

Magic Touch
Massage
Newsletter



479-366-7709

2896-A W. Walnut, Rogers

June 2020



JUNE SPECIAL

Father's Day is June 21st. Surprise him with a gift certificate for a massage! If you buy a gift certificate for a guy any time this month, an extra 15 minutes is free. For example, you can buy a half hour and he gets 45 minutes. Sorry, you can't gift yourself!

Update on my availability: My first cataract operation is behind me and second surgery is June 10. There may be a week before the next surgery when I can do massages but I won't know for sure for a couple of days. Then it's a 2 week wait after June 10 before I can bend over. So all gift certificates (both new and old) are good for 3 months after June 10. I will be asking usual new questions before making appts and taking temperatures before doing massages. And limiting to 1-2 per day. My partner Wes Stephens has more availability and is willing to accommodate my clients except for gift certificates. His number is 479-685-6171. If there are any further glitches I will pay Wes to redeem your certificates.

#####

Don't Stress Out, Stretch Out

Stretching not only relieves tight muscles, but also decreases stress hormones. When your brain's cranking away during marathon sessions at the computer, your muscles are tensing, spine slumps, fatigue builds and stress hormones rise. The solution is 1-2 five minute sessions, which can also enhance

never stretch to point of discomfort. Each one should last 5-30 seconds.

Neck: Looking straight, shrug shoulders up and release several times. Let head fall forward and slowly move right, then center, then left. Repeat. Don't roll head backward.

Chest and Shoulders: Lace hands behind back with palms toward body and roll shoulders back and raise arms.

Back: Stay seated and push chair away from desk, fingers touching the edge of desk. Bend forward at hips, keeping arms straight. You should feel the stretch in lower and upper back.

Arms: Extend arms in front and lace fingers. Rotate palms outward, bring arms overhead. Feel stretch in arms and shoulders.

Hands: Hold arms in front, elbows bent. Spread fingers wide and stretch hands for 5-10 seconds. Bend first 2 joints of each digit and stretch again.

Wrists: Holding hands in loose fists, make slow circles in both directions.

Full Body: Stand before a wall, chest touching it, arms overhead, with fingers resting on wall. Walk fingers up, keeping feet firmly planted on floor.

Hamstrings: Stay seated, extend right leg and place right ankle on left knee. Bend forward from hips until you feel the stretch in back of your right thigh. Repeat with other leg.

Quadriceps: Stand and slip off shoes. Bend left leg back and hold left ankle with left hand. Pull the leg back until you feel the stretch in the front of thigh. Repeat with other leg.

creativity as the brain relaxes. As you do the exercise, breath deeply but gently, shoulders relaxed and belly soft. Expand your ribcage on inhale and alphabet with the big toe of one foot. Switch and repeat.

Repeat these exercises as needed throughout the day. Don't stress about multiples at each spot; do the whole exercise over so that you don't get bored. Remember the easy breaths. The whole thing shouldn't last more than 5 minutes. I challenge you to do the toe/alphabet thing in less than 20 seconds!

#####

Thanks to Shirley (one of my newsletter readers) for this scrumptious (and easy) recipe. I've printed it before, but it's been a while. I just made it again and it's easy and good.

MY FAVORITE LEMON CAKE

- 1 box lemon Jello (3 oz. size)
- 1 box lemon cake mix
- 1 cup boiling water
- ¾ cup vegetable. oil
- 4 eggs

Dissolve Jello in boiling water and allow to cool but NOT set up
 Beat eggs lightly
 Add eggs and oil to Jello mixture
 Add cake mix and beat for 2 minutes
 Pour into 9x13 ungreased pan
 Bake at 350° for 30-35 minutes

Cool cake 10 minutes, then pierce cake all over with a fork; slide a knife along sides.

Pour a glaze (2 cups powdered sugar with ½ cup fresh lemon juice; more if you like tart) all over and allow to soak in
 Sprinkle with light dusting of powdered sugar when totally cool.
 Can be made days ahead; keeps very moist.

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

Lower Legs and Feet: While seated, with shoes off, extend both legs. Point toes and feel the stretch, then flex toes and stretch. Make slow circles with each foot. Now draw the capital letters of the

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 add \$10 to rates	

Spa Options

Facelift Massage (75 min.)	\$90
Honeylift Massage for Face*	\$20
Paraffin Dips for Hands or Feet*	\$5-10
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 -5 Fri 9-4 Sat. 10-2
 By Appointment Only**

(479) 366-7709
Lynn Crotser

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



www.magictouchmassageonline.com