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balancemessage

Newsletter December 2007

Issue 26

www.balancemessage.co.nz

Products For You

Clearance Sale!!

Clearance Sale!!

**50% Off all Ozone
Elite Products**

Refresh Oil

Anti-Chafe Crème

Non-Sale Items

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!

A GREAT FINISH!!

What a great way to end the year but with sharing with you a fantastic email we received from one of our clients with yet another example of the benefits of massage.

This is from Jon-Paul Hendriksen who is a personal trainer and athlete, check him out on his website www.jphttraining.co.nz

Hi Jane

I just thought I would send a good news email since they are always nicer than complaint emails.

I started getting weekly massages from Ada in mid October. It was two week's before the Auckland Marathon. An event I had been training for over the last 5 months, but I hadn't had constant massages to help my recovery and hoped that it would still make a difference in the last two weeks.

I managed to finish 8th in 2 hours 34 minutes and 26 seconds. This was 21 minutes faster than I ran the Rotorua Marathon in May. **Granted my training has improved but I do think a lot of my gains have been a result of the massages. My legs do feel a lot fresher and free after a massage rather than feeling tenderised.**

The proof in the benefits I have got from the massages has been my recovery from the Marathon. They generally say that it takes a month to recover from a Marathon, but I had a race planned for 17 days after it, so needed to reduce that. I've continued to have weekly massages in between to assist the recovery process. I have also continued to do a few hard training sessions and races to keep my body well trained. **The massages have helped me get in the shape to be able to push hard through these, as I ran within 2 seconds of my personal best for 5km the week after the Marathon and 2 seconds slower the next week despite strong winds.**

Last Saturday I raced the Keri Keri Half Marathon and placed 5th. More importantly though I took 4 minutes off my previous best Half Marathon time and 5 minutes off my fastest time for that course.

Of course a lot of it has to do with my strength gains I have got from my increase in training this year, **but having fresh legs for training and racing because of the massages has certainly helped, and I will continue to sing the praises of Ada's massages.**

Thanks

JP

Summary of JP's events 2007

28/10 Auckland Marathon- 8th Place 2hrs 34 min 26 secs (Previous Best: 2 hrs 55 mins.
Rotorua Marathon 28/4/07)

Gift Packs!

Relaxation Pack

Massage voucher, soaps, wheatbag, bath bombs

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

Sports Pack

Massage voucher, GU sports drink sachet, GU energy gel, GU drink bottle, anti-flame crème, self-massage ball.

1/2hr \$77.50

1hr \$100

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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Rotorua Marathon 28/4/07)

6/11 Loaded Hog 5km Run- 1st Place 15 mins 46 secs (Personal Best 15 mins 42 seconds)

13/11 Loaded Hog 5km Run- 1st Place 15 mins 43 secs (windier than the week before)

17/11 Keri Keri Half Marathon- 5th Place 1 hr 11 mins 33 secs (Previous Best: 1 hr 15 mins 34 secs. Whangamata Half Marathon 8/9/07)

Awesome!!

VOUCHERS! VOUCHERS! VOUCHERS!

Don't forget your massage vouchers and don't forget we have gift packs to suit everyone!! We can post them direct to you too!

Christmas Party Madness!

Your team at Balance have a crazy side!!

This years Christmas party at the fun and fabulous Caluzzi on K Rd.



The team at balance would like to wish you all a Happy Christmas and a well deserved break and we look forward to seeing you in early January!!

Jane, Lisa, Sarah, Emma, Ada, Sue and Lynda

Clinic Christmas Hours

Christmas Eve: open from 9am to 1pm (still a few space left!!)

Closed 25th December to 2nd January 08

Start dates for your therapist: Ada: 3rd January, Lisa: 7th January,

Sue: 7th January, Jane: 8th January, Emma: 14th January,

Lynda: 9th January

Book now for the new year!!

