

Magic Touch
Massage
Newsletter



479-366-7709

2896-A W. Walnut, Rogers October 2018



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. This must be done at my Walnut office to do 2 at once.

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GOOD FOODS/HARMFUL FOODS

Dr. Amy Lee specializes in nutrition and is consulted by stars to gain/lose weight. Here are some tips from her current blog.

Harmful Foods:

1. Yogurt has too much sugar or high fructose corn syrup (HFCS). Look for less than 13 grams of natural milk sugars. Extra converts to fat

forms.

4. Olestra fat substitute (Olean) has been banned all over the world except here

Also preservatives, which prevent bacteria breakdown, reduces absorption of nutrients, so can be stored as fat. Keep to minimum.

Good Foods:

1. Take digestive enzymes before eating (bromelain, lipase, amylase)
2. Take at least 10 strains of probiotics and prebiotics to prevent overgrowth of candida, which causes you to crave sugar
3. Overeating turns to fat, so take appetite suppressant Caralluma Fimbriata, an ancient Indian herb used by travelers. Especially good for emotional eaters
4. Green Tea Extract (EGCG) fires up the digestive system

I've used this before, but several of you have commented that it really helps, so decided to reprint in case someone was waffling about it. Here is your nudge:

[Shower Exercises for More Limber Necks!](#)

2. Wheat Bread has HFCS as well as various substances unknown to the body, so converts to fat.

3. Cereal Bars have sugar in MULTIPLE helpful.

Adjust your shower to hot, but not over your tolerance—about 105-115 degrees. Let water beat on your neck about 3 minutes. Then move your head as if you were drawing all 26 letters of the alphabet with your nose.

Stay in shower no more than 10 minutes at that temperature. Do not use as high a temp if you are pregnant, or have cardiovascular problems or any condition that affects you in the shower with too high a temperature.

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I've had recipes for dogs, so here is something for cats so I'm not playing favorites:

CAT CRACKERS

- 6 oz undrained tuna
- 1 C cornmeal
- 1 C flour
- 1/3 C water

Preheat oven to 350. Measure all ingredients into a bowl and mix thoroughly with your hands. Roll out to 1/4" thickness and cut into treat sized pieces—remember cats have very small mouths. Place on a greased cookie sheet and bake for about 20 minutes or until golden.

Dogs love it too, by the way. My neighbor's cats turned up their noses and their dogs ate it instead.

If you have chronically tight neck muscles from stress, injury, spasms or arthritis (let's face it, most of us do) this exercise may be

Note: these menu prices apply to the Walnut St. location only

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

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

By Appointment Only

(479) 366-7709

Lynn Croiser



www.magictouchmassageonline.com