

RELAX AND REJUVENATE

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



April Fool's Day-April 1

Easter - April 4th

Administrative Professional day
April 21st

Earth Day, April 22nd

Turn off your TV week
April 19th through 25th

Mother's Day, May 9th

For an interesting list of observances for the month of April, check out:

www.brownielocks.com/april.html

Prevent Child Abuse Month
Autism Month
Informed Women Month

APRIL is Stress Awareness Month!

What is Burnout?

A process that occurs when workers perceive a discrepancy between their work input and the output they had expected from work.

Signs of burnout and/or stress include:

- Feelings of helplessness and hopelessness
- Physical and psychological depletion
- A sense of unending stress
- Envelopment of a negative self-concept
- Perception of little to no payoff in terms of job outcomes and achievements
- Having no participation in decisions that affect ones responsibilities
- Unrelenting and unreasonable demands for performance
- Lack of effective communication and conflict-resolution methods
- Lack of job security
- Working long hours
- Excessive time spent away from home and families
- Office politics and conflicts between workers
- Wages not commensurate with levels of responsibilities.
- Work with high emotional intensity
- Conflicting job demands
- Lack of sufficient acknowledgment, support and reward
- No clear end to one's efforts
- Too much paperwork
- Value clashes between the individual and the organization

Physical effects include

- Increased blood pressure
- Increased heart rate
- Increased muscle tension
- Headaches
- Decreased immunity

**April is
Stress
Awareness
Month!**

What's New??

Reiki classes

**Reiki for Animals
pets, owners and
caregivers**

Reiki Art

**Essential Oils
class**

GIFT CERTIFICATES

SPECIAL PACKAGES

**Young Living
Products**

BIOMAT

Intenders!

**Positive thoughts
can help keep you
healthy**

Check out my website

Lynnsinspirationsmassage.com

See me on Facebook!

Psychological effects include

- Increased anxiety
- Depression
- Aggression
- Confusion

Behavioral effects include

- Increased smoking
- Increased drinking
- Irritability
- Obsessive concern with trivial issues
- Poor work performance

Does this sound like your experience?

From www.stress.org : Occupational pressures are believed responsible for:

- 30% of workers suffering from back pain;
- 28% complaining of "stress";
- 20% feeling fatigued;
- 13% with headaches.

Continued unresolved stress is said to be one of the main causes of visits to physicians! If not resolved, it can lower your immunity and you may become ill, can develop heart problems and some articles report may contribute to cancer.

It is important, if you find yourself feeling the symptoms above, to find ways to promote relaxation!

- **Breathe deeply and frequently** (when we are extremely stressed we tend to take shorter shallow breaths)
- **Listen to relaxing music**
- Get a small fountain for your desk or office.
- Include live plants in your environment
- **Get a relaxing massage**
- **Get a relaxing Reiki session**
- **Even 10 minutes of Chair massage can lower your blood pressure 10 points!**
- Yoga or Tai Chi
- **Go outside, walk**
- Exercise
- Meditate
- **It may be time for a vacation!**

RELAX... Rejuvenate!

**Say Thank You to
Your
Administrative
Assistant in April!**

**Raindrop
Technique session**

What's New??

**Heartland Reiki
Practitioners
Meetup April 13th**

Administrative Professionals Day is April 21st

Say Thank You! To your Administrative Professional by **offering Relaxing Chair massage or Reiki at your office!**

During the Month of April

By offering a relaxing session of chair massage or Reiki to your staff at your office

Or

Gift certificates for Massage or Reiki.

Schedule 2 one hour sessions at my office and receive \$10.00 off the 2nd one.

For Chair massage or Reiki sessions at your office, (prefer at least 2 hours of time at your business, typically 10 or 20 minute sessions each at \$1.00/minute)

Please contact me for more information or to schedule your sessions at 515-270-7004 or email willow@Lynnspirationsmassage.com

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.

WHAT'S NEW??

- 🕒 **Heartland Reiki Practitioners Reiki Meetup** is Tuesday April 13th 7:00 pm at LionHeart Wellness (register on Meetup)
- 🕒 **Des Moines Pioneer Intenders Circle** meets at Unity Church on April 16th at 9:30 a.m.
- 🕒 **Reiki classes** are available-Usui Reiki Level I

**Reiki
classes
Reiki for
Animals
pets, owners
and
caregivers**

**New Reiki
clients
20 minute Reiki
session \$10.00
In April**

**Reiki Art
Experience
Friday April
16th**

**Essential oils
informative and
fun
April 20th**

**Get your Gift
Certificates
now
Mother's Day
Graduation and
more**

and II, Reiki ART/Master

- Ⓜ With more information on **Reiki for Animals and those that care for them.**
- Ⓜ Call to schedule your class today!
- Ⓜ **For those new to Reiki, schedule a 20 minute Reiki session for \$10.00**
- Ⓜ Come join me and find your inner artist as we do **Reiki Art on Friday, April 16th from 6-8:00 pm.** At my office. **\$30.00 (covers supplies)** Call to reserve your spot.
- Ⓜ **Tuesday, April 20th, 5:30 p.m. to 7:00...** come to my office to learn more about **essential oils**, how you can use them and more! Please call to reserve your spot!
- Ⓜ **Senior Health Fair** will be held at the Iowa State Fairgrounds in Des Moines on **May 19th from 9:30 a.m. to 1:00 p.m.** I plan to be there offering **Reiki sessions.**

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 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

click on the Young Living tab and find out more about the Young Living products.

BIOMAT WITH AMETHYST AND TOURMALINE PILLOW

WHAT IS A BIOMAT?

- **FDA licensed medical device 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.

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?

15 minutes	\$20.00
30 minutes	\$30.00
45 minutes	\$40.00
60 minutes	\$50.00

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.

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
Happy Spring!*

Connie Patton, LPN, LMT NCTMB Reiki and Karuna Reiki® Master Teacher
NCTMB (Nationally Certified in Therapeutic Massage and Bodywork)