

# RELAX AND REJUVENATE

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

Earth Day, April 22<sup>nd</sup>

Turn off your TV week  
April 21<sup>st</sup> through 27th

Mother's Day, May 10th

Special Interest  
Articles

Creative Questions

GIFT CERTIFICATES

SPECIAL PACKAGES

Young Living Products

Positive thoughts can  
help keep you healthy



Spring is here!

Have you scheduled your Spring  
Raindrop session?

I have several clients that schedule a spring and a fall Raindrop. They call it their "all natural" flu shot. Some clients really love the oils and feel that it has kept them from getting a cold or flu, when others around them have been sick. Raindrop has also helped low back pain, for some. It is a very relaxing experience as well.

Creative Questions

Why am I prosperous?  
Why do I easily attract clients/customers that benefit  
from my services?  
How does it feel to be joyful?  
How do I feel when I am positive?  
Why am I healthy?

These are **Creative Questions**. For more information,  
please click on the link below. Contact me if you  
have questions.

[www.creativequestions.com/cmd.php?af=715111](http://www.creativequestions.com/cmd.php?af=715111)

## GIFT CERTIFICATES ARE AVAILABLE



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

- Graduation gift
- Valentine's Day
- Thank you
- Christmas
- Anniversary
- 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

Spring is finally here! As we begin to work outside and notice the insects are returning, or we get a sunburn, there are natural products that you can use.

- **Poison ivy** - Lavender, Melrose, Joy, Purification
- **Sunburn** - Australian Blue, Roman Chamomile and Lavender (note please use caution as some Lavender oils purchased at Health food stores contain Camphor and would cause more pain on a burn) Lavaderm spray is very cooling and soothing
- **Mosquitoes and flies:** 5 drops Lemon and 5 drops Purification in a little spray bottle of water and mist on skin can help repel them. After Mosquito bites, can apply Lavender for the itching.
- **Bee Stings:** I have used Purification oil and it stopped the itching and burning from the sting and swelling decreased quickly
- **Ticks:** After getting the tick out, apply 1 drop of Lavender every 5 minutes for 30 minutes
- **Peppermint:** a drop of Peppermint oil in your drinking water can help cool you down in hot weather
- **Shingles:** Ravensara oil has helped several of my clients in a very short period of time. Australian Blue, Tea Tree oils also.
- **Attract abundance: Abundance oil and Harmony oil**
- **To attract money:** Ginger, Patchouli  
(I have actually put Abundance oil on my work schedule and around my office door and increased phone calls and clients immediately)

Information from *Reference Guide for Essential Oils*

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.

## Senior Health Fair

The **Senior Health Fair** will be held at the Iowa State Fair grounds in Des Moines on **May 20<sup>th</sup> from 9:30 a.m. to 1:00 p.m.** I plan to be there with Young Living essential oils information.

## BIOMAT WITH AMETHYST AND TOURMALINE PILLOW

### WHAT IS A BIOMAT?

- **FDA licensed medical devise designed by DRs., scientists, and engineers.** It provides high-tech negative ion and far Infrared Light therapy for pre-or post medical treatment and recovery.

- The **BioMat** balances natural high energy negative Ions with far reaching Infra Red Light waves through a highly specialized computer system.
- The Ionic and Infrared Light waves go through an Amethyst Quartz super conductor system, to give of the most powerful and healthy stream with the highest absorbable frequencies. NASA discovered that Far Infrared are the safest and most beneficial light waves.
- The **BIOMAT** combines Far Infrared Rays (discovered by NASA for their healing properties), Negative Ions (nature's energizer) and Amethyst Quartz (nature's super-conductor and a powerful detoxifier.)

#### **RESTORE HEALTH AND BEAUTY**

- When you lie down on the **BioMat**, the mat warms the inside of your body, about 6-8 inches, where it benefits the muscles, all the cells, blood vessels, lymph glands and nerves, rather than just the surface of the skin.
- The **BIOMAT** delivers a powerful light source that
  - **increases blood alkalinity**
  - speeds cell regeneration,
  - while providing a deep state of relaxation.

#### **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**

#### **ARE THERE CONTRAINDICATIONS FOR USING FAR INFRARED HEAT?**

Please check with your physician if you have medical conditions before using the Amethyst BIOMAT.

**INFRARED HEAT is NOT recommended for:**

- **Pregnancy**
- **Some prescription drugs**
- **Systemic Lupus Erythematosus**
- **MS or one with adrenal suppression**
- **Surgical Implants - Metal or other, check with your physician**
- **Silicone implants - check with your doctor**
- **Acute joint injury, avoid heat the first 48 hours**
- **Hemorrhage or on blood thinners not advised.**

Drink plenty of water before and after a session on the BIOMAT.

It is best to start out with 10-15 minutes on the BIOMAT and gradually increase time on the mat.

**WHAT IS THE COST TO USE BIOMAT?**

<b>15 minutes</b>	<b>\$20.00</b>
<b>30 minutes</b>	<b>\$30.00</b>
<b>45 minutes</b>	<b>\$40.00</b>
<b>60 minutes</b>	<b>\$50.00</b>

**This can be used before a massage session or do an entire hour of BIOMAT!**

I have had the experience of being on the mat for a full hour massage and was more relaxed than any other massage.

**BIOMATS**

- **come in all sizes**
  - **Twin**
  - **Queen**
  - **King**
  - **Mini Biomat**
- **can be purchased to be used at home to sleep on (not at the higher heat settings)**
- **Professional Package can be purchased as well**
- **There is also a MINI BIOMAT perfect for shoulders, knees, hips and low back.**
- **Some insurance companies are paying for the BIOMAT and pillow to help in the healing process for those that have been in car accidents.**

Please contact me for more information or if you would like to schedule an appointment to have your relaxing and perhaps healing experience on the BIOMAT.

Check out [www.Intenders.com](http://www.Intenders.com).

I have joined an Intenders Circle, there are many here in the Metro area. It is a wonderful community that can help you with your gratitudes and intentions to manifest the life that you desire, for your and others Highest good.

- Ⓜ 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***