



ouch

# Newsletter

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2896-A W. Walnut, Rogers November 2020



## NOVEMBER SPECIAL

This month's special is **\$5 off the Honeylift face treatment**. This is an excerpt from my Facelift Massage protocol and is very stimulating to the skin. It involves the use of a honey mask and then various strokes are used to lift small lines, filling them in, especially around eyes and lips and between eyebrows. Normally \$25, this month \$20. A heck of a deal! Your face will feel wonderful and you will be toned and refreshed. A nice addition to a massage, about 15 minutes.

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From Walk At Home Workouts, when you don't leave your home and don't have a treadmill...

## THE LIVING ROOM ROUTINE

### Part 1

3 minutes, 130 steps/minute (Do circuit twice for warmup)

- March in place 16 counts
- Sidestep for 16 counts
- Alternate front kicks for 16 counts
- Alternate knee lifts for 16 counts

### Part 2

4 minutes, 140 steps/minute (Do circuit twice)  
 March in place, raising hands overhead with every other step, for 16 counts

- Sidestep, opening arms with each step out and closing with each step in, for 16 counts.
- Alternate front kicks, reaching both hands toward your foot on each kick, for 16 counts.
- Alternate knee lifts, touching your elbows to your knee in a "standing crunch" motion, for 16 counts.

### Part 3

1 minute, brisk

Climb up and down a flight of stairs. If you don't have stairs, use one step: step up right, step up left, step down right, step down left for 30 seconds. Repeat leading with left foot for 30 seconds.

Complete parts 2 and 3 a total of 4 times.

Cool down by walking around the house for 2 minutes and finish with a few stretches.



## WHEN TO DRINK WATER

Drinking water at certain times maximizes its effectiveness in the body:

- 2 glasses of water after waking up helps activate internal organs.
- 1 glass of water 30 minutes before a meal helps digestion.
- 1 glass of water before taking a bath helps lower blood pressure.
- 1 glass of water before going to bed helps avoid a stroke or heart attack.

I don't think we think much about the WHY of hydration. Among its many functions in the body is helping convert food into energy, protecting and cushioning organs, helping the body absorb nutrients and remove waste, cushioning joints, regulating body temperature, helping deliver oxygen and nutrients to cells, and making up 22% of bones, 83% of blood, and 15% of muscles and the brain.

Remember the equation: Divide your body weight by 2 and drink that many ounces of water per day. And a side effect is feeling fuller before a meal.

Also, the Powers That Be have determined that you can actually count HALF of the liquid in a cup of coffee or a glass of iced tea. Before they considered it strictly a diuretic and wouldn't let you count it at all.

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**AROMATHERAPY**

Reminding you that I have over 20 essential oils that you may choose from to smell during your visit, and I do not charge for this service!

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A bit more involved than my usual recipes, but apropos for season, and very good. Substitute any brandy for apricot, such as orange, or leave it out, or add a 1/2 tsp of orange extract.

**SWEET POTATO BAKE**

Grease 5-6 potatoes and bake in shallow pan at 325° until soft (or microwave). Cool, peel skins, mash and add:

- 1 1/4 C. butter
- 2 tsp cinnamon
- 1 C brown sugar
- 1/2 tsp vanilla
- 1/2 tsp nutmeg
- 1/3 C apricot brandy
- pinch salt

Beat until smooth, put in baking dish (and if you wish, refrigerate overnite).

Or, just bake at 350° for 10-12 minutes, remove from oven and fold in 1 C chopped pecans and top with 14 large marshmallows. Bake 10-12 minutes more, until slightly browned.

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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

**MENU**

Half Hour Massage	\$45
Forty Five Minute Massage	\$55
Hour Massage	\$65
Therapy	Raindrop \$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-Th 9 -5 Fri 9-4 Sat. 10-2  
 By Appointment Only**

**(479) 366-7709**  
*Lynn Crotsier*

	 <a href="http://www.magictouchmassageonline.com">www.magictouchmassageonline.com</a>