

RELAX AND REJUVENATE

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

Gift Certificates are available.



Special Interest Articles

Importance of Relaxation and Rejuvenation

GIFT CERTIFICATES

SPECIAL PACKAGES

Young Living Products

- ART skin Care
- Ningxia Red

Positive thoughts can help keep you healthy



Relax and Rejuvenate

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.

Remember that you need to take care of you.

Tension is who you think you should be

Relaxation is who you are.

Simplify your holidays. Change your tradition. The holidays are more about spending relaxing and enjoyable time with your family and celebrating the many gifts that we have and share with each other.

Take time several times each day to slow down and relax. 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.

Take some time to slow down and do things that make you feel more relaxed.

Massage, Raindrop Technique, Myofascial Release technique, Heated Stone Massage, REIKI, and Vitaflex Technique to the Foot, oils applied to the reflexology areas of the foot are some relaxing techniques that I offer.

**Lynnspirations
Massage and the
Healing Arts**

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GIFT CERTIFICATES are available



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

- Christmas
- Thank you
- 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.

**Visa, Mastercard and Discover accepted
Cash or check as well.**

Do you feel like you just need a few minutes to relax and rejuvenate in your busy schedule?

Ⓜ Try 10 to 15 minutes of Chair massage \$1.00 per minute

Even a few minutes of chair massage can lower your blood pressure, give you a few minutes to relax and help relieve those tight neck and shoulder muscles. (\$10 to \$15.00 depending on how long the session is)

Ⓜ Try 10 to 15 minutes to ½ hour (you choose) of relaxing Reiki.

You can sit in a chair or rest on the table fully clothed and receive the relaxing, soothing and balancing experience as the Reiki energy flows to where your body needs it. (\$10 to \$15.00 depending on how long the session is.)

Ⓜ Or give a Gift certificate in this amount for the above as well.

VITAFLEX TECHNIQUE for the FOOT

30 minutes of a technique applying Young Living Essential oils to the reflexology areas of the foot. Relaxing and you receive the benefits of the essential oils used. \$40.00

YOUNG LIVING PRODUCTS

Young Living has a wonderful skin care system: ART skin care system. It has wolfberry that is wonderful for the skin. It has a toner, cleanser, day activator and a night reconstructor for the skin. It seems to help the skin tone and look healthy.

Since I have been using the ART skin care system and drinking the Ningxia Red, my vision has actually improved. Ningxia wolfberries are known to be high anti-oxidant and have helped improve one's vision and health.

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

www.Lynnspirationsmassage.com

click on the Young Living tab and find out more about the Young Living products. <https://www.youngliving.org/conniepatton>

Go to the products list and check out the Holiday collections. Great gift ideas.

For previous newsletters, check out WHAT'S NEW button on my web site.

Coming Soon! Reiki classes

You can learn to do Reiki, use it for yourself or share it with others. Please contact me if you are interested!

- Ⓜ Law of Attraction is: That which is like unto itself is drawn!
- Ⓜ It is most important to focus on a better feeling thought until you feel happy, joyful and full of passion. Feeling good is most important to focus on.
- Ⓜ Focus on being healthy, being happy, being joyful.
- Ⓜ 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.

Wishing you and your family a relaxing and enjoyable Happy Holiday season and a prosperous, healthy New Year!

Relax... Breathe Deeply... Be Well

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