

Body N Soul Massage



Staying in Touch



February
2011

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Prevent the Afternoon Slump

Some Tips for P.M. Energy *(Written by: Jerry V. Teplitz)*

If you're like most people, you've experienced the afternoon slump. You know the feeling -- it's only 2 p.m., yet you feel drained. Fortunately, you can employ methods to reduce the slump's frequency and shorten its duration.

Drink water. Your body uses water even if you're not exercising. If you wait until you feel thirsty, you're already dehydrated. Keep a water bottle handy all day.

Avoid sugar and simple carbohydrates. While a mid-afternoon candy bar may give you a quick rush, it actually worsens the slump. Instead, choose protein-rich foods and complex carbs.

Eat small meals. Have six small meals over the course of the day instead of three large ones. Big meals cause the digestive process to divert blood from your brain to use in the digestive track.

Evaluate your lighting. Most offices are lit with cool, white fluorescent tubes, which have a terrible effect on how people feel and function at work. A better

option is full-spectrum, fluorescent tubes.

Take time for walks. Walking gets your blood circulating, helps you breathe better, and stimulates your brain due to the increased blood flow. Take a 5- or 10-minute walk during the day.

Meditate. Meditation is great for rejuvenating your body. By meditating for 15 to 20 minutes twice a day, you're keeping your body continually energized and rested.

Take time to breathe and stretch. Deep breathing exercises give you an energy boost. Also, stand up and stretch to increase blood flow and stimulate the lymphatic system.

Handle negativity. Negative people and images can have a draining effect on your energy. Make a conscious effort to stay positive.



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The Face of Winter

How to Protect Your Skin in the Dry, Cold Months

Winter can be tough on skin, but there's much you can do to defend against the assaults of the season. The skin's primary role -- to protect the body -- is ever more important in extreme weather. In most locations, that means extreme cold outside and dry, over-heated air inside during the winter. Your epidermis must "weather" these drastic fluctuations in temperature, and often the result is chapped, scaly, flaky skin.

Facing the Frost

The biggest wintertime concern is dehydration. In colder climates, you definitely need to increase the protection quotient. "You must over-treat skin to keep it hydrated," says Barbara Schumann-Ortega, vice president of Wilma Schumann Skin Care in Coral Gables, Florida. That means a shift from lighter skin care products used during warmer months to winter-weight products, such as thicker, cream-based cleansers and moisturizers. These will provide stronger barriers against the harsh environment of winter months. And this is especially important for the face. And if much time is spent outdoors skiing, snowboarding, or walking, for example, your complexion needs heavy-duty protection from brisk wind and winter sun as well.

"People often forget about sunscreen in the winter," says Schumann-Ortega. For regular outdoor time -- a few hours a day -- a sunscreen with an SPF of 20 should be sufficient. But if a winter trip on the slopes or shore is part of the plan, sunscreen with a higher protective factor is needed, even if your time is spent beneath an umbrella. "Both snow and sand reflect the sun," she says, so don't be caught unprepared. Double your efforts to protect the parts of the face particularly prone to display the effects of dryness: The lips and the area around the eyes need a continual shield against the elements. Ask your skin care professional which products are appropriate for your skin type and effective, seasonal moisturizers and sunscreens.

"When it's cold, you lose blood flow to the skin," says Schumann-Ortega. The result is a dry, dull tone. Facial treatments can increase circulation and rejuvenate a healthy glow. But, Schumann-Ortega cautions, be careful with peels and resurfacing treatments during the winter, as they can do more damage than good with skin that's already taxed from the harsh environmental conditions.

Winterizing the Body

It's not just the face that suffers in the winter. Skin everywhere dries out, and gets that flaky look and uncomfortable winter itch. Hot baths -- a delightful antidote to the chill - can further exacerbate dry skin. The solution? Add 10 drops of an aromatic essential oil to the bath to moisturize as you soak. (Lavender is particularly soothing to dry skin.) Then apply an emollient moisturizer -- a product that feels particularly thick and creamy to the touch, like a body butter -- geared for extra dry, rough, chapped, or

cracked skin. Apply it immediately after drying off, when the skin can most readily absorb the lotion and restore its barrier. If dryness is still bothersome, indulge in a salt scrub and full-body conditioning wrap to remoisturize.

And don't forget feet and hands. The feet, hidden by socks and boots all winter long, often go neglected this time of year and need attention, but the most obvious casualties of winter are the hands. Exposed to the elements and the subject of frequent hand-washing during the cold and flu season, hands can turn to rawhide.

This is the season to slather hands with heavy, oil-rich cream at night and cover them with gloves. And don't forget feet: they also require the same special care. Consider a moisturizer for them in the evenings and sleep with socks on. In the morning, your feet and hands will feel soft and moisturized. Your skin care professional can recommend appropriate gloves, socks, and a home-care routine for this process. In addition, treat hands and feet to regular spa treatments to exfoliate dead skin cells, and paraffin treatments to replenish and moisturize.

Relax and Enjoy It

In winter, and all seasons, stress can disrupt even the best skin. "We always ask clients what's going on in life, since adrenaline, holiday pressures, and even joy can have an effect on body chemistry," says Schumann-Ortega. The skin reflects it all. "Some clients may come in after four weeks and they look like a train wreck," she says. So do your best to minimize the effects of stress with exercise, meditation, and proper diet. And don't skimp on the self-care. Schedule time for pampering, relaxing treatments.

Some final tips:

- Drink water. Even when there's a chill in the air and thirst isn't overwhelming, water consumption needs to be high to combat the dry air.
- Avoid products with a high percentage of synthetic ingredients (propylene glycol, petroleum), chemical detergents (sodium laurel sulfates), and artificial colors and fragrances.
- Employ quality skin care products suited to your skin type.
- Check your medications. Illness and ongoing pharmaceuticals can upset pH balance.
- Incorporate nutritional supplements into your skin health regimen, such as essential fatty acids, zinc, magnesium, vitamin A, and B vitamins.

Winter doesn't have to take its long, hard toll on your skin. Ask your skin care professional about hydrating products and circulation-enhancing treatments to ease the long, dry months of winter. After all, spring is just around the corner!

MOVING to a NEW Permanent Location

Body N Soul Massage will be relocated to my home effective March 1, 2011. This will be a permanent location. The massage office is completely SEPARATE from my home living area. There is a separate entrance, reception area, massage room & bathroom.

New location address is 10032 US Hwy 150, New Goshen, Indiana (1 mile North of the New Goshen Fire House). This is located on a main US Highway so it is very easy to find and during winter, it is well-maintained by snow plows.

5 minutes North of St. Mary of the Woods College; 10 minutes North of Vigo County Courthouse; 20 minutes North of Honey Creek Mall; 15 minutes East of Paris, IL; 8 minutes South of Clinton, IN

DRIVING DIRECTIONS: There is a map link on my website under the "Contact" page.

Coming from I-70 West: On I-70 Take Exit #1 (US Hwy 40 East: West Terre Haute, Terre Haute). Continue on this for 4.0 miles (3rd stoplight) - here there will be Terre Haute First National Bank on the right. Turn left at this stop light (north) onto US Hwy 150. From this point, continue for 9.1 miles. Body N Soul Massage is on the left at 10032 US Hwy 150 (#10032 green address sign on fence corner).

Coming from I-70 East: On I-70 Take Exit #7 (Highway 41). At the end of the ramp, turn north onto Hwy 41/3rd Street. From this point, travel 4.2 miles to a Y split. Follow the left y that is Hwy 63 (Clinton/Chicago). From this point, travel 5.1 miles to Tecumseh Road (a small green road sign may also say Durkees Ferry Road). You will see a green sign with left arrows saying "Fayette Elementary School & New Goshen." Turn left onto this road and continue traveling 1.4 miles to the second stop sign. Turn right here onto US Highway 150. Continue traveling .9 miles to Body N Soul Massage on the left at 10032 US Hwy 150 (#10032 green address sign on fence corner).

Directions from Clinton, IN (US Hwy 63 North):

From the Hwy 163/Hwy 63 stoplight at Clinton (JR Chevrolet on corner), travel 5.5 miles South (towards Terre Haute) to New Goshen Avenue (there is a green sign saying "New Goshen" & "Fayette Elementary School"). Turn right (west) onto New Goshen Avenue. Travel 1.1 miles (road will have an "S" curve to it) to US Hwy 150 (2nd stop sign). Turn right (West/Northwest). Travel 0.8 miles to Body N Soul Massage on the left (#10032 green address sign on fence corner).

Directions from Paris, Illinois (US Hwy 150):

Take US Hwy 150 out of Paris towards Terre Haute, Indiana. When you enter Indiana, continue traveling 4 miles on US Hwy 150. Body N Soul Massage is on the right (#10032 green address sign on fence corner).

MENU OF SERVICES

Aromatherapy Massage:

- 30 minutes \$ 50
- 1 hour \$ 70
- 1 1/2 hours \$ 100
- 2 hours \$ 140
- 2 1/2 hours \$ 200

Deep Tissue Massage:

- 30 minutes \$ 60*
- 1 hour \$ 80*
- 1 1/2 hours \$ 110*
- 2 hours \$ 160*
- 2 1/2 hours \$ 220*

* Add essential oils (used in Aromatherapy massage above) for an additional \$ 10

Face & Scalp Bliss: 15 minutes \$ 30

Neck & Shoulders Massage : 15 minutes

- Swedish pressure \$ 20
- Deep Tissue pressure \$ 30

Hot Stone Massage:

- 1 1/2 hours \$ 100*
- 2 hours \$ 140*
- 2 1/2 hours \$ 200*

* Add essential oils (used in Aromatherapy massage above) for \$ 10 extra

* Add deep pressure for \$ 30 extra

Peppermint Hands Massage:

20 minutes \$ 25

Peppermint Hands & Feet Massage:

20 minutes \$25

Peppermint Hot Stone Foot Massage:

30 minutes \$ 40

Pregnancy Massage:

- 30 minutes \$ 40
- 1 hour \$ 60
- 1 1/2 hours \$ 80
- 2 hours \$ 120
- 2 1/2 hours \$ 160

Senior Massage:

- 30 minutes \$ 25
- 1 hour \$ 45
- 1 1/2 hours \$ 65
- 2 hours \$ 90
- 2 1/2 hours \$ 120

Swedish Massage:

- 30 minutes \$ 40
- 1 hour \$ 60
- 1 1/2 hours \$ 80
- 2 hours \$ 120
- 2 1/2 hours \$ 160

Prices and services subject to change without notice.
Prices effective as of November 1, 2010

GIFT CERTIFICATES AVAILABLE (expire one year from purchase date). Gift certificates are non-refundable and not redeemable for cash but may be transferred to someone else. Gift certificate services may be changed/upgraded by recipient.

Cancellation/No-Show Policy: Cancellations and/or rescheduling must be made no less than 24 hours prior to treatment or a \$25 cancellation fee will be charged. No Show appointments will be charged full price.

Body N Soul Massage

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www.bodydayspa.net

BODY N SOUL's Available Appt Hours:

Tuesday	9 am - 3 pm
Wednesday	2 pm - 8 pm
Thursday	11 am - 5 pm
Friday	12 pm - 6 pm

Occasional Sat & Sun 10 am - 4 pm
(Check website or call me for
availability of Sat/Sun dates)

Convenient online appointment
scheduling & instant gift certificate
sales at www.bodydayspa.net

K & A Alterations and Tailoring
will be moving into my office on
March 1, 2011

For more information on her services,
please visit her website at

www.kalinaalterations.com
(812) 229-7861