

Magic Touch
Massage
Newsletter



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2896-A W. Walnut, Rogers

March 2019



Hello Everyone,

Happy Saint Patrick's Day on Sunday, March 17th. Remember to wear something green or be prepared to get pinched!

MARCH SPECIAL

\$ 5 off any service this month.

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Marijuana vs. Hemp –CBD OIL

What's the deal with CBD oil? It's advertised everywhere. Well, it comes from the hemp plant, which is RELATED to the marijuana plant, but has very limited amount of the THC chemical (what makes you high). In fact, the CBD component cancels out the small amount of THC to zero. You can pass a drug test while using CBD. Both plants are in the Cannabis family, which is why when the government outlawed "cannabis" they also outlawed hemp and hemp products by accident. CBD stands for Cannabidiol, an oil refined from the hemp plant, which has a direct effect on the skin, both topically and internally. It has been proven to reduce muscle aches via a salve, work on internal physical problems (with a tincture of drops under tongue) and help with arthritis aches and pains. It is surfacing in skin products as it has antioxidant properties that cell receptors

less reactive, reducing puffiness and hydrating skin. It can be magic for those who respond positively to it, reducing inflammation all over the body.

I carry a small amount of locally manufactured CBD salve, in 2 sizes. The product I carry also has been infused with the essential oil of frankincense, which is especially helpful with arthritis issues.

SOOTHE WINTER SKIN

Dry air and COLD air does a number on hands, feet and lips. Chilly temps lower levels of a protein in skin that keeps it moist, intact and healthy. According to Good Housekeeping magazine's dermatology expert Dr. Mona Gohara from Yale School of Medicine, try these tips. Feet: when heels skin cracks, apply lotion with alpha hydroxyl acids (AHAs) that helps exfoliate dead skin removal. GH pick: Eucerin Advanced Repair Lotion \$6

Lips: Use petroleum jelly based products to lock in moisture. GH pick: Kiehl's Lip Balm #1 \$10 from Kiehls.com also adds aloe and squalane.

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respond well with CBD infused products, leaving those with irritated or itchy skin

JUST ASK

A reminder that YOU are the boss during the massage. You have complete authority to change anything that may be making you uncomfortable. Whether it's asking for deeper or lighter pressure, avoiding a sore point, wanting less chit chat, staying away from ticklish feet or a newly washed hairdo, needing warmer/cooler room temperature or preferring another kind of music, it's your call. Just ask.

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I have made this several times and it is always a hit. Everyone wants seconds. There are a lot of ingredients, but it goes together easily and is pretty! From Taste of Home magazine.

Creamy Mocha Dessert

2 tsp instant coffee granules (dissolve in 1 Tab hot water) and set aside.

Small bowl: combine:

2 C crushed oreos (I put in bag and smash with rolling pin or meat tenderizer mallet)

1 C chopped pecans

1/2 C melted butter. Pat into the bottom of a 9 x 13 x 2 pan.

In a mixing bowl, beat

2 pkgs of cream cheese (8 oz each) until light and fluffy.

Blend in coffee mixture

1 can (14 oz) sweetened condensed milk

1/2 C chocolate syrup.

Fold in 1 carton of frozen whipped topping, (thawed) by hand. Spread over crust and sprinkle with 1/4 C chopped pecans or chocolate sprinkles for a pretty presentation. Freeze.

Yield: 24 servings. Set in fridge for softer dessert after initial freeze for easier cutting.

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MENU

Half Hour Massage \$40
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 Crotsier

Thanks for reading; please feel free to email me with suggestions, questions or comments. Also feel free to forward or ask to delete from list.



www.magictouchmassageonline.com