

find balance newsletter



balancemassage

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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.

What is Reflexology?

By Sue Pannetier

Reflexology is a method of massaging reflex areas of your feet which correspond to each gland, organ and area of your body. Correct stimulation of reflex areas relieves stress and tension and helps reduce the activity of over active organs and stimulate under active organs. This therapeutic relaxation serves to normalise and balance your body's functioning – reducing stress allows you to rest, recover and heal.

More than just relaxation therapy, reflexology can also be beneficial to your whole well-being. There are about 45 different controlled studies that show reflexology's broad range of benefits.

These include:

- Stress reduction and profound relaxation on all levels
- Improved circulation
- Aches and pains eased as it helps release the body's natural painkillers
- Immune system strengthened through improved gland and organ function

Reflexology and massage go hand in hand when using each modality to its best application. Whilst both massage therapy and reflexology calm the nervous system and deeply relax the body, reflexology focuses more on improving systemic function whereas massage is more focused on structure and relieving muscle tension.

Sessions start from \$45 for 30 minutes or \$75 for an hour

To book a Reflexology session with Sue please phone the clinic on 3780059

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.

massage ball.

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

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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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>

Heading to the snow this winter?

How to prevent snow sport injuries.

The Statistics:

Snow sport injuries are relatively severe. For the 2005/2006 financial year, ACC received 973 new snow sport entitlement claims with an average cost of \$5,780. An entitlement claim means that a person sustained a moderate to severe injury sufficient for them to require a week or more off work.

The Injuries:

The most common injuries amongst snowboarders involve the upper limbs. The force of the falling body, combined with any momentum generated during boarding, will transfer to the arm stressing structures within the arm, typically at the wrist or shoulder.

Knee injuries are the most common skiing injuries and this often involves a sprain of the medial collateral ligament on the inside of the knee. Usually this results from a twisting fall when the lower leg bends outwards relative to the thigh.

The Injury Prevention Tips:

ACC with the NZ Snowsports Council recommend the following tips:

- Knowing your Snow Responsibility Code
- Skiing or snowboarding to your ability
- Wearing protective gear such as wrist guards and helmets
- Warming up and cooling down to prevent delayed onset muscle soreness (DOMS)
- Pre-season conditioning and sport specific technique (eg: lessons)
- Being aware of fatigue and keeping well "fuelled" (eg: correct nutrition)
- Wearing correct clothing and maintaining equipment
- Have a regular massage pre and post ski holiday!!

For more information go to

<http://www.snowsmart.co.nz>

<http://www.acc.co.nz/snowinjury>

See you on the slopes!

