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balancemassage

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Issue 17

www.balancemassage.co.nz

Perfect Products for you

Wheat bags: \$15

Perfect heat for those tired muscles

Ice packs: \$12

Cool down inflammation and speed up recovery

Antiflamme crème: \$11

At home rub when you can't get into balance

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

From \$8 The perfect gift

Deep Sleep

Do you suffer from sleep disturbance or insomnia? Do you know someone who does? With our busy lives it's sometimes hard to "switch off". Massage can help relax the central nervous system allowing the whole body and mind to let go.

A couple of quick tips to help you get to sleep until you can get into Balance:

- Try a herbal tea such as Chamomile or a Sleepytime blend or a good ole' fashioned glass of warm milk can do the trick.
- Deep slow breathes while you focus on one thing such as a number, helps to slow the busy mind and relax the nervous system.
- Relaxing music, something instrumental: Baroque music is a good choice.
- Bed socks. Yes, keeping the toes warm will help you fall asleep.
- Contract and Relax each muscle group while you lie in bed, start at your toes.
- Write down any concerns before you go to bed, therefore releasing them from your mind.

Giving The Gift Of Massage Just Got Better!



Give the gift of "Relaxation".

We all need some relaxation!

A gorgeous Lizzie Bee handmade soap and bath bombs to help you relax after a hard day, a lavender scented wheat bag to soothe those aches, and a massage voucher with your choice of half an hour massage \$70 or an hour massage \$95.



Give the gift of "Sporting Performance".

All the essentials for the athlete in your life!

A Reflex Ball for self-massage, an ice pack and anti-flame crème for those bumps and bruises and the all important Ozone Refresh Oil for post-event recovery and a massage voucher with your choice of half an hour massage \$85 or an hour \$110.

These gift packs are the way to give the gift of massage because you receive 25% off the voucher and it's already wrapped!!

Are you a Business Owner?

Do you want to increase your referrals and grow your business?

As some of you may know I am a member of BNI, which is a fabulous way of networking and increasing business referrals. I receive at least 8 new referrals a month which turn into business! There is only one person from each profession, so you lock out your competitors.

It is also a great support network when you are in business. For more information go to www.bni.co.nz

We meet weekly for breakfast on a Thursday and we would love to have you along for breakfast on the 29th March.

So if you are looking at different and effective ways to market your business I definitely recommend BNI.

Some of the professions we are looking for to join our group are: hairdresser, property valuer, building inspector, catering, electrician, plumber, mechanic, web designer. If you know any people in these fields feel free to forward this email or contact me directly.

Please phone or email [Jane@balancemassage.co.nz](mailto:jane@balancemassage.co.nz) for more information or to receive your invitation to our breakfast on the 29th March. Numbers are limited.

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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