

RELAX AND REJUVENATE

May 2010 Volume 4 Issue 5

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

Mother's Day

Happy Mother's Day, May 9th
Armed Forces Day, May 15th
Memorial Day May 31st

Graduations May/June



Happy Nurse's Week May 6-12

Special Interest Articles

Relaxing Chair Massage

GIFT CERTIFICATES

SPECIAL PACKAGES

NEW Technique! No Stress-
Stay Dressed massage

Are You Curious about
REIKI?

Creative Questions

Thieves Young Living
products

Essential oils class!

Young Living Products

Senior Health Fair

Intenders Circle

RELAXING CHAIR MASSAGE

Do you feel like you want to Relax just for a few minutes?

Even 10 minutes of relaxing chair massage can lower blood pressure, decrease tight muscles in the neck, shoulders and back and decrease pain. It can increase productivity and decrease other symptoms of stress.



The massage chair is designed so the minute you are positioned correctly in the chair, you can automatically begin to relax. The back, neck and shoulders relax as the massage therapist works on tight muscles; they warm soften and relax with massage.

If you would like to schedule a chair massage (\$1.00/minute) at my office or at Your place of business, please contact me at: 515-270-7004
Or email at willow@Lynnsinspirationsmassage.com

Positive thoughts can help
keep you healthy

Do you need a gift for Mom
for Mother's Day?

A graduation gift?

**Lynnspirations Massage
and the Healing Arts**

**Connie Patton, LPN, LMT
Reiki Master**

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Clive, Iowa 50325**

515-270-7004

www.Lynnspirationsmassage.com

[willow@Lynnspirationsmassage.co
m](mailto:willow@Lynnspirationsmassage.com)

GIFT CERTIFICATES ARE AVAILABLE



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

- Graduation gift
- Mother's Day
- Nurses' Day
- Valentine's Day
- Thank you
- Christmas
- Anniversary
- Wedding gift
- bridal shower gift
- Baby shower gift for mommy-to-be
- Boss's Day'
- Secretary Day
- Father's Day
- Birthday
- Grandparent's Day
- 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.

5-10-15-20 or 30 minute Chair massage \$1.00
per minute

**Gift Certificates can be purchased
at the special package rate.**

NEW Massage Technique

NO STRESS-STAY DRESSED

Look for Lynnspirations
Massage and the Healing Arts
on Facebook... a link is on my
web site!

www.Lynnspirationsmassage.com

Check on the Blog on my
website often for updates!

This massage technique features:

- **½ hour session**
Shoulder, Neck and Headache Release
Oil Free
Especially effective for shoulder, neck
pain, stiffness, and headaches
\$30.00
- **1 hour massage**
(can add another ½ hour to above to
complete a full body relaxing session)
\$50.00
- **No need to remove clothing. This massage
is done with clothes on**
- **Session is done on the massage table**
- **Oil free technique**
- **May be done**
Entirely with you on your back
Or starting face up and finish face
down
- **Extremely relaxing and beneficial**

Great for people:

- **With chronic or severe headaches, neck
pain and/or shoulder aches**
- **Who have difficulty lying face down**
- **Who have difficulty turning over once on
the massage table**
- **Who prefer to remain clothed**
- **Who are receiving their first massage and
are nervous**
- **For those with skin allergies or
sensitivities**
- **For those wanting to avoid oils, lotions
or creams.**

**Contact me to schedule your No Stress Stay
Dressed massage today!**

**This technique is also being offered by Kathy
Miller RN LMT.**

ARE YOU CURIOUS ABOUT REIKI?

Relaxing

Reiki

Healing Energy

Decrease effects
of stress

Schedule your
Reiki class...

Reiki is a technique that induces relaxation, can decrease the symptoms of stress and can be very healing. The Reiki flows to any area of discomfort, pain, tight muscles and helps create balance and harmony in the body. The client is fully clothed. You may not feel anything at all, or may feel heat, coolness, or deep relaxation. Reiki can promote Alpha relaxation.

Reiki can be done with you sitting in a chair, on a massage table, or sitting outside.

DID YOU KNOW?....

- Ⓜ Did you know that Reiki is used as one of the complimentary therapies for Hospice patients?
- Ⓜ Did you know that Reiki is used in some hospitals pre and post operatively to decrease pain and increase healing after surgery?
- Ⓜ Did you know that children can receive Reiki as well?
- Ⓜ Did you know that Reiki can be given to animals as well?
- Ⓜ Did you know that there are many Reiki practitioners in the state of Iowa, in the United States, all over the world as well?
- Ⓜ Did you know that Reiki Masters teach classes, so you can learn to do Reiki for yourself and others?
- Ⓜ Did you know that I teach Reiki classes at my office?
- Ⓜ Did you know that there is a Heartland Reiki Practitioners group in the Des Moines area?

Increase your immune system by

Eating healthy

Increase your Vitamin C intake with fresh fruits

Get plenty of rest

Relax

Rejuvenate

Meditate

Breathe deeply

Get a massage

Use Thieves products
Thieves oil
Thieve Cleaner
Thieves hand sanitizer
and more

If you would like to experience a relaxing Reiki session, or if you have questions about REIKI or scheduling your Reiki class,

please contact me at: 515-270-7004

\$30.00 for ½ hour session.

\$50.00 for one hour

Reiki helps an ankle heal more quickly!

My daughter called and had injured her ankle and was unable to walk or drive, because it hurt to put weight on her foot. I offered Reiki to her ankle for about 20 minutes and then again, for another 10 minutes. Reiki flowed quite strongly as her body pulled the energy in. The swelling decreased and the pain and she was able to drive the next day, and was walking with only a little stiffness by the 3rd day. Reiki can increase healing time and decrease pain besides promote deep relaxation.

Reiki helps a dog with heartworms relax and sleep!

A friend had a dog that was diagnosed with heartworms. He was given medication and the veterinarian had insisted that the dog be kept calm and rest that day. She had taken her dog and kennel to her shop and the dog was not resting and was quite restless. She called me to come and do Reiki for her dog. Reiki was offered and flowed quite strongly. The dog closed his eyes and dozed as the Reiki was being offered through the cage. I left after about 15 minutes of Reiki. My friend called later and said her dog had slept the rest of the afternoon and was doing much better. How grateful we are for the many benefits of Reiki.

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?
Why is it so easy?

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

Young Living Thieves

This is a blend that was created based on the historical account of thieves protecting themselves in France during the Plague. **Thieves oil blend** includes clove, cinnamon bark, rosemary, lemon and Eucalyptus radiata and has been **specially blended to be highly effective against airborne bacteria.**

Young Living's Thieves products are available in many forms,

- Thieves foaming hand cleaner,
- Thieves hand sanitizer
- Thieves toothpaste and mouth wash and floss
- Thieves cleansing soap
- Thieves wipes and spray
- Thieves oil
- Thieves Household cleaner (a concentrate)
- Also Thieves hard or soft throat lozenges

Are you Curious about Essential Oils?

You are invited to a fun and informational opportunity to "smell" some essential oils and learn more about how you might use them in your home.

When? Tuesday, May 18th, 6:00 to 8:00 p.m.

Where? Lynnsinspirations Massage and the Healing Arts...
8170 Hickman Road, Suite 3, Clive, Iowa

Please call to reserve your spot!
515-270-7004 or email willow@Lynnsinspirationsmassage.com

YOUNG LIVING PRODUCTS

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
- **Cigarette smoke:** We have used **Purification** oil to clear the air in a motel room that was once used for smokers or has been closed up for awhile.
- **Peppermint:** a drop of Peppermint oil in your drinking water can help cool you down in hot weather.
- **Ants:** You can put Peppermint along where ants may be coming into your house and they will try to avoid it.
- **Shingles:** Ravensara oil has helped several of my clients in a very short period of time. Australian Blue, Tea Tree oils also.
- **Ink on hands:** I used Lemon oil and it removed it easily.
- **Difficulty sleeping:** Put one drop of **Lavender** or **Peace and Calming** in palms of hands, cup over nose and inhale deeply or place oil on a tissue near your pillow, rub on bottom of toes or feet, or diffuse.
- **Animals:** **Peace and Calming** can be placed on the paws of animals to help them relax and sleep when in pain.
- **Cleaning MOLD/Fungus:** **Thieves cleaner** or **Purification oil**.

- **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)

***Always use caution with citrus oils in the sun, can create blotches on skin where oil was applied.

Information from *Reference Guide for Essential Oils*

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.

Senior Health Fair

The **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 relaxing Reiki sessions.

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.

Exciting new technology and product info coming soon! Check frequently on my web site for updates! Informational meetings to be held at my office soon!

Ⓜ 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 NCTMB Reiki Master Teacher