

Keeping In Touch

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Massage For Older Adults

Move better, feel better, heal better

Although your need for touch doesn't go away as you age, the results you want from professional bodywork may change. First of all, massage can help increase your vitality, giving you more energy to do what you enjoy. And because it helps you relax, it can improve your ability to drop off into restful sleep at night. Massage improves circulation, so it can help increase the flow of oxygen to the brain, temporarily boosting mental clarity. Increased circulation can also impact how you look and feel by improving the condition of the body's largest organ—the skin. And improved circulation can actually help speed healing from injuries or surgery.



Massage can reduce pain

For many people with painful conditions such as arthritis and fibromyalgia, the relaxing and soothing effects of massage may come as a life saver. It can relieve swelling and coax you to breathe slowly and deeply, reinforcing the relief of anxiety and pain. Studies have even shown a decreased need for pain medications with regular massage.

Boost Sense of Well-Being

The best thing about massage may be that it simply feels good. It can increase your flexibility and help you feel more at home in your body. It can improve your sense of well-being for hours, and even days after a session.



\$ 5 OFF

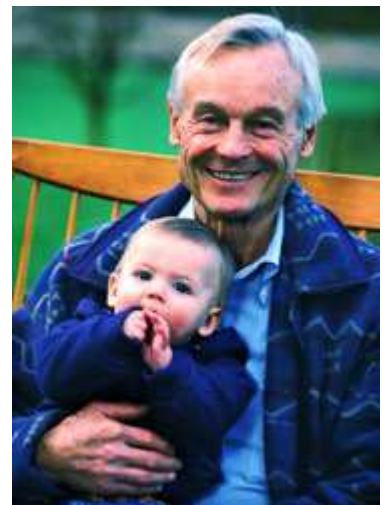
Receive \$ 5 off your next appointment or gift certificate purchase this month!!!

MUST BRING COUPON TO RECEIVE DISCOUNT.

Expires 10-31-08

Tactile needs do not seem to change with aging. If anything, they seem to increase.

- Ashley Montagu,
author of Touching



Massage and Exercise *Movement can be easier and more comfortable*

With all of our advances in science and nutrition, seniors are living longer, more active and healthier lives. As part of that development, more people are exercising. That may, at times, present challenges such as muscle pain. On the other hand, if you are exercising very little or infrequently, you may be experiencing loss of strength, or your muscles and joints may feel tight and uncomfortable. Whether you want to maintain your active life or prepare to step up your activity, massage can help.

Easier Movement

Massage helps increase lubrication and flexibility in and around joints, and specific techniques stretch and lengthen muscles. Increased flexibility and muscle length makes movement easier and more comfortable. On top of that, because massage increases circulation, more oxygen and nutrition flow to contracted muscles, helping them to relax and recover whether you have been inactive or too active.

You may feel more inclined to exercise

When your muscles and joints feel better, you are more likely to want to exercise. Combine massage with exercise and stretching, and you can maintain or begin to regain agility, balance and mobility.



Massage supports your exercise goals by enhancing balance and flexibility.

NEW Service Offered For Seniors (65 years and older)

Golden Touch For Seniors (65 +)

More and more older adults are turning to massage to relieve the pain of arthritis, help recover from surgeries or injuries, and maintain flexibility and fitness. Swedish massage with appropriate additional techniques added will customize every session to your special concerns. A relaxing atmosphere, added cushions and adjustable heat ensure you are comfortable at all times. Not only is massage enjoyable, it is beneficial and healthful, especially when received on a regular basis! A package deal makes it even more affordable.

30 minutes	\$ 20
1 hour	\$ 40
1 1/2 hours	\$ 60
2 hours	\$ 90
2 1/2 hours	\$ 130

Get The Best Massage You Can

Adapting the sessions for you

Massage therapists like to enter into a partnership with their clients. They want you to have the best massage you can. And that depends on hearing from you about your needs. Almost everything about a massage can be adjusted, such as your position on the table. You can receive a massage without turning over on your stomach, or even lie on your side for the entire massage. Dress is also optional. You can undress completely or partially.

Talk With Your Therapist

Pressure can be an issue. Your massage therapist can use light to deep pressure, it just depends on what you like and your body needs. Here's the rub, however — your massage therapist can't read your mind!! That includes music selection. If you don't like the music that is playing, just ask your therapist to change to a new album.

If you are sore or extra tired after a massage, tell your therapist at the next session. Maybe you would do better with shorter, more frequent massage for instance. If you have arthritis or some other painful condition, your therapist can also talk with you about coping strategies between sessions.

If You Can't Get Out

If you don't drive or you have difficulty getting around because of a recent surgery, injury or other condition, consider asking if your therapist can come to you. Whether you live in your own home or a retirement community, massage therapists are usually only a phone call away. Of course, there is an extra charge for this service.

If you are a family member, regular massage can offer your elder comfort that goes beyond words. In addition to bringing all the benefits of touch right to that special older adult in your life, massage therapists also develop a meaningful and heartfelt connection with the folks they serve.

Gift certificates may now be purchased next door at HealthQuest Nutrition Center for your convenience if I am unavailable.

Health Quest's hours of operation are:

Tues - Fri 11 am - 6 pm
Sat 10 am - 5 pm
CLOSED Sun & Mon

Receive a
FREE
Hands & Feet Paraffin
Dip with any massage
this month!!

Expires 10-31-08
Must bring coupon for discount

Add On
Peppermint Foot
Massage to any
service for just
\$ 10 (save \$ 20)

Expires 10-31-08
Must bring
coupon for
discount

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
Schedule appointments or
purchase gift certificates
Do I have your correct email address?
Special coupons sent by email!**

Want FREE Massage ?!?!

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 of purchase.

Note: This deal may be shared by immediate family members residing in the same household.

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 of purchase.

Note: This deal may be shared by immediate family members residing in the same household.