des Moines at the Marriott downtown, March 15 and 16, 2008. Tickets are \$8.00 at the door and \$4.50 each for groups of 2 or more. Keynote speaker is Dr. Norm Shealy presenting The Secret Code for Bliss.

Also there will be 5 highly acclaimed intuitive. There is expected to be around 70 exhibitors. See the web site below for more information. This is an Expo that has been popular in Minneapolis, MN and is now here in Iowa. There will be a booth with a directory listing Holistic practitioners here in Iowa. This is an exciting expo.

<http://www.edgenews.com/article.php?id=759>

Many people use essential oils for many purposes. One of my favorite oils is Lavender. Lavender is very calming and soothing, often used for relaxation. Lavender oil offers balancing properties that boost stamina and energy, is highly regarded for skin care and beauty, and is often used to cleanse minor cuts, bruises or skin irritations. Massage into the back of the neck or bottom of the feet for calming. Rub a drop on your palm and smooth over pillow to aid with sleep. Soothe a minor burn by applying 2-3 drops to the affected area. Diffuse to minimize seasonal reactions to pollen and dust mites. Apply 2-3 drops to relieve itching and soothe skin. {from Young Living brochure Everyday oils}

Massage can be reimbursed by your Flex Plan, depending on the plan, if you get a prescription from your physician for massage.

Massage can be easily included in your health and wellness plan. Massage has many health benefits besides relaxation, including, improving the immune system, decrease blood pressure, decrease pain, decrease headaches, and does help decrease the side effects of stress.

Many people ask how often they should have massage. That is totally up to you. Frequent massage can benefit in many ways. If having an acute problem, some will come weekly for awhile until the problem is improved. Some come every 2, 3 or 4 weeks. Frequent massage can help keep muscles relaxed and help with pain. Some clients come before they see the Chiropractor, relaxing muscles allowing the Chiropractor to do the treatment a little easier.

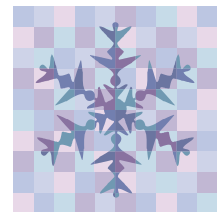
If you would like to schedule an appointment, please call at 515-270-7004.

Remember your Valentine in February. Give the gift of a relaxing, soothing massage.

Remember to focus on the positive and what you want!
Relax..... Breathe Deeply..... Be well

Connie Patton, LPN, LMT

Reiki and Karuna Reiki Master Practitioner



LYNSPIRATIONS 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.Lynspirationsmassage.com



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