

RELAX AND REJUVENATE

Lynnsinspirations Massage and the Healing Arts

Volume 2 Issue 2

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February is a month known for love and caring. May we love and care for each other always. Our heart is important to take care of as well and decreasing is important in heart health.

Massage Gift Certificates

Are the perfect gift for

Your Valentine

For Birthdays, anniversary,

Mothers Day, Fathers Day

Graduation, Bridal gift,

Nurse's Day, Boss' Day

Or Just Because

2 One Hour Sessions for

\$90.00

Are you Curious?

Have you ever really paid attention to what you have been thinking?

Have you ever wondered "why am I always having this or that happen to me?" Or "why am I always sick?" or "Why don't I have enough money?"

Pay attention to your thoughts or your Questions.

"Why am I wealthy?"

"Why am I Healthy?"

Our thoughts are very powerful. Thoughts become things so think the good ones.

Check out more on Creative Questions

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

Lynnsinspirations Massage and the Healing Arts

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Many of us are trying to help clean up our environment by using more "green" products. Did you know that some grocery stores are giving you a discount if you bring in your own cloth or canvas bags or buy theirs, to bag your groceries in? Savings for us and helps the Earth.

Young Living has a product called Thieves. It is said to have properties that can kill bacteria. It comes in a foaming hand cleaner, a waterless hand purifier and in concentrated form and can be used to clean. I use it to clean my home and the office. It can be used to wash dishes and in your laundry. It does not have all the chemicals in most cleaners found on grocery store shelves. If you would like more information on this, please contact me at

515-270-7004

Or email me at:

willow@Lynnsinspirationsmassage.com

You can find a link to my Young Living Essential Oils site from my web site, as well.

Holistic Health Expo is in Des Moines, at the downtown Marriott on March 15th and 16th. Watch the newspaper for more information on this. There will be speakers and vendors as well.

Love yourself and others

Be well Connie Patton, LPN, LMT