

Magic Touch
Massage
Newsletter

479-366-7709



2896-A W. Walnut, Rogers

April 2019



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.

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Adapted from an article in Body Sense magazine

Exercise for Healing Grief

There are many kinds of grief: the loss of a marriage, a child gone to college, a habit you must give up (like smoking) that has been a friend for years, job loss, the anniversary of a death, or realizing the decline of a loved one. The body expresses it in many ways—congestion in lungs, rigidity in neck and shoulders, hips and back, tightness in chest; and the emotional side of it (depression, low energy, anxious etc.) is sometimes even under the surface of our awareness. We exert great energy trying to keep everything stable and permanent, which takes a toll on the body.

MINDFULNESS EXERCISE

1. Create some uninterrupted time for yourself. Sit comfortably or lie down.
2. Identify that you may be feeling a loss—sometimes the exact loss is unclear.
3. Ask yourself, and recognize, what am I feeling now?
4. Bring awareness to the center of your chest. Place your hand there and focus on your breath. Notice the sensations. Are they warm, cold, heavy, constricted, frozen? Is there a color? Does imagery arise?
5. If you start to be distracted by outside thoughts, return your awareness to the sensations under your hand on your chest.
6. Stay with the sensations long enough to notice that they are changing and in motion. Your only task is to bring your full attention to these sensations.
7. Rest and integrate. Remind yourself that letting go is painful for everyone and the feelings will pass. Remember that grieving is a natural process. A process that can take time.
8. Refocus. Bring your full attention back to your physical environment and continue your day with a sense of accomplishment.

Repeat this exercise as needed until you are comfortable. Remember grief is a mind-body response to the reality of loss and change. Experiences, relationships, situations—everything in our lives is in constant flux. Fear of loss and change can cause us to get stuck and cause illness.

We can get stuck there. Grief is a natural process that we can acknowledge and move through. By releasing it, we can be at peace with letting go and feel a sense of health and wholeness.

Feel Good and Honor America's Soldiers and First Responders

Suggestions from AARP magazine:

Volunteer to care for pets of deployed or wounded soldiers (go to guardianangelsforsoldierspet.org)

Donate your time-share or vacation home to a vet (at vacationsforveterans.org)

Send personal letters to soldiers through Operation Gratitude (operationgratitude.com)

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Dill Dip

- 2/3 C mayonnaise (NOT Miracle Whip)
- 2/3 C sour cream
- 1Tab chopped dried parsley
- 1Tab chopped dried onion
- 1/2 tsp dill weed
- 1tsp Beau Monde seasoning (from Spice Islands)

Mix all together the day BEFORE you need it.
Not a common dip and is very very good.

If you have trouble finding the Beau Monde spice, ask me and I'll give you some. An ok substitute is season salt, but it's not the same. Beau Monde is kinda zippier.

Grief is coming to terms with the impermanence of experiences and lives. By releasing it, we can move forward in both physical and mental health.

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MENU

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

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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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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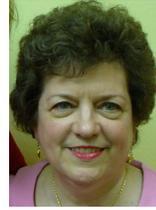
* Must be added to another service

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

(479) 366-7709

Lynn Crotser

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



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