

Magic Touch
Massage
Newsletter

479-366-7709



2896-A W. Walnut, Rogers

April 2018



APRIL SPECIAL

Hey, it's **Intro to Bowen Therapy** time again!

Bowen is the pain relief/relaxation therapy that allows you to stay dressed while you fall into a relaxed state. Bowen helps eliminate migraines, reduces healing time for sprains and strains, relaxes tense muscles, reduces pain and many other complaints. You can also just go with the basic balancing treatment, and feel your body adjust to a stress-free state. 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 Offer: bring a friend, and the two of you can experience a treatment together for \$50. (Normally \$45 each.) Come as often as you like during April. Please wear soft, loose fitting clothes.

Wellness Center members must come to my regular office to allow for 2 tables.

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DEFEATING DEPRESSION

This is a debilitating disease that affects millions, especially during dreary days of winter/spring. (Can anyone say "rain")?

According to new research from the American Journal of Psychiatry, a little exercise can help curb the cycle. After studying 30,000 people, they discovered that as little as an hour a week (even light exercise) helps. You don't have to become

cases might be avoided with a swim or a walk on a weekly basis. What have you got to lose by trying, except a few calories?

WEEKEND WARRIORS/GARDENERS

Seemed apropos to remind people who start a new exercise regimen, or yard prep for spring cleanup and planting, if you injure yourself and it takes more than overnight to feel better, you might want to visit your friendly massage therapist to speed up recovery. Early Bowen intervention equals early recovery.

Always remember, **R I C E**

- R rest** (stop using it!)
- I ice** (10 minutes on--or stop as soon as you go numb--30 minutes off) Repeat 2-3 times.
- C compression** (wrap a strain to keep from swelling; firmly but not too tight)
- E elevate** (keep the blood from congregating there)

OSHA Advice

a gym rat; just a CONSISTENT level of exercise elevates mood. Researchers estimate that 12% of all new depression

www.osha.gov

and go to the section on “Computer Workstations.” There is a lot of advice on adjusting your monitor height and distance from your chair, keyboard use, chair positioning, wrist supports etc. Sometimes even small adjustments can make a big difference.

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This month’s recipe is for vegetarians, but it is very satisfying for meat-eaters too, as it is quite rich. Serve with a salad and a roll, and it is a hearty dinner. I’ve printed this before but it’s a keeper!

Chile Relleno Casserole

16 oz. whole green chilis. Rinse and get all seeds, and cover the bottom of a 13 x 9 baking dish. You may want to add more, if they seem skimpy. (They form the ”crust” or base, so diced won’t work.)

Top with 1 lb. each (?!): grated cheddar and jack cheeses. Pepper jack can add a bit of zip, but maybe not a whole pound of it.

Combine: 1 large can evaporated milk
1/2 tsp salt
1 tab. mustard (not dry)
1/4 cup flour
4 eggs

Pour over and bake 45 minutes at 325°. Then spread 8 oz. tomato sauce over top and bake 15 minutes more. Terrific and you can freeze it too!

As always, feel free to forward, or email me back with comments, suggestions, or unsubscribe. I welcome comments or

If you are having a lot of tension and pain at the end of a workday at your desk, please check out this website:

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These prices apply only to the Walnut St location. AWC members have some discounts.

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

suggestions on recipe choices or topics too!
Thanks for reading. Lynn

By Appointment Only

(479) 366-7709

Lynn Croiser



www.magictouchmassageonline.com