

Magic Touch
Massage
Newsletter



479-366-7709

2896-A W. Walnut, Rogers February 2019



FEBRUARY SPECIALS

Option #1: Couples Special: Two therapists, both of you in same room for 1 hour: rose petals, candles for atmosphere, and a gift bag of goodies. A credit card is required to hold your reservation. \$155 value for \$140. Available all month but subject to therapist availability in scheduling. We may have to schedule appointments during following week or weekend.

Option #2: Give a Valentine’s gift certificate for a loved one and an extra 15 minutes or a hand wax skin softening treatment will be added for free.

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KNEE STRENGTHENERS

Here are some exercises that strengthen the muscles attaching to the knee, keeping it agile and pain-free. Start with a short, 5 minute warm-up (such as walking or jogging in place) to get blood moving.

Straight Leg Lift Sit against a wall with one leg bent, one leg straight. Lift the straight leg off the floor (it won’t go far) for a breath, lower it gently and repeat several times. Switch legs.

Wall Squat Imagine you’re in a chair against the wall. Stay in the position for 10 seconds and slowly straighten up. Repeat several times. Use a smooth surfaced wall.

Side Shuffle Step quickly to one side, stop, then reverse to the other side. This sidestep will

A DOSE OF COCOA

This seemed appropriate for this month! Eating or drinking foods high in cocoa flavanols improves blood flow to the brain and may help prevent stroke and dementia, according to a small study at Harvard Medical School. Those given a flavanol-rich drink twice a day for 2 weeks had a significant increase in brain blood flow. The compounds may help blood vessels relax, improving circulation. Companies are marketing “healthier” choices in dark chocolate and cocoa. A bit couldn’t hurt—and may help. (as reported in Readers’ Digest)

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MINDFUL EATING

Taking time to enjoy your meals is a treat for your taste buds—and a boon to your health. The fast pace of today’s world and the overwhelming need to multitask often causes us to eat on the run, while doing other things such as reading, working, watching TV, driving etc. Essentially, mindfulness in eating is about looking inward and outward at your relationship with food. It’s about being aware of how you FEEL about food, in the moment and in context, and being sure you’re hungry before you eat. It’s focusing on the sensory effects of food, appreciating textures, colors and aromas; slowing down and becoming aware of the flavors.

strengthen the muscles on each side of your knees. Repeat several times.

or one meal a week.

JUST EAT No cellphone, no texts, no newspaper, book, TV or iPad. No multitasking. Give it all your attention.

PAY ATTENTION Taste every bite; chew slowly and inhale aromas.

PAUSE Put down utensils and relax in between bites. Quiet conversation is okay.

KNOW WHY YOU'RE EATING Are you hungry? Or are you eating for distraction, or to appease discontent? Make eating a conscious, self-aware choice without judgment.

You may find yourself eating less and enjoying it more. Slowing down one aspect of your life helps us enjoy other moments as we become aware that the fast pace of modern life (often eating on the go) is causing other unintended causes, such as obesity, unhealthy other physical habits and disconnection with people and family in the rush to combine many tasks in the shortest amount of time.

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BANANA SHAKE FOR HBP

Deflate your high blood pressure with a potassium boost that is good as well as good for you. Makes 2 servings.

- 1 sliced banana
- 1 c skim milk
- 1 c nonfat vanilla yogurt
- ½ c pineapple juice
- 2 tsp honey

Process all ingredients in blender until smooth and serve immediately.

Potassium: 763 mg Cal: 219 Fat .5 g

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Some suggestions:

START SLOW Begin with one snack a day, Visit my website for more complete descriptions of offerings.

MENU

Half Hour Massage	\$45
Forty Five Minute Massage	\$55
Hour Massage	\$65
Seventy Five Minute Massage	\$75

Ninety Minute Massage	\$85
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Raindrop Therapy	\$75
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Massage/Raindrop	\$130
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(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
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Salt Smoothie for Exfoliation	\$25-50
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Clay Mask & Face Massage	\$25
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Bubbling Rejuvenating Foot Soak	\$25
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Foot Massage (10 minutes)*	\$10
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Ear Candling	\$30
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Ionic Foot Bath	\$30
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Cranial Release Technique Stretch	\$10
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* 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



www.magictouchmassageonline.com