



Magic Touch Massage Newsletter

479-366-7709

2896-A W. Walnut, Rogers October 2020



OCTOBER SPECIAL

Hey, it's Intro to Bowen time again!

Bowen is the pain relief/relaxation therapy that allows you to stay dressed while you fall into a relaxed state. You can just go with the basic balancing treatment, and feel your body adjust to a stress-free state, or address an issue too. It is NOT a massage, but a balancing of the body via small moves over edges of muscles. You might need a nap afterwards!

Special: bring a friend, and the two of you can experience a treatment together for \$50. (Normally \$45 each.) Come as often as you like this month. Please wear loose fitting clothes but no jeans.

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STRESS

You are at work. The stress is mounting. Can you relax? You are at home in this pandemic and dealing with work (or no work) and kids going nuts. Can you relax?

Learn the following simple relaxation technique to take control of your life:

Color dot technique

This technique from www.stress-relief-tools.com is based on the principle of conditioning. Just like you can teach a dog to salivate at the sight of you reaching into a cookie jar, you can teach yourself to relax at the sight of a colored dot.

Get a sticky dot of any color that you like (or make one), a color that makes you feel good and relaxed. I use a blue dot on my computer monitor. Blue is a relaxing color.

Now, place the dot on something where you look frequently throughout a day. It can be your watch, your computer monitor, or the telephone in your

office or in your hand. Wherever you look frequently, put it there.

Here comes the relaxation part:

When you see the dot (for example when you look at your watch), take a slow deep breath in and say to yourself "**I am**". Take your time, breathe slowly and deeply. When you exhale, say to yourself "**Relaxed**". Again, exhale slowly and completely. Let all of the air out of your lungs.

Inhale - "I am"
Exhale - "Relaxed"

Continue breathing and repeating the words "**I am Relaxed**" for few minutes, while you look at the colored dot. Breathe into your diaphragm. Take slow, deep breaths.

This breathing will quiet down your nervous system. It's the perfect workspace relaxation.

Every time you will see your colored dot, begin to breathe in this manner. At the beginning it will take focus and concentrated effort. With practice, you will condition yourself to relax at the sight of the colored dot without even having to repeat the words.

Remember also that LAUGHTER is a great way to relax. Read a joke, remember an incident when you look at a funny picture (keep it nearby?), play a joke on your pet, whatever. A good belly laugh will relax your whole body and muscles for nearly an hour! The website Mel's Video of the Day is a good source for feeling good.

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FACERCIZE

Neck, Jawline and Chin Toner

Who among us doesn't need a bit of a lift under the chin? This is an exercise you can do anywhere, in front of the TV or computer, or in the car.

Sit tall and straight with your chin held high. Close your lips and smile ONLY with your UPPER lip.

Place one hand at the base of the throat, over the collarbone, and pull down slightly on the skin with a firm grip.

Tilt your head back to feel a strong pull on the chin and neck muscles, and then release.

If this is a problem area, do a set of 30 a minimum of twice per day.

You can alternate with another exercise:

Pull corners of mouth backwards, mouth open in an exaggerated smile. Tense your front neck muscles on either side of the throat (your bottom lip should move lower and your pecs should flex) and hold for a count of 3. Repeat 30 times. This one is easier to do in the car as no hands are involved.

Both of these exercises should be eased into, or you will find your neck muscles very sore the next day!

I haven't tried this yet but the can of rolls is in the fridge! Sounds so easy.

Candy Bar Croissants

- 1 tube (8 oz) refrigerated crescent rolls
- 1 T butter, softened
- 2 plain milk chocolate bars (1.55 oz each) broken into small pieces
- 1 egg, beaten
- 1 T sliced almonds

Unroll dough, separate into triangles, and brush with butter. Arrange candy bar pieces evenly over triangles; roll up from the wide end. Place point side down on greased baking sheet (or parchment) and curve ends slightly. Brush with egg and sprinkle with almonds. Bake at 375° for 11-13 minutes or until golden brown. Cool on rack. I was thinking of using Heath toffee bits instead. Lots of possibilities! Use Mr. Goodbar, Special Dark, Nestle Crunch...

As always, feel free to forward, or email me back with comments, suggestions, or unsubscribe. I welcome comments or suggestions on recipe choices or topics too! Thanks for reading. Lynn

MENU

Half Hour Massage	\$45
Forty Five Minute Massage	\$55
Hour Massage	\$65
Raindrop Therapy	\$75
Massage/Raindrop	\$130
(one hour and forty five minutes)	
Bowen Therapy for Pain Relief	\$45
Couples in same room, 1 hour	\$140
Pregnancy/Prenatal Massage (rates are as above)	

Spa Options

Facelift Massage	\$90
Honeylift Massage for Face	\$25
Paraffin Dips for Hands or Feet*	\$5-10
Salt Smoothie for Exfoliation	\$25-50
Clay Mask & Face Massage	\$25
Bubbling Rejuvenating Foot Soak	\$25
Foot Massage (10 minutes)*	\$10
Ear Candling	\$30
Ionic Foot Bath	\$30
Cranial Release Technique Stretch	\$10

* Must be added to another service

Mon-Thurs 9 -6 Fri 9-4 Sat. 10-2
By Appointment Only

(479) 366-7709

Lynn Crotser



www.magictouchmassageonline.com

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