

# find balance newsletter



balance**massage**

Newsletter August 2007

Issue 22

[www.balancemassage.co.nz](http://www.balancemassage.co.nz)

## Perfect Products for you

### **Wheat bags: \$17**

Perfect heat for those tired muscles

### **Ice packs: \$12**

Cool down inflammation and speed up recovery

### **Antiflamme crème: \$12**

At home rub when you can't get into balance

### **Lizzie Bee Soaps, Lotion, Bath Bombs and Body Scrubs:**

**From \$8** The perfect gift

### **Gift Packs!**

### **Relaxation Pack**

Massage voucher, soaps, wheatbag, bath bombs

**1/2 hr \$70 1 hr \$95**

### **Sport Recovery Pack**

Massage voucher, ice pack, recovery rub, anti-flame crème, self-massage ball.

## The Meningitis Trust needs your help!

Here at Balance we like to stay informed so we can keep you informed. At our last in-service workshop we had the pleasure of having a guest speaker Mark Greenstreet from the Meningitis Trust to inform us of the symptoms of Meningitis and to make us aware that it does not discriminate...adults get it too.

The Meningitis Trust is a registered charitable company whose purpose as a not-for-profit organisation is to raise awareness about all forms of meningitis in New Zealand. The Trust provides support to families who have been affected by the disease and they have been actively supporting New Zealanders since 2002. Surprisingly the Trust has no government funding so they need your support which is simple as texting MONTY to 469 to donate \$3 instantly or having Mark come and talk to your team at work or sports club to raise awareness. For more info contact **Mark** on **Ph: 09 428 2051 Mob: 0274 765 717**

[mark.greenstreet@meningitis-trust.org.nz](mailto:mark.greenstreet@meningitis-trust.org.nz)

### What is Meningitis?

Inflammation of the lining that surrounds the brain and spinal cord (meninges). It can be viral or bacterial.

### Symptoms of Meningitis are:

- Vomiting
- Fever
- Headache
- Stiff Neck
- Light Aversion
- Drowsiness
- Joint Pain
- Confusion
- Blotchy Rash (rash may not appear in all cases)

It's important to note that not all symptoms appear at the same time and that not everyone will have all the symptoms, if in doubt go straight to A&E as this disease can progress very fast.

We have wallet size Symptom Cards at reception for everyone to take and keep handy,

massage ball.

1/2hr \$85 1hr \$110

We have wallet size Symptom Cards at reception for everyone to take and keep handy, as you may never know when you may need it. It also covers symptoms for babies and toddlers.

**Please share this information, the more informed we all are the better!!**

### **Facial Radiance Special Till The End Of August!**

**Only \$75 for an hour, normally \$90**

The essential for relieving stress and tension in the face, scalp, and jaw...goodness knows we all need that!!

Also great for relieving sinus congestion with all those winter colds.

The perfect accompaniment to your usual body massage.

**Book now with Lynda Davenport : Wednesday's and Saturday's only.**

For more info on Lynda's treatments go to our website <http://www.balancemassage.co.nz>

### **Father's Day 2nd September**

Don't forget Dad this year and instead of the same scorched almonds, socks, fishing, car, golf, yachting, rugby, soccer stuff ...

**Get Dad a massage!! He'll love you for it.**

**How about a Sports Recovery Gift Pack (even for the arm chair sportsman!)**

**Or a Relaxation Gift Pack (Dad's like to relax too!!)**

See side bar for contents and prices.

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### **Subscribe and win!**

Subscribe to our Last Minute Massage email and be in to win a Relaxation Gift Pack valued at \$70.

go to [www.balancemassage.co.nz](http://www.balancemassage.co.nz) to subscribe before 31st August 07.

Have a great month everyone!!

This newsletter is intended for general health information and should not be relied upon without further specialized advice.

To unsubscribe: reply with "unsubscribe" in the subject line. Thank you.

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