

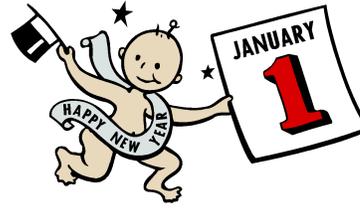


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# Newsletter

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2896-A W. Walnut, Rogers January 2021



## JANUARY SPECIAL

Free Hand Wax dip. Dipping hands into hot wax and leaving it on during massage leaves your hands baby soft and smooth, and also the deep heat helps relieve arthritis pain.... Normally \$ 5.



## QUICK REMINDER

I am only working part time these days, so if you have an emergency, please be patient. I am taking only one massage per day, due to Covid plus taking care of my elderly mother who can't be left too long. I may not be able to get you in the same day (although I will try), but I will either work with your schedule or refer to a trusted colleague who is more available. Right now this means my cohort Wes Stephens, at 479-685-6171. I do not keep his schedule, so if I refer to him, you have to call.



This is a rerun, but worth repeating.

## HOLIDAY WEIGHT GAIN

A super quick, HEALTHY, and inexpensive way to take off a few of those holiday pounds is to avoid eating bread, pasta, potatoes, rice and sugar for 3 weeks (this includes sodas!). Eat as much as you want of everything else, but try to avoid high calorie salad dressings. Take another few ounces of veggies and meat to help fill the plate (and your tummy). Add veggies or extra fixings (dried fruit? water chestnuts? pecans?) to your salad, have some unsweetened applesauce (but add cinnamon for sweetness) as an extra side dish. You needn't be

hungry--snack on fruit and raw nuts, a small piece of white cheese, hardboiled eggs, one tablespoon of peanut or almond butter. You can easily lose 2-3 pounds a week, even without increasing exercise

## STRENGTHEN IMMUNE SYSTEM\*

What can you do to feel safe and protected? We are all uncertain. Acknowledging stress while doing a self-care exercise helps decrease anxiety and generates a sense of safety. According to Chinese medicine, Wei Qi (pronounced way chee) is a field of energy that extends out from our skin that protects us from external pathogens. This energy can be strengthened with conscious movement, breath and focus. Here is a Qigong exercise for self protection.

Stand with your feet a bit wider than hip-width apart. Begin with your wrists crossed in front of your belly, and inhale as you slowly lift your wrists up in front of your body and in front of and above your face.

On your exhale, allow your arms to part and float down by your sides. Repeat several times.

Straighten your legs on your in-breath and slightly bend your knees on your out-breath.

On each repetition, imagine you are drawing a golden light surrounding you and protecting you like a glowing shield. Once you feel yourself flowing with the movement, say this mantra: "I am safe and protected."

Continue as you generate inner refreshment and feel your presence grow. After about 2 minutes (or whenever you feel complete), center your energy by bringing palm over palm to rest on your lower belly. Smile and enjoy feeling the energy you just created.

\*From Massage & Bodywork Magazine Nov/Dec 2020

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**SNEEZE REMINDER**

Remember to slightly bend **backwards** if you feel one coming, to protect your back. Instinct says bend forward; you gotta fight it. It jerks your spine.

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Combining 2 favorite flavors--chocolate and bananas. Very good and simple to make. Prep is 15 min. Makes about 12

**Double Chocolate Banana Muffins**

Medium bowl whisk together: 1 ½ C flour, 1 C sugar, ¼ C baking cocoa, 1 tsp baking soda, ½ tsp salt, ¼ tsp baking powder.

Smaller bowl whisk together: 1 1/3 C mashed ripe bananas (about 3 medium), 1/3 C oil, 1 large egg.

Add to flour mixture and stir just until blended. Fold in 1 C (8 oz) mini chocolate chips.

Fill greased or paper lined muffin cups ¾ full. Bake 20-25 min at 350° or until toothpick comes out clean.

Cool 5 min before removing onto wire rack. Serve warm, or nuke later.

Optional streusel topping: Combine ½ C sugar, 1/3 C flour, ½ tsp cinnamon, and cut in ¼ C butter until crumbly. Sprinkle over muffins before baking. Obviously I added these yummy calories. Mmmmm

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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

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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
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 - 5 Fri 9-4 Sat. 10-2**  
**By Appointment Only**

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

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