

# Keeping in Touch

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*This newsletter is to introduce you to my massage practice and services, plus cover some of the basics of massage for you.*

*Massage has so many health benefits that I'll only be able to touch on the high points here. I'll cover these areas in more detail in future letters.*

*My goal is to help you improve your condition through massage. Many regular clients report improvements—often mental and spiritual as well as physical—through the wonders of massage, so prepare to relax, enjoy and experience the life-changing results.*

*Please share your own goals with me so I can better help you. At the beginning of each visit, let me know if there is anything special going on, any soreness or tender spots, etc., so you can get the most out of each session.*

*Also, if you have any questions regarding massage, a particular physical condition, anything at all, just ask me. I'm here to help you. I look forward to seeing you experience all the benefits that massage has to offer—see you soon!*

## Massage—The Timeless Miracle

*The typical initiation to massage is motivated by a stressful or painful condition. But massage's magical ministrations go deeper and offer you far more than you may have ever suspected. Regular massage can greatly benefit your overall health and well-being. Read on to learn some of the wonderful health aspects available to you through massage.*

The more you learn about massage, the more you'll benefit from each of our sessions. This overview touches on some of the basic massage benefits available to you. Massage:

- Alleviates stress
- Aids digestion
- Improves circulation
- Relieves tight or sore muscles
- Aids detoxification
- Improves range of motion
- And much more. . .



The most obvious benefit shared by virtually everyone is that a full body massage makes you feel great! The stress-relieving, soothing results are enough for many to include massage as a regular part of their lives. But what of the less obvious benefits?

The first sense to develop is your sense of touch. It's not surprising when you consider that each square inch of your skin contains roughly 50 nerve endings. With as many as five million total touch receptors in your skin relaying messages on to your brain, your body's initial response to massage is to relax and destimulate. Even a simple touch has been shown to lower blood pressure and reduce the heart rate. Touch can also signal the brain to produce endorphins, your body's natural pain suppressors.

Going deeper, massage can restore suppleness and strength to your muscles, improving their overall function. It's the ideal treatment for releasing tension or muscles in spasm and helps to release toxins such as lactic acid (produced by muscle tissue during exercise) as well.

Proper circulation is vital to continued health. Your blood and lymph carry nourishment to the trillions of cells throughout your body and then carry away the waste to be eliminated from the cells. Massage encourages a better exchange of nutrients at the cellular level and more thorough detoxification. Remember, the future "you" is determined by how well your army of cells regenerate themselves, so this is indeed a critical part of remaining healthy.

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The nervous system is your communication network, sending messages constantly that determine proper functioning throughout your body. Stress can affect the ability of the nervous system to do its job. The many nerve endings found in the skin and muscles are soothed by massage, and this contributes to keeping your internal lines of communication open and operational. Massage also aids in maintaining flexibility in your joints, such as the knee, hip, spine, shoulder, and neck. These joints are thoroughfares for nerves, veins, and arteries so their freedom of movement allows energy and blood to flow unimpeded. So, you can see massage does quite a bit more than just relax you and work out the kinks in a sore back. Since massage has been practiced for thousands of years and is one of the earliest known health treatments known to man, why don't you hear more about it in today's society?

In fact, massage today is rapidly growing in popularity and reputation. Besides being misunderstood, massage has had to overcome the reluctance many people have regarding physical contact. Of course, once they experience a therapeutic massage for themselves, most people are hooked.

A recent *Life* magazine article explored some of the research underway regarding the benefits of massage. Undertaken by the Touch Research Institute in Miami, ongoing studies are showing amazing results, as the following quotes indicate:

“. . . More than 50 TRI studies have shown massage to have positive effects on conditions from colic to hyperactivity to diabetes to migraines — in fact, on every

malady TRI has studied thus far. Massage, it seems, helps asthmatics breathe easier, boosts immune function in HIV-positive patients, improves autistic children's ability to concentrate, lowers anxiety in depressed adolescents. . .

“. . . Massage can increase the lymph flow rate. It enhances immune function and lowers levels of (two) stress hormones. . .

“. . . Field (the director of TRI) worries that Americans aren't getting enough touch. .. At the TRI preschool, teachers encourage 'positive touch.' They dole out unlimited hugs, backrubs and shoulder pats. . . Most of the 40 children, from six months to five years in age, get a daily 15-minute rubdown, which leaves them according to TRI research, more alert, more responsive, able to sleep more deeply. . .“

As you can see, massage offers more benefits than you may have imagined. Isn't it good to know that something that feels so great can contribute to your long-term health as well? Let's work together to help you get the most from your massages —see you at your next appointment!



## Massage Gift Certificates— a great gift !!

Have you ever tried to figure out what to get your loved ones, employees, and friends for a special occasion gift? It's hard to find something to get them which they don't already have. This year get them something unique which they will NEVER forget. A massage gift certificate makes

the perfect and unexpected gift. Share your love of *massage* with someone else. You may purchase gift certificates for any service or amount and any occasion.

For your convenience, you may purchase gift certificates online or at the office (call to

be sure I'm not with a client). You may also purchase gift certificates next door at HealthQuest Nutrition Center. The hours of operation at HealthQuest are:

Tues. - Fri. 11 am—6 pm  
and Sat 10 am - 5 pm.

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## Most headaches are caused by trigger points in the neck and head

I have had many clients tell me what causes their headaches: sinuses, food, coffee, odors, hunger, lack of sleep - the list goes on. But no one can tell me how these things cause headaches. That is, what actually mediates the pain, or makes a link between the causal factor and the pain itself. Obviously there is still much information missing. But in most cases, the pain itself comes from trigger points in the neck and head. The pain from trigger points in the neck and head can be relieved by releasing those trigger points.

There are three categories of headache people (oversimplifying):

- severe headache people
- ordinary headache people
- no headache people

**No headache people** may have very tight, even painful, muscles in their necks, but they seldom if ever get headaches.

**Ordinary headache people** are people who get a headache now and then -- perhaps once or twice a month -- which is seldom severe enough to interfere significantly with work or activities, and which usually responds to over-the-counter pain relievers.

**Severe headache people** suffer tremendously. Not only do they suffer from the pain of the headaches, which is often disabling, but they suffer from loss of work, loss of pleasure from leisure activities, and sometimes the thinly-disguised impatience of others who don't understand what they're going through.

Medical authorities have studied and categorized severe headaches to a high degree. I am certainly not an expert on the medical classification of headaches and their symptoms, but I suggest that, in addition to whatever regimen a patient's physician may prescribe, massage therapy (particularly along the lines of neuromuscular or trigger point work) is well worth a try. Soft-tissue pain can mimic the symptoms of many disorders, and can also contribute to pain from other causes. In addition, many people engage in self-diagnosis. The word "migraine" has come to mean "a really, really bad headache" to many people. My professional experience is that massage therapy can often relieve a wide variety of headaches -- even migraines, even when medically diagnosed as such.

In addition, it is risk-free!

Before we can intelligently discuss headaches, it is imperative that we understand what type of headache we are addressing.

There are three types of headaches. First, there are **tension headaches**, which account for over fifty percent of all primary health care providers' visits. Second, there are **sinus headaches**, which are attributed to allergies and the flu. Third, and the most serious of all headaches, **migraine headaches**.

There are as many reasons to experience **tension headaches** as there are personalities and lifestyles. Whether the cause is emotional or physical the result is the same — throbbing temples and mental discomfort. We are certainly not at our creative best when our head hurts. Massage addresses tension headaches by relaxing the neck and shoulders. As we relax, we soften our muscles and headaches disappear. These are the easiest headaches for us to address.

**Sinus headaches** are best addressed by face massage. As the sinus cavities become relaxed, the fluids that are trapped in these spaces release and begin to flow, allowing us to drain and cleanse the sinuses. This is a slow process and usually takes a few massage sessions. Between massages, you will find relief with a few minutes of self-massage done on a regular basis.

**Migraine headaches** can be caused by either impingement of the nerves in the neck or by chemical imbalances. Massage can address the impinged nerve problem by releasing the levator scapula muscles. It is often necessary to address either the left or right levator muscle for quite a long time to achieve complete relief.

Headaches cripple our ability to function optimally and are probably the most common form of what could be called discomfort. During this stressful summer working and playing outdoors season is a great time to allow me the opportunity to rid you of your headache discomfort naturally.

# Menu of Massage Services

**Aromatherapy** 30 mins \$ 50; 1 hour \$ 70; 1 1/2 hours \$ 90; 2 hours \$ 120; 2 1/2 hours \$ 170

A relaxing massage with light to medium pressure using many 100% therapeutic-grade essential oils. This massage also helps bring the body into balance and clear energy centers. (For deep pressure add \$ 20)

**Deep Tissue** 30 mins \$ 50; 1 hour \$ 70; 1 1/2 hours \$ 90; 2 hours \$ 120; 2 1/2 hours \$ 170

A special deep tissue massage (medium to very deep pressure) for those familiar with massage and those who typically request a deeper, firmer massage. This massage incorporates Swedish, deep tissue, trigger point, stretching and myofascial techniques to affect the release of recurring muscle tension, releases tightness and knots, and helps to reduce muscle pain.

**Hot Stone:** 1 hour \$ 70; 1 1/2 hours \$ 90; 2 hours \$ 120; 2 1/2 hours \$ 170 (for deep pressure add \$ 20)

Using smooth, basalt stones gleaned from the rivers then warmed in water, this massage creates an experience like no other. The stones are strategically placed on the body and their ability to hold and radiate heat assists in loosening the tightness often caused by stress and tension. By massaging with the deep penetrating heat of smooth basalt stones—as well as my hands, I am able to deeply and effectively work your muscles and balance your energy. A must try!

**Neck & Shoulders Massage** 15 minutes Swedish \$ 20; 15 minutes Deep Tissue \$ 30

This concentrated massage focuses on the most common problem areas of the neck and shoulders.

**Peppermint Hand Massage** \$ 20

This 20-minute massage using therapeutic-grade peppermint essential oils focuses entirely on the hands using a variety of techniques to relieve tense muscles, increase circulation, and relax you.

**Peppermint Foot Massage** \$ 30

Pamper your tired feet with a relaxing foot massage. Our expert hands will soothe and alleviate soreness and infuse your feet with peppermint oils to provide a cool and refreshing sensation. Great after a long day of work!

**Pregnancy** 30 mins \$ 50; 1 hour \$ 70; 1 1/2 hours \$ 90; 2 hours \$ 120; 2 1/2 hours \$ 170

In addition to reducing stress during pregnancy and easing the discomforts of labor, prenatal massage also increases local and general blood circulation, bringing more oxygen and nutrients to the cells of both the mother and fetus. Proven to safely reduce many of the normal discomforts of pregnancy, prenatal massage relieves fatigue, backaches, sinus congestion, headaches, neck and shoulder problems, edema, and muscle cramping.

**Scalp & Facial Massage** \$ 20

A calming, yet rejuvenating treatment that focuses on vital energy points and stimulating massage of the scalp and face that will help to reduce tension and increase circulation leaving you feeling energized and relaxed.

**Swedish** 30 mins \$ 30; 1 hour \$ 50; 1 1/2 hours \$ 70; 2 hours \$ 100; 2 1/2 hours \$ 140

This full-body classic massage features a combination of various movements using light to medium pressure, including effleurage, kneading, friction and vibration, gently manipulates your muscles, eases muscle aches and tension, increases flexibility, and enhances circulation. It calms the nervous system which provides mind and body balance. Reduces stress and promotes a greater sense of well-being.



# Body N Soul Massage

Deborah Shahadey

634 E. Davis Drive  
Terre Haute, IN 47802  
(812) 230-0697  
3 blocks East of Honey Creek  
Mall beside Health Quest  
Nutrition Center & Ermisch  
Cleaners

**We're on the web:  
[www.bodydayspa.net](http://www.bodydayspa.net)**

**Schedule appointments or  
purchase gift certificates!!**

## Want FREE Massage ?!?!



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BACK TO SCHOOL  
SPECIAL!!!**

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next appointment or  
gift certificate  
purchase this  
month!!!

MUST BRING  
COUPON TO  
RECEIVE  
DISCOUNT.  
Expires 8-31-08

Many people need to receive regular massage but simply just can't afford it. That's why I've created SpaClub and Frequent Massage Club to make it more affordable - including receiving FREE massage!!

Here's how SpaClub works:

### **Buy 3 massages and get 1 FREE!!!**

You can choose the type of massage you would like to buy. However, all 4 massages must be the same type. Because this is such an incredible deal, these massages must be used within 30 days.

Here's how Frequent Massage Club works:

### **Buy 5 massages and get 1 FREE !!!**

You can choose the type of massage you would like to buy. However, all 6 massages must be the same type. Because this is such an incredible deal, these massages must be used within 6 months.

### **Appointment Hours Availability:**

<b>Tues &amp; Fri</b>	<b>11 am - 6 pm</b>
<b>Wed &amp; Thurs</b>	<b>3 pm - 9 pm</b>
<b>Sat</b>	<b>10 am - 3 pm</b>
<b>(2nd &amp; 4th Sat of month only)</b>	