

RELAX AND REJUVENATE

October, 2008 Volume 2 Issue 10

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

Gift Certificates are available.



Happy Fall

Special Interest Articles

Importance of Relaxation and Rejuvenation

GIFT CERTIFICATES

SPECIAL PACKAGES

Young Living Products

Positive thoughts can help keep you healthy



The Importance of Relaxation and Rejuvenation

As we begin to think about the upcoming holidays, many people think about the stress involved in going to all the family gatherings and trying to make everyone happy. It is important to take care of you. Excessive stress and strain can have many ill effects on one's mind and body.

© Some Western doctors state that as much as **98% of illness is caused directly or indirectly by the mind (negative thoughts and feelings.)**

© The American Institute of Stress...www.stress.org

estimates **that 75 to 90% of all Doctor visits are the result of reaction to stress.**

© Medical research has determined that **continued stress** can block the body's natural ability to repair, regenerate and protect itself, the immune system and **can contribute to heart disease and cancer and more.**

© When we are stressed we tend to hold our breath. It is important to remember to deep breathe often.

© **Even 10 minutes of Chair massage can lower the blood pressure, both systolic and diastolic 10 points.**

Take time several times each day to slow down and relax. Focus on your breathing, watch a bird or squirrel play, listen to relaxing music, or whatever you find to be relaxing. This helps balance the many chemicals within our body to help decrease the symptoms of stress. Focus your thoughts in a positive way and focus on being healthy.



**Daylight
Savings time
ends**

**November 2,
2008**

**Lynnspirations
Massage
And the
Healing Arts**

**8170 Hickman
Road, Suite 3
Clive, IA
50325**

515-270-7004

Massage and other techniques are available that can also help you relax; Swedish massage, Myofascial release technique, Reiki, time on the BIOMAT, Essential oils like Lavender, Peace and Calming and more.

- Ⓢ Many times Massage can be covered under your **Flex plan**. **Some require a physician's prescription.**
- Ⓢ You can use **money in your Health Spending account** for massage.

GIFT CERTIFICATES are available

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

- Thank you
- Christmas
- Anniversary
- 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 PACKAGES:

(2) one hour sessions	\$90.00
(4) one hour sessions	\$175.00
(10) one hour sessions	\$400.00

These prices apply to massage, Reiki, and Myofascial Release only.

Gift Certificates can be purchased at the special package rate.

YOUNG LIVING PRODUCTS

If you are looking for products that are "green" eco-friendly, think about Young Living products.

- Ⓜ They offer toothpaste that does not have Sodium Laurel sulfate, for adults and children.
- Ⓜ Hair care products.
- Ⓜ ART skin care products, cleanser, toner and day and night creams, that have Wolfberry in them.
- Ⓜ Line of Thieves products, with reported anti-viral, anti-microbial properties -
- Ⓜ Thieves concentrated cleaner - can use to clean, in your laundry and to do dishes, and more.
- Ⓜ Thieves Toothpaste and mouthwash
- Ⓜ Thieves foaming handsoap
- Ⓜ Thieves waterless hand purifier

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

www.Lynnsinspirationsmassage.com

click on the Young Living tab and find out more about the Young Living products. Check out the Holiday collections. Great gift ideas.

- Ⓜ 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