

The Balanced Body Shoppe News

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Hand Held Devices Banned In Greenville

In case you haven't heard, effective April 1, 2014 hand held devices (GPS, phones, etc.) will be illegal in Greenville city limits if you are behind the wheel of a vehicle. While I have been unable to learn all of the details about the new law, my intent in bringing this up is to help your stress levels by helping you to remember that only hands free devices are allowed. I'd really hate for you to be on your way to or from your massage and end up with a ticket! My understanding is that this is a city wide ban, not just downtown and you must be legally parked (engine off) to use ANY handheld device.

Massage, the Cornerstone of your Wellness Program

Many studies have shown evidence that massage reduces cortisol (a stress related hormone), improves white cell count (an immune indicator) and decreases cytokine proteins which are related to allergic reaction and inflammation.

For more info you might want to read these articles or do more research through an online search.

<http://www.oprah.com/health/The-Health-Benefits-of-Massage>

<http://www6.miami.edu/touch-research/research.html>

<http://online.wsj.com/news/articles/SB10001424052702304537904577277303049173934>

The bottom line is that massage is **not just** a feel good thing! Although it does that too, it goes way beyond pampering. In light of all the evidence, don't you want to be proactive and start making massage a cornerstone of your own wellness program?

Some of the benefits attributed to massage as demonstrated through various studies include:

- ★ Massage stimulates the production of serotonin (a feel good chemical that your brain loves!) so it helps with your moods. Many who suffer from depression or anxiety find massage extremely helpful when received regularly and this hormone helps with stress.
- ★ Helps you to identify areas that you constantly tense up so that you can be aware of them BEFORE they cause an injury.
- ★ Calms the nervous system by turning on the para-sympathetic, which is responsible for digestion, repair work and other important functions in your body.
- ★ Nourishes your skin and underlying tissues. Remember your skin is the first line of defense of your body – keep it healthy.
- ★ Gives you a scheduled much needed break if you do it regularly. Gives you something to look forward to on a regular basis. Just the thought of an upcoming massage brings you joy!
- ★ Receiving regular massage can help with or alleviate certain conditions, including (but not limited to) tendonitis, plantar fasciitis, TMJ discomfort, shin splints, headaches, arthritis
- ★ Athletes and “armchair athletes” perform better if massaged regularly
- ★ Massage is a good tool for helping someone learn to relax and let go of stress; pairs well with other therapies and reinforces them.
- ★ Helps with stress reduction, headaches and everyday body aches and pains.
- ★ Abdominal massage helps with many digestive issues and some back pain issues.
- ★ Can be a tool to help with insomnia.
- ★ Helps with esteem by establishing that YOU ARE WORTH IT

To Talk or Not to Talk During Your Massage?

This is my twentieth year of being a massage therapist and I know what I like. I don't like to talk during my massage. Having said that, there have been times when I actually DO want to talk. So, my therapist takes a clue from me and sometimes if I don't remind her that I want to be quiet, she will talk back and

Mothers' Day Specials

share whatever is going on with me and/or just let me talk on and on and on. I've learned to say up front something like "I really want you to spend extra time on _____ today and I really want to be quiet, so if I seem chatty, please remind me that I want to be quiet." This helps your therapist to feel ok about reminding you to quiet your mind; she won't feel bossy because she knows what you expect during your massage.

I believe that clients obtain the best results from their massage when they quiet the mind. This way the massage works on both a physical and a mental level and can give more lasting and more numerous beneficial results.

So lie down on the table, take a deep cleansing breath, close your eyes and keep them closed to shut out all the visual stimulation to your brain and just let go of all your thoughts. Let go of the stresses that have been shouting to be heard all day and aim to go to that centering place that those who meditate want to reach. Your body and mind will thank you.

Yes, there are things that need to be thought about and talked about, but mostly your mind needs some peace and quiet to replenish itself. Give it this time. There will be time later to talk things over and to rehash your stressors. It is my opinion that in most instances talking will actually prohibit or greatly diminish the wonderful changes that occur with massage.

Having said all of that, I know that there are some clients who come to us and need to "spout off" about this that or the other for a while before they can get centered. We understand this and are happy to listen, but please remember that we are not psychologists and are not trained to give advice on anything except massage!

So, when you want to talk, my suggestion is that you talk for about 10-15 minutes MAX and then take a couple of deep breaths, take those thoughts and put them in a locked box to be brought out at another time and just enjoy letting your body relax into the table, knowing that you are benefitting your mind and body by letting go of everything for that massage time.

And please remember that your therapists are human and sometimes when you share with us we start sharing back, so if we seem a little talkative, simply say something like "Ok, I'm talked out now and am going to be quiet for the rest of my session so that I can rest my mind." We'll take the hint.

It's YOUR session. Get the most from it and help us to help you see that you do! And if you are in that tiny percentage of people who actually DO want to talk during your massage, tell us that as well. We may not feel like it is best, but it's YOUR massage and we want to help you in any way we can.

Like what you're reading? Call us at 286-6700 to schedule a session

It's time to celebrate Moms. Those who act as Moms are not all women and some of those who act as moms never gave birth but are great moms none-the-less. So if someone you know fits into the category of Mom, you might want to remember them with a massage or other gift from the BBS retail area.

Consider a gift basket and choose from bath and body products, face products or other non-massage items. Call and tell me your price range and I can see what works for you.

Purchase one or more gift certificates **no later than May 1st** and you can save a little or save some more. And remember that you can also buy one for yourself while you buy one for Mom. Be sure to **print this out and put it "in the way" of someone that wants to buy something for YOU** so that they will know what you'd REALLY like to have!

___ Purchase a One Hour massage session and we'll include a FREE upgrade to a Specialty lotion or oil. Mom can choose from Chocolate and Roses, Lavender or other yummy essential oils. This is up to a \$15 value depending on the choice of lotions.

___ Purchase 5 each One Hour Massage Sessions and take \$25 off the normal price. (\$300 instead of \$325) This way you can give mom as many as you want and keep one or two for yourself!

___ Purchase a combination One Hour Massage and MediCupping Face Therapy Session for only \$100. (Saves you \$15 and can be scheduled separately or on the same day.)

___ Purchase a 1-1/2 hour massage and we'll upgrade to a FREE specialty lotion AND lower the price to \$88 (making this a \$25 savings) Buy 2 and save \$50!

___ Purchase a MediCupping Face Therapy Session for \$43 (A \$7 savings)

___ Purchase 3 each 1-1/2 hour Massage Sessions for only \$270 (a \$24 savings)

___ Purchase a Seaweed Wrap for only \$85 (A \$14 savings)

___ Purchase a 45 minute Massage or Reflexology Session for only \$50 (a \$5 savings)

Be sure to **CALL AHEAD no later than May 1, 2014** to order your gift certificates at these special prices. They must be printed up as ordered. If ordered by 2PM you will be able to pick them up the next day. Local check or cash is accepted. Call us at **286-6700** and leave a message. **We will call back to confirm your order before printing certificates.**