

Lynnsprations Massage and the Healing Arts, (515) 270-7004



Give your graduate the gift of massage
Gift Certificates are available.

Special Interest Articles

Massage Therapy

BIO MAT

Positive thoughts can help keep you healthy

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Massage Therapy and more

Massage Therapy has so many benefits as I have mentioned before. There are many types of massage. Each massage therapist may have a certain modality that they prefer to use or some may have many that they can use to help in the session.

I have learned a technique called Comfort Touch® Massage that is very effective for massage with my Hospice clients that have dementia or Alzheimers. It is very relaxing and a very comforting type of touch.

Myofascial Release Technique is another modality that I use frequently that is very helpful for clients that have Fibromyalgia, because with it I am working with tight or restricted fascia (connective tissue) that is causing pain. It is very gentle but yet can sometimes feel as though I am working very deep on an area.

Massage lotion, cream or oils are used for massage. I use Young Living Essential oils for massage, such as Relaxation oil, Lavender for

relaxation, or Orthosport for tight and sore muscles. I use a variety of oils depending on what the client need is. Some have noticed that emotion can sometimes come up. Our tissues, even at the cellular level, can sometimes retain emotion that was felt but not released at the time of an injury. Sometimes this emotion can come out during massage or other modalities. It is good to release this emotion for healing.



GIFT CERTIFICATES are available

Gift certificates are the perfect gift (the gift of relaxation and rejuvenation) for many occasions:

- Graduation
- Wedding gift
- bridal shower gift
- Baby shower gift for mommy-to-be
- Mother's Day
- Father's Day
- Birthday
- Just Because, or any other occasion.
- Special packages are available.

*"Thoughts become things,
so think the good ones."*

*The Law of Attraction is a
very powerful law and our
thoughts are very powerful
as well.*

Creative questions were a creation by Arne Rantzen of Unlimited Network. He found that we have many negative thoughts and questions that create the negative things in our lives. If you have a negative thought about something, as in the Law of Attraction, you will have it in your life. So try to find out what your negative thought or question is and change it to a positive. It is very amazing how un-Aware we are of our thoughts or even of things going on in our life! Have you ever driven home from work, arrived in your driveway and do not

remember the drive home from work? That is being very unaware. Some things have become so routine that you do it without thinking or being aware. Try to notice something new each time you take the same route home or even take a different way home. The more aware you are of each moment, the more alive you are!

If you have ever had the thought or question, why is there never enough money to pay all the bills? you have created that

very thing, not enough money to pay all of the bills. What if you changed the question to; why do I have more than enough money? Or why does money come to me easily and frequently? Imagine that it has already happened; feel what it would be like to have more than enough money and watch what happens. Even skeptics have been very amazed.

Check out <http://www.creativequestions.com/cmd.php?af=71511>

Thoughts Become Things

What you focus on you create in your life. If you focus on illness, you create more illness. If you focus on health, it is amazing how much more healthy you are. Our thoughts are so powerful or even comments made by others. Have you ever been ok or a little tired and had someone say that you didn't look well or were you sick? Before long, you have focused enough on that comment that you suddenly are not feeling well. Amazing how strong our thoughts really are. Pay attention to your thoughts & see how many positive (or negative) thoughts you have in even an hour, & those are just the ones you catch. An interesting site is www.tut.com You can sign up to receive a daily inspirational email from this site. I have found it to be very supportive & encouraging.

YOUNG LIVING ESSENTIAL OILS AND BEING GREEN

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Plants contain complex and powerful substances known as essential oils. These are liquids that are very aromatic and come from shrubs, flowers, trees, roots, bushes and seeds. These components defend plants from insects, harsh environmental conditions and disease. These oils are essential for the plant to grow, live and adapt to its surroundings.

Essential oils have been used dating back to 4500 BC for perfumes, cooking, and medicinal purposes. Young Living oils are distilled from plants and pure unadulterated oils. Because they are not diluted down, they are said to have anti-viral, anti-microbial, anti-fungal properties. You can use Young Living

Lavender or Lavaderm on a burn as well as many other uses.

Oils can be used through inhalation, topical and some can be taken internally, an example is Lemon or Peppermint.

Young Living offers not only essential oils but skin, hair and body wash without **Sodium Laurel Sulfate, which is used in Engine Degreaser.**

- Shampoos
- Cream rinse
- Toothpaste
- All natural products
- Children's vitamins
- Supplements, vitamins and minerals
- Essential oils

GREEN CLEANING PRODUCTS:

Thieves Household cleaner has Thieves essential oil in it and is a concentrate (**1 capful = ½ TBSP**) that can be used in your laundry, to do dishes, to clean and more. **Thieves oil** has Clove, cinnamon bark, rosemary, lemon and Eucalyptus Radiata and has been tested and found to be highly effective against airborne bacterial. You can also get **Thieves toothpaste, Thieves essential oil, Thieves foaming hand soap, wipes and spray** besides the concentrate.

Young Living also has **NingXia Red**, a concentrated drink with wolfberries that are high anti-oxidant and are high on the S-ORAC scale. It helps destroy the most dangerous and abundant free radical-

superoxide.

Super-oxide that is elevated is linked to heart disease, cancer, arthritis, asthma and other inflammatory conditions.

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Since I started drinking one ounce of NingXia Red each morning, my vision has improved.

Please check out the Young Living button at the top of my web page to find out more about Young Living oils and products.

BIOMAT WITH AMETHYST AND TOURMALINE PILLOW

WHAT IS A BIOMAT?

- **FDA licensed medical device designed by DRs., scientists, and engineers.** It provided high-tech negative ion and far Infrared Light therapy for pre-or post medical treatment and recovery.
- The **BioMat** balances natural high energy negative Ions with far reaching Infra Red Light waves through a highly specialized computer system.
- The Ionic and Infrared Light waves go through an Amethyst Quartz super conductor system, to give of the most powerful and healthy stream with the highest absorbable frequencies. NASA discovered that Far Infrared are the safest and most beneficial light waves.
- The **BIOMAT** combines Far Infrared Rays (discovered by NASA for their healing properties), Negative Ions (nature's energizer) and Amethyst Quartz (nature's super-conductor and a powerful detoxifier.)

RESTORE HEALTH AND BEAUTY

- When you lie down on the **BioMat**, the mat warms the inside of your body, about 6-8 inches, where it benefits the muscles, all the cells, blood vessels, lymph glands and nerves, rather than just the surface of the skin.
- The **BIOMAT** delivers a powerful light source that increases blood alkalinity and speeds cell regeneration, while providing a deep state of relaxation.

WHAT ARE THE BENEFITS OF THE BIOMAT?

- **Relieves pain and joint stiffness**
- **Reduce swelling and inflammation by improving lymph flow**
- **Reduce stress and fatigue**
- **Increase flow of the Microcirculatory system**
- **Removes wastes and toxins**
- **Rejuvenates skin and cellular function**
- **Reverse degenerative disease cycles**
- **Boost energy and vitality**
- **Induces deep Delta relaxation**
- **Regulates psychological well being**
- **Burns calories and controls weight**

ARE THERE CONTRAINDICATIONS FOR USING FAR INFRARED HEAT?

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Please check with your physician if you have medical conditions before using the Amethyst BIOMAT.

INFRARED HEAT is NOT recommended for:

- Pregnancy
- Some prescription drugs
- Systemic Lupus Erythematosus
- MS or one with adrenal suppression
- Surgical Implants - Metal or other, check with your physician
- Silicone implants - check with your doctor
- Acute joint injury, avoid heat the first 48 hours
- Hemorrhage or on blood thinners not advised.

Drink plenty of water before and after a session on the BIOMAT.

It is best to start out with 10-15 minutes on the BIOMAT and gradually increase time on the mat.

WHAT IS THE COST TO USE BIOMAT?

15 minutes	\$20.00
30 minutes	\$30.00
45 minutes	\$40.00
60 minutes	\$50.00

This can be used before a massage session or do an entire hour of BIOMAT!

I have had the experience of being on the mat about 15 minutes before receiving a massage and was more relaxed than any other massage.

BIOMATS come in all sizes and can be purchased to be used at home to sleep on (not at the higher heat settings) from twin to king size BIOMAT pads.

Some insurance companies are paying for the BIOMAT and pillow to help in the healing process for those that have been in car accidents.

Please contact me for more information or if you would like to schedule an appointment to have your relaxing and perhaps healing experience on the BIOMAT.

Happy Spring!

Connie Patton, LPN, LMT

Relax..... Breathe Deeply.... Be Well

www.Lynnsinspirationsmassage.com