

# MASSAGE NEWS

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Massage News  
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Early Spring greetings to everyone !

Thank you to all of you who shared your holiday cheer and helped us make the winter wonderful. I had a booth and performed seated massage at a number of holiday events.

Bella, my chocolate lab, loved playing in the snow and received a variety of special holiday treats.

This February marks my tenth anniversary from massage school! This is a very exciting and significant anniversary to me. I am working towards organizing a reunion with my fellow graduates.

I am also planning to take advantage of some continuing education opportunities at Brenneke School of Massage.

In the pursuit of education, we attended a great two day basic self defense class with Homealive.org in Seattle. Their website lists class dates for Feb.-May. The classes are offered

sliding scale fee. This is a great organization where you can learn or refresh your skills at self defense, boundaries, and ground fighting.

This winter we joined the Northwest Orchid Society and attended two amazing orchid shows. More information is available at [www.nwos.org](http://www.nwos.org)

On the home front, we are thrilled every other week at the arrival of our organic produce home delivery by [www.pioneerorganics.com](http://www.pioneerorganics.com). This special treat for the whole family

has improved our nutrition and sparked new interest in cooking. My New Year's resolution is to use my bread maker more often!

I hope you enjoy our newsletter as much as I enjoy making it for you!

Best,  
Leilani



## GET THE MOST OUT OF YOUR MASSAGE !

Did you know that your massage therapy session is YOUR time ?



Tips on getting the most of out your massage :

- Communicate before and during the session about your comfort with the music, temperature, and pressure of the massage.
- Tell us what you want to get out of your massage session.
- Describe any body areas that are tense or sore or

might need more attention during your massage treatment.

- Let us know if there are any areas of your body you would not like included in the session.
- Plan for enough time so you are not stressed out in traffic trying to get to/from your massage appointment.
- Drink plenty of water before and after your session.

- Feel free to ask for something new and different.
- Do you always talk or chat during your session ? If you would like to try something different, you can ask for a quiet session.
- Plan for a relaxing time after your massage like going home to a hot bath, big glass of water, and great nights sleep or to a restful afternoon



lunch and a good book.

- Do you usually just get your back and neck massaged deeply? Please note, at your next visit, you can ask for a relaxing full body massage.
- Have you tried our Bodysense hot packs or aromatherapy lotions & body butters? Ask for a free trial before your next appointment.

You are a valued customer and client and your feedback makes our service to you even better.

## WATER IS WONDERFUL !

Did you ever wonder why I am always asking you to drink water?

Because water has amazing effects on the body!

Water is the main ingredient in all the fluids that make up your body's systems including those that lubricate your joints. Therefore, dehydration affects your spinal discs, nerve conduction, and arthritic conditions.

Water makes up main basis of your blood, lymph, digestive juices, urine, and sweat. This is important to bring nutrients

to your cells and remove waste products.

Did you know that one study in California revealed that people who consumed five or more glasses of water a day cut their risk of a fatal heart attack in half?

Water is readily taken into the bloodstream and potentially thins the blood naturally lowering clot risk. This may help the heart pump and moderate blood pressure.

Studies have indicated that a high water intake reduces the risk of breast and colon cancer.

Water decreases headaches,

heartburn, fatigue, constipation and kidney stones.

Did you know that on a regular day we can loose two to three quarts of water?

Drinking things like tea, soda, coffee, and alcohol actually dehydrate us and do not count toward your water intake for the day. In fact, for every one of those beverages you consume you should add 2 cups of water to your daily intake to make up for it!

How much water is enough? Divide your weight by 2 and that's how many ounces of

water you should be drinking a day. Start slowly adding a few glasses throughout your day.

At first you'll make more trips to the bathroom, but after two weeks you will return to your normal schedule.

What are the best sources of good drinking water? The healthiest water does not come from your tap or from a bottle; it comes from good filtration. We are fortunate to have many options for great water filters and sources for filtered water.

Drink up and take care of your body !





# Pregnancy Massage and for New Parents

Massage during the childbearing year is a

wonderful way to relieve many of the discomforts of pregnancy by:

- ◆ Increases circulation to sore tight muscles
- ◆ Reduces swelling in hands, arms, lower legs and feet
- ◆ Reduces pain from the associated low back, abdomen and shoulder strains

- ◆ Relieves pregnancy related headaches
- ◆ Eases respiration
- ◆ Lessens the accompanying fatigue
- ◆ Provides stress relief
- ◆ Deep relaxation that is felt by the baby as well
- ◆ Affirms a positive loving body image

Pregnancy and labor massage is often be covered by insurance companies.

Labor massage can be

performed in many hospitals and birthing centers. Labor massage brings relieves pain, and brings comfort. This is a special time to receive pampering.

After the baby is born, new parents often experience an increase in neck and shoulder tension. Lack of sleep, breastfeeding and spending a lot of time holding the precious new family member while looking down are usually the causes.



As the baby grows, lifting and twisting cause many parents upper, mid and low back aches that massage can help.

Massage is pleasant and effective way to take care of your family !

If you have a friend or loved one who is expecting, consider the gift of massage. Gift certificates for massage are a great way to pamper parents!

If you are planning to expand your family, check with your insurance plan today and see if massage is covered !

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Accepts credit and debit cards through PayPal.com learn how at [www.leilanimassage.com](http://www.leilanimassage.com)

## CLIP & SAVE COUPONS

Give the gift of Massage

**\$10 Off any and all gift certificates**

Offer good through 3-31-04  
 Not combinable with other discounts

**10 % off !**

**Aromaplex body butters, lotions, and scrubs**

Valid through 3-31-04  
 Not combinable with other discounts

