

RELAX AND REJUVENATE

February 2010 Volume 4 Issue 2

Lynnspirations Massage and the Healing Arts 515-270-7004 www.Lynnspirationsmassage.com



**February –Groundhogs day!
Valentine's Day, February 14th
President's Day, February 15th
Ash Wednesday, February 17th
Black History month**

Remember your Valentine!



**Gift certificates are available for
½ hour or one hour relaxing
massage or REIKI sessions.**

**\$30.00 for ½ hour
\$50.00 for one hour
2 one hour sessions - \$90.00**

Are you Curious about Reiki?

Have you tried a relaxing Reiki session?

Relaxing REIKI sessions are available. Reiki can help balance one's energy, promote deep relaxation and healing. Reiki was recently discussed on the Dr. Oz show and he promotes Reiki.

**Try a REIKI session - 20 minutes for \$10.00 during the month of February
(for those new to Reiki)**

½ hour \$30.00 1 hour \$50.00

****Contact me for possible Reiki at your office for you and your co-workers.
Just like Chair Massage, Reiki can be done at your office or at mine.**

Connie Patton, LPN, LMT Reiki Master 515-270-7004

USUI REIKI I & II

**Reiki classes are being offered
at Lynnspirations Massage and the Healing Arts
by Connie Patton, LPN, LMT Reiki Master**

**Learn about Reiki, how to use it for yourself and share with others. If you would like
to take Usui Reiki Level I first and then Level II, please contact me to set up a class
just for you.**

Please contact me if you have questions or to schedule.

Did YOU KNOW??

- **Did you know** that **Reiki sessions can be done at your business just like Chair massage?**
- **Did you know** that **Reiki can promote deep relaxation and balance to your energy?**
 - **Did you know** that **Chair massage can be done at your office?**
 - Receiving even 10 minutes of massage can lower both top and bottom numbers in your blood pressure.
 - Massage can not only promote relaxation but can give you mental clarity and increase production.
 - **Did you know?** Some flex plans will cover your massage sessions. Check with your **Flex plan.**

Young Living Essential Oils

Young Living has a product called **Thieves**. It is said to have properties that can kill bacteria. It comes in

- a foaming hand cleaner,
- a waterless hand purifier and
- In concentrated form and can be used to clean.
- I use it to clean my home and the office.
- It can be used to wash dishes and in your laundry.
- Some clients have used it to remove cigarette smoke from the walls of their homes.
- Thieves oil can be diffused in the air for a few minutes at a time. Very helpful in this cold and flu season.
- It does not have all the chemicals in most cleaners found on grocery store shelves.
- If you would like more information on this, please contact me at

515-270-7004 Or email me at: willow@Lynnsinspirationsmassage.com

You can find a link to my Young Living Essential Oils site from my web site, as well. <https://www.youngliving.org/conniepatton>

Iowa Holistic Health Expo is in Des Moines

Iowa Holistic Expo is: **March 13^h and 14th at the Polk County Convention**

Complex. Watch the newspaper for more information on this. There will be speakers and vendors as well. There were several free breakout sessions that you could attend as well as some well-known speakers. It has been in Minneapolis, Minnesota for several years and in South Dakota.



BIOMAT SESSIONS AVAILABLE

The **BIOMAT** is an FDA licensed medical device designed by Doctors and Scientists and engineers, that has Amethyst Quartz Crystals and is connected to a computer that balances natural high energy Negative Ions with far reaching FAR INFRARED light rays. The BIOMAT warms the inside of your body up to 6 to 8 inches where it benefits the muscles, cells, blood vessels, lymph glands and nerves rather than just the surface of the skin.

The **BIOMAT** is a mat filled with the Amethyst Crystals. You rest on the mat on the massage table and enjoy the relaxing warmth of the mat. It is important to gradually increase your time on the mat as your body becomes more used to the warmth, the negative IONS and Far Infrared rays. The **Mini BIOMAT** can be wrapped around a shoulder, arm, low back, hips, knees, or feet. You could also sit in a chair with the small mat.

The **BIOMAT** is reported to:

- Ⓜ increase blood alkalinity
- Ⓜ Speed cell regeneration
- Ⓜ Provide a deep state of relaxation
- Ⓜ Relieve pain and joint stiffness
- Ⓜ Reduce swelling and inflammation by improving lymph flow
- Ⓜ Increase flow of the micro-circulatory system
- Ⓜ Remove wastes and toxins
- Ⓜ Rejuvenate skin and cellular function
- Ⓜ Boost energy and vitality
- Ⓜ Regulate your psychological well-being
- Ⓜ Burn calories and weight control (on the higher settings)

Check out more about **the BIOMAT** on my web site. There are a few contraindications. It is a very relaxing and can be healing session. The heat penetrates into the body instead of just at the surface as a heating pad does. Many of my clients with Fibromyalgia really enjoy the **BIOMAT**.

You can schedule a session on the BIOMAT by itself or a Massage with the BIOMAT on.

If you have a session with the BIOMAT on, it is \$15.00 plus the cost of massage.

<p>15 minutes _\$20.00 30 minutes-\$30.00 45 minutes - \$40.00 60 minutes \$60.00</p>

- **BIOMATS can be ordered and purchased for you to use at home in Full, Queen and King size as well.**
- **There is also a Mini-BIOMAT that can be used on an extremity, the back or abdomen or to sit on.**
- **Setting the BIOMAT on the lower Green settings allows one to sleep all night on the BIOMAT and receive the benefits as well.**

CHAIR MASSAGE AT YOUR OFFICE



Did you know you could schedule Chair massage at your office? I have a portable massage chair that could be brought to your job or office for Chair massage. Chair massage is done with the client fully clothed. Many massage chairs have been designed by Chiropractors or physicians so that when you are positioned on the chair, it supports the neck and back and relaxation begins. **10 minutes of massage can lower blood pressure, help decrease tight muscles in the neck, back and shoulders and offer many other benefits from massage.**

Massage can be done in 10, 15, 20 or 30 minute increments of time for massage. It is \$1.00 per minute. (at least 2 hours of appointments please)

Please feel free to contact me if you have questions or would like to schedule your chair massage today!

Heated Stone Massage



With the cold and snowy weather we have been having, try a relaxing Heated Stone Massage.

WHAT IS HEATED STONE MASSAGE?

It is a massage using smooth shaped stones, like basalt, that have been heated in water. They are a porous stone that take on and maintain the heat. They can be applied to the back while other areas of the body are being massaged. They can be incorporated in the massage, using oils or creams and actually using the stone, held in the massage therapists hand, to do the massage. There are several sizes of stones. Some are small enough to be placed in between the toes or placed in the palm of the hand to hold. Some are larger that can be placed on the low back or on either side of the spine.

WHAT IS THE ADVANTAGE OF A HEATED STONE MASSAGE?

Using the heat from the stones helps the muscles to relax even more, can be very soothing and comfortable. It can truly enhance the relaxation of the entire massage. It is important to communicate with your therapist about the temperature and the pressure felt from the stones during the massage. Some massage therapists use the stones after they have been cooled to do facial massage as well.

HOW LONG DOES IT TAKE TO DO A STONE MASSAGE?

It can be done in an hour, but sometimes it is nice to leave the stones on the back while the arms and legs are massaged. 1 ½ hours is a nice time frame for a heated stone massage... very soothing and relaxing.

WHY DOES IT COST MORE TO HAVE A HEATED STONE MASSAGE?

It takes more time to do the massage and extra time in preparing the stones before and after the massage.

Rates:

1 Hour: \$75

1-½ Hour: \$85

Treat yourself to a heated stone massage. For more information or to schedule your appointment, please contact me!

Relax..... Rejuvenate... Breathe Deeply..... Be Well

Connie Patton, LPN, LMT

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Website: www.Lynnspirationsmassage.com

Check out the blog... and you can find me on Facebook... there is a link on my website!

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