

# RELAX AND REJUVENATE

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## Massage Therapy Awareness Week in October

Massage therapy Awareness Week is the third week in October. Many massage therapists will be doing different events to help make others aware of the value of Massage therapy.

☉ Massage therapy awareness week

## BENEFITS OF MASSAGE

☉ Benefits of massage

Continued exposure to and symptoms of stress can lead to major health issues and even disease. One negative thought can cause stress.

☉ Raindrop Technique

Massage offers physical, Mental, Emotional and Spiritual benefits.

☉ Biomat

### *Physical Benefits*

☉ Thieves Cleaner

- Relaxed Tissue
- Energized Increased ability to deal with infection
- Improved immune system
- Improved physical health
- Increase blood flow/circulation
- Healing scar tissue
- Smooth cellulite out
- Improves lymphatic system/fluid flow
- Removes waste products from the tissues
- Moisturizes the skin
- Lowers blood pressure
- Easier breathing, slower, deeper
- Improved digestion
- Reduces the physical effects of stress and anxiety
- Decreased pain
- Increase Oxygen in tissue

☉ Relax



Even 10 minutes of chair massage can lower blood pressure 10 points. Chair massage can be done at your business or in my office.

**For a more detailed list, check out the RELAX button on my web site [www.Lynnsinspirationsmassage.com](http://www.Lynnsinspirationsmassage.com)**

## Raindrop Technique (some clients call it their all-natural flu shot)

Raindrop technique uses Young Living Essential oils that are said to have anti-viral, anti-microbial, anti-bacterial properties. The oils are gently dropped onto the back and massaged in using a specific technique that is very relaxing. The technique takes about 1 ½ to 2 hours. Some clients report that they made it through the flu and cold season last year without getting sick after having the Raindrop done. I have some clients that also reported decreased back pain after having a couple of the Raindrop Sessions. If you have questions or would like to schedule an appointment, please contact me by email at [willow@Lynnsinspirationsmassage.com](mailto:willow@Lynnsinspirationsmassage.com) or call 270-7004.

Lynnsinspirations  
Massage and the  
Healing Arts

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

8170 Hickman Rd  
Suite 3  
Clive, IA 50325

515-270-7004

## AMETHYST BIOMAT



The BIOMAT is an FDA approved device that has Amethyst crystals in the mat itself and is connected to a computer and uses FAR INFRARED rays. The BIOMAT and far infrared rays has helped one of my clients that have had problems with a dermatologic rash for several years, to clear up.

A massage with the BIOMAT on is very relaxing. It heats not just the surface of the body but up to about 4 inches within the body, promoting increased circulation and more. For more information, check out my website. Look at What's New.....

## “Green” cleaning Product

The focus these days more often is finding a product that is safe to use and good for our family and environment. There are many products out there but one that I use in my office and home is Young Living's Thieves concentrate Cleaner. It can be diluted in many ways and can be used to clean counters, in laundry, to remove old smoke odor, for mold and much more. It has a nice scent and is very friendly to our environment. There is an entire line of Thieves products: toothpaste, mouth wash, Thieves floss, Hand purifier, and Foaming hand cleanser. If you would like information please contact me via e-mail at [willow@Lynnsinspirationsmassage.com](mailto:willow@Lynnsinspirationsmassage.com)

Or call 270-7004. You can see more Young Living products on my web site by clicking on the YL Essential Oils button.

## RELAX

There are many ways to relax but many of us do not take the time to do so. We are "too busy." Remember that one negative thought can cause stress. Stress can cause illness or dis-ease. When we are stressed we tend to hold our breath. Remember to breathe deeply. Take some slow deep breaths as you are waiting at a traffic light, standing in line at the store, or anytime you find yourself feeling anxious. Stop and look at the beauty in our world, the fall flowers in bloom, the butterflies, the sunset or a beautiful sunrise. Being outside in fresh air is also rejuvenating, enhancing your "chi or Ki" or life force energy. Whatever you find that is relaxing, take time for you, so you can enjoy life and be healthy. Think positive or reach for a better feeling thought, as your thoughts can become things!

Whether it is; Massage, Reiki, Myofascial Release Technique, Unlimited Body session, Raindrop Technique, time on the BIOMAT, using Lavender or Peace and Calming essential oils, listening to calming, soothing music, listening to a water fountain or taking slow deep breaths, remember

Relax..... Breathe deeply..... Be Well

*Connie Patton, LPN, LMT*



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I am on the web at:

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