

# RELAX AND REJUVENATE

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

Gift Certificates are available.



## One Year Anniversary at this location.

It is amazing to realize that I have been at this location at 8170 Hickman Road, Suite 3, in Clive for a year now. It has been a good location and everyone seems to enjoy the bigger space and better parking. I am grateful for the opportunity to work with each of you as you embark in your healing path. Our bodies are truly amazing and innately know how to heal. We need to listen to the body and take the time to relax, refresh and rejuvenate. If we care for ourselves then we are better able to care for our family, do our jobs or whatever we choose to do.

Focus on health and how you want things to be.

Be Well

*Connie Patton, LPN, LMT*

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

## 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.

### Special Interest Articles

One Year Anniversary

BIO MAT

Positive thoughts can help keep you healthy

### Highlights

Gift Certificates	1
Thoughts Become Things	2
Essential Oil Roll-ons	2
BIOMAT	3
Ostrich Oil Products	4

## 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.

Our emotions are our indicators for whether we are on track or in the flow of Well Being. If we have negative emotions or are not feeling good, we are having a negative thought that can influence our health, well being and flow of abundance. Find a better feeling thought, and then another and continue until you are feeling better or more positive. Our minds are so incredibly powerful and our thoughts influence our lives more than we could ever imagine.

If you have read or heard about The Secret, you will be even more amazed by the information received from Abraham by Esther and Jerry Hicks. They have incredible books and videos that are inspiring and helpful in helping us remember who we really are and how we can have the life that we want. The Law of Attraction - like attracts like.

Check out [www.abraham-hicks.com](http://www.abraham-hicks.com)

You can receive a daily inspirational email from them. They just came out with a new book called, Money, and the Law of Attraction.

Learning to Attract Wealth, Health, and Happiness.

## YOUNG LIVING PRODUCTS

### Roll-Ons to the Rescue

**Young Living now has a new convenient portable way to carry some oils.**

- **Deep Relief Roll-on** - for muscle soreness and tension with a blend of Peppermint, wintergreen, copal, and Palo Santo Essential Oils.
- **Valor Roll-on** - combination of spruce, rosewood and Frankincense and blue tansy essential oils that work to increase feelings of strength, courage, and self-esteem.
- **Tranquil Roll-on** - blend of lavender, cedarwood, Roman Chamomile essential oils to calm and relax the body and mind.

Also, now available, Lavender Bath and Shower Gel, Hand and Body lotion, Lip balm and Lava Derm cooling Mist.

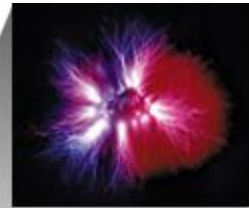
For more information contact me or go to my web site at

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

click on the Young Living tab and find out more about the Young Living products. Some call Raindrop Technique their all-natural flu shot.

## Amethyst Bio-Mat

Uses Japanese kurare's super fiber (Patent 1386560) materials to generate far infrared ray (6-12Micron) that human body can easily absorb.



Amethyst Infrared Ray



As you  
my last

remember, in  
newsletter,

I had information on the **BIOMAT**. If you don't remember or didn't receive a copy of the last newsletter, please check out the last newsletter posted on my web site, [www.Lynnspirationsmassage.com](http://www.Lynnspirationsmassage.com) or go to the **What's New** section and read on.

- I can now do massage on the **BIOMAT** with the **Far Infrared on**. I, myself, have had a massage and other work done on the mat with it on and it was the most relaxing massage I had ever had.
- **Add \$15.00 to the cost of a one hour massage if done with BIOMAT turned on.**

### 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

Stress has been found to be one of the biggest causes of illness and disease. Anything that we can do to decrease our stress or the symptoms of stress, can only improve our health and wellness. One negative thought, can contribute to stress and its symptoms, which can contribute to illness, which contributes to disease. Focus on happy, positive thoughts and thoughts of health and wellness.

# OSTRICH OIL PRODUCTS

## NATURE'S EDGE

Ostrich oil was used over 3000 years ago by Egyptians and Romans for many skin conditions, including lesions, burns, dermatitis, eczema, psoriasis, dry skin and arthritis. There is a company that sells many products containing the Ostrich Oil or you can purchase a small bottle of the actual Ostrich Oil by itself.

<http://www.naturesedgeonline.com/?about=view>

Look for it in some of the local HYVee's or perhaps order online! I have been using the lotion for massage and it is so amazing. It is very thick and very moisturizing to the skin. Nature's Heaven Lavender Lotion is wonderful.

### Something to think about.....

We are beings of energy. Some people when they hear that do not believe it to be true. But when you go to the doctor and have an EKG, what is being measured? The electrical impulse or energy released from the heart as it beats. An EEG measures the Brains' electrical waves or energy released from it. Therefore, would it be possible, that if we have a blockage of energy flow, that it could cause illness?

Any healing modality that works with our energy; Reiki, Healing Touch, Therapeutic Touch, Essential oils that have a frequency from the plants that they come from, the energy of Crystals (quartz is used in watches), the Far Infrared Rays of the BIOMAT, Zero Balancing (works with the energy flow of the skeletal system, "your bones") and others.

Possibly, this is why some of the alternative therapies that are out there are giving people relief that they have not received from medications and other treatments. Many people have seen their doctors and were told that there was nothing else that they could do. I was one of those people. I was not willing to accept that and sought other therapies, such as massage therapy and Unlimited Body. This brought me more immediate relief than being on pain medications and TENS unit had. Do see your medical doctor for any condition you are concerned about but there are sometimes other therapies that may give one benefit.

Focus on what you want, not what you don't want.

Focus on the positive, desiring to be in the flow of Well-being for your inner spirit.

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

*Connie Patton, LPN, LMT Reiki and Karuna Reiki Master Practitioner*