



Smart Therapy

Spring 2017 Newsletter

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What's New @ Smart Therapy

A long winter season is finally giving way to Spring! I hope you are as excited as we are to see green grass and flowers return! Spring is a time of rebirth and renewal. Do you have any health and wellness goals this Spring? We hope Smart Therapy can assist you in those goals...

In our excitement over Spring, we have decided to offer a few extra specials this season. We have 3 awesome packages available to assist you in your health and wellness goals, as well as extra specials each month on many of our products. Check out the full page of all our Spring season specials on page 3.

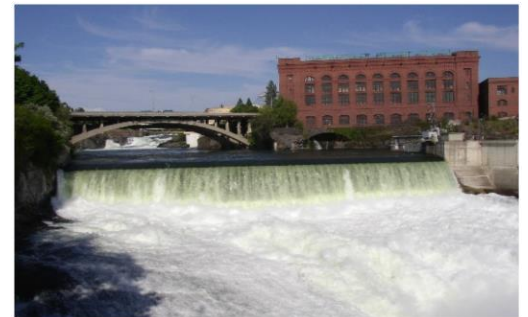
Smart Therapy has added some Life Extension brand supplements to our available products. Life Extension Magnesium and Life Extension Selenium Plus Vitamin E can now be found in the lobby. Check them out next time you are in the office.

Several of you have inquired about various DoTERRA brand oils that we do not carry in office. We are able to special order any DoTERRA products, even ones we don't normally carry. Orders are placed at the 1st of every month. Please direct special order requests to Candace Smart.

Smart Therapy is gearing up to offer educational classes in 2017. These will mostly be offered in webinar format. Your input about class topics and areas of interest is much appreciated as we start the selection and creation process.

We value each and every one of our clients and customers. We strive to provide services and products that meet your needs. Thank you for your continued support.

Candace Smart, Owner



Spring Specials

Check out our full page of Spring specials on products and services...

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Get to Know Us

Each quarter we will highlight one of our providers so that you can learn more about us. In this issue, we get to know Bevie LaBrie!

Bevie joined the Smart Therapy team this past November. She grew up in Washington and just recently moved back from Minneapolis, Minnesota. In addition to her many roles of sister, daughter, wife and step-mother, Bevie keeps busy with numerous hobbies. She enjoys rock climbing, mountain biking, snowboarding, backpacking, traveling, photography, guitar, and many types of art.

Art not only plays a big role in Bevie's personal life, but in her professional one as well. Bevie is a Certified Art Therapist. She loves using creative processes to aid in the therapeutic process. Her passion is helping people discover their strength, contentment and meaning through the creative process, the natural world, adventure and experiences abroad. She specializes in art therapy, wilderness therapy, trauma, grief, eating disorders, life transitions, family therapy and much more!



To learn more about Bevie or to schedule an appointment visit her webpage at <http://www.smarttherapygroup.net/bevie-labrie.html> or call us at 509.466.0226.



Product Highlight

DoTERRA's Slim & Sassy Essential Oil Blend

This blend is specially designed to help control hunger and food cravings. It helps limit excessive calorie intake to aid in weight loss goals or weight management. The oils in the Slim & Sassy blend are calming to the stomach and work to improve emotional well-being. Slim & Sassy is most effective when combined with exercise and healthy eating.

Oils contained in this blend include: grapefruit, lemon, peppermint, ginger and cinnamon.



Spring Specials

Spring is a time of renewal, rejuvenation and rebirth. Smart therapy wants to help you in your personal Renewal, Rejuvenation and Rebirth! We've put together some packages that will help kick start the new you!

Spring Renewal

Looking for a little self-care time? Use this renewal package kick start a new goal or just rest and rebalance.

Includes:

- 1- 60-minute Massage
- 1- Chiropractic Adjustment
- 1- 60-minute Counseling Session

\$150

Spring Rejuvenation

Low on energy? Struggling with motivation? The Rejuvenation package will energize and refresh you!

Includes:

- 2- 60-minute Massages
- 2- Chiropractic Adjustments
- 2- 60-minute Counseling Sessions
- 1- Citrus Bliss Essential Oil

\$300

Spring Rebirth

Get ready for a new you! Use the Rebirth package to support a weight loss goal, break a bad habit or start a healthy one...

Includes:

- 3- 60-minute Massages
- 3- Chiropractic Adjustments
- 3- 60-minute Counseling Sessions
- 1- Slim & Sassy Essential Oil Blend

\$450



Spring Product Specials



April

- 10% OFF** Slim and Sassy Essential Oil Blend
- 10% OFF** Essential Oil Diffuser Necklaces

May

- 10% OFF** Balance Essential Oil Blend
- 10% OFF** Life Extension Magnesium

June

- 10% OFF** DoTERRA Fractionated Coconut Oil
- 10% OFF** Herbal Ener-Boost

Self-Care: What Is Self-Care and Why Is It Important?

By Candace Smart, MS, NCC, LMHC, CNC

As a mental health counselor, self-care is something that comes up in session quite frequently. It never ceases to amaze me how often clients stare at me with a blank look of confusion when I ask about their self-care.

What is self-care?

Self-care is really anything that helps relieve stress, increases relaxation or joy or makes us feel better. Self-care activities are different for different people. Hiking, gardening and reading may be my preferred self-care activities, but my friend may prefer playing the guitar, working out at the gym or going to a local play.

Some habits and behaviors are typically good self-care such as exercise, getting adequate sleep and eating healthy. Other self-care needs may vary. Self-care needs may differ from day to day. A lazy evening at home watching movies may be good self-care after a long day at the office when I'm feeling drained, but not on a day when I'm feeling cooped up and want to get out of the house.

What if I just don't have time for self-care?

Make time. Many of us tend to think of self-care as a luxury. Something that we can look forward to after the work is all done. I'm not sure what your life is like... in my life I run a business, have a husband, children, animals and the work is NEVER done. A free hour or two is not going to just magically appear. I understand that it may feel like you don't have time. Realistically, it is more a matter of priorities. When you have a Dr's appointment, you make time to be there. When laundry needs done or bills need paid, you make time to get them done. Your physical and mental health need to be a priority as well.

Why is self-care so important?

Stress is one of the biggest problems in our lives. The health effects of stress over time is detrimental to our well-being. Stress leads to unhappiness, tension, fatigue, digestive problems and eventually disease and dysfunction.

Self-care is what counteracts stress. Think of your stress level like it is the rungs on a ladder. When my stress level hovers around the bottom rungs, life is still manageable. As my stress reaches the middle of the ladder, I am starting to feel fatigued, irritable and short tempered. Once my stress level reaches the top rungs, small things may push me over the edge to an emotional breakdown or an outburst of anger. Self-care backs your stress level back down the ladder.



Big things like a vacation can be great self-care, however for most of us it is not reasonable to take a vacation every month or two. Smaller self-care activities are just as important, if not more so. Taking a walk, grabbing lunch with a friend, going for a bike ride, reading a book, listening to music, treating yourself to a coffee or frozen yogurt... Your list of self-care activities is individual to you and will look different than my list. Each self-care activity you do is going to back that stress level back down the ladder.

Trouble thinking of self-care activities?

Anything that is relaxing, rejuvenating and recharging can be self-care. Are there things that perhaps you used to do before life got so busy? Are there things you've always wanted to try, but just haven't had the time? Try new things until you find something you enjoy.

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