

# RELAX AND REJUVENATE

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- Ⓢ **Benefits of Massage**
- Ⓢ **Raindrop technique**
- Ⓢ **Young Living products**
- Ⓢ **GIFT CERTIFICATES AVAILABLE**
- Ⓢ **Looking for gift ideas?**

## **BENEFITS OF MASSAGE**

**Continued exposure to and symptoms of stress can lead to major health issues and even disease.**

**Massage offers physical, Mental, Emotional and Spiritual benefits.**

### **PHYSICAL BENEFITS**

- 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

**Even 10 minutes of chair massage can lower blood pressure 10 points.** Chair massage can be done at your business or in my office in increments of time of 5, 10, 15 or 20 minutes per person. **Chair massage is \$1.00/minute.**

**Happy Thanksgiving**

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, it is important to find a way to relax often.

**For a more detailed list of services offered, check out the RELAX button on my web site [www.Lynnspirationsmassage.com](http://www.Lynnspirationsmassage.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.
- Ⓢ Raindrop Technique is a very relaxing experience as well.
- Ⓢ If you have questions or would like to schedule an appointment, please contact me by email at [willow@Lynnspirationsmassage.com](mailto:willow@Lynnspirationsmassage.com) or call 270-7004.

### **YOUNG LIVING PRODUCTS including "Green" cleaning Product**

There is more focus these days towards 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 Livings Thieves concentrate Cleaner.** It can be diluted in many ways and can be used to clean counters, in laundry, to remove old smoke odor. It has a nice scent and is very friendly to our environment.
- Ⓢ **Purification or Thieves Oil can be used in a diffuser in each room of the house, diffused for a few minutes to help purify the air especially as the cold and flu season arrives.**

- Ⓢ **Purification oil** can be placed on a Kleenex, cotton ball or a coffee filter and placed in a car vent or furnace vent as a way to purify the air.
- Ⓢ Purification oil can also stop itching from bee stings or bug bites.
- Ⓢ **RAVENSARA - oil has been used by a couple of my clients for Shingles.** They had tried two prescriptions of medication prescribed by their physician and after the first application of the Ravensara oil, the burning was already beginning to subside. By the 3<sup>rd</sup> day, their pain and rash was almost completely gone.
- Ⓢ **Lavender or Peace and Calming oils** applied to a tissue and placed on your pillow or rubbed between both hands and inhaled can help you relax and get to sleep.
- Ⓢ A fussy baby can calm with **Lavender or Peace and Calming** on your hands brushed in the air around the infant.

**Check out the YOUNG LIVING Holiday gift sets, great ideas for the holidays.**

If you would like information please contact me via e-mail at [willow@Lynnspirationsmassage.com](mailto:willow@Lynnspirationsmassage.com) Or call **270-7004**.

You can see more **Young Living products on my web site by clicking on the YL Essential Oils button.**

## **ARE YOU LOOKING FOR GIFT IDEAS?**

- Ⓢ GIFT CERTIFICATES
- Ⓢ Young Living Holiday gift sets
- Ⓢ Lavender lotion, oil and more
- Ⓢ **Everyday oils kit** that can have many uses. Lemon or peppermint in your water, Purification to purify the air.
- Ⓢ **Roll-on oils - Valor, Lavender**
- Ⓢ **ART skin care system - cleanser, toner, day activator and night reconstructor**
- Ⓢ Ningxia Young Juice with wolfberry - high anti-oxidant
- Ⓢ Gift certificates for Massage, Myofascial Release technique, REIKI

📧 Gift certificate for time on the BIOMAT

📧 Creative Question cards

**November is:**

- Adoption Awareness Month (National)
  - For information and The History of National Adoption Month, see the North American Council for Adoption Website: [www.adoptioncouncil.org](http://www.adoptioncouncil.org)
  - National Adoption Day Web site: [www.nationaladoptionday.org](http://www.nationaladoptionday.org)
- Alzheimer's Disease Month (National, US)
  - Alzheimer's Association official Web site: [www.alz.org](http://www.alz.org)
  - [www.healthopedia.com/alzheimers-disease](http://www.healthopedia.com/alzheimers-disease)
- Apple Month (US National)
  - "National Apple Month is a restricted-fund (financially self-supporting) program of the U.S. Apple Association. Originally founded in 1904 as National Apple Week, it was expanded in 1996 to a three-month promotional window from September through November." Source: [www.usapple.org](http://www.usapple.org)
- Child Safety and Protection Month
  - [www.nncc.org/Health/only.prevent.acc.html](http://www.nncc.org/Health/only.prevent.acc.html)
- Christmas Seals Month
  - Story of the History of Christmas Seals: [www.lung.ca/seals](http://www.lung.ca/seals)
- Diabetes Month (National, US)
  - American Diabetes Association Web site: [www.diabetes.org](http://www.diabetes.org)
- Drum Month (International)
  - November is International Drum Month
  - Websites: [www.playdrums.com](http://www.playdrums.com) or [www.amc-music.com/news/pressreleases/IDM.htm](http://www.amc-music.com/news/pressreleases/IDM.htm)
- Epilepsy Month (National, US)
  - Epilepsy Foundation Web site: [www.epilepsyfoundation.org](http://www.epilepsyfoundation.org)
- Hospice Month (National, US)
  - National Hospice and Palliative Care Organization Web site: [www.nhpco.org](http://www.nhpco.org)
- Native-American Heritage Month (American Indian Heritage Month)
  - "National American Indian Heritage Month, Signed into law in 1990 by President Bush has been a source of inspiration for many American Indians and non-Indians and a platform to celebrate the rich and diverse cultures of this great country." Source: [www.indians.org](http://www.indians.org)

**A**s the Thanksgiving Holiday comes this month, I am thankful for each one of you, for your journey, and for the abundance that we receive. May you have a wonderful holiday season.

Remember to take care of you.

*Relax.... Breathe Deeply.... BE Well*

*Connie Patton, LPN, LMT*

*Reiki and Karuna Reiki Master*

