

find balance newsletter



balance**massage**

Newsletter May 2007

Issue 19

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

Recognizing Stroke Signs

We can all benefit from a little knowledge that may save someone's life.

Remember the “3” steps; **STR** . Sometimes symptoms of strokes are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people near by fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

S = ask the individual to **Smile**

T = ask the person to **Talk** to speak a simple sentence (coherently) (eg: it is sunny out today)

R = ask him or her to **Raise both arms.**

Note: another “sign” of a stroke is to ask the person to stick out their tongue. If their tongue is “crooked”, if it goes to one side or the other that is also an indication of a stroke.

Call 111 immediately! And describe the symptoms to the dispatcher.

A cardiologist says if everyone who gets this email sends it to 10 people, you can bet that at least one life will be saved!

Congrats!

Congratulations to Spencer Vickers for making the NZ Triathlon Age Group Team, heading to Germany later this year!

Keep up the good work Team NZ in Valencia!! go Terry, Nick, Dean and Kevin!

Book yourself in a Facial Radiance with Lynda!

Lynda Davenport is available Wednesdays from 1.30pm till 7pm and now Saturdays from 9.30am till 1.15pm. If you haven't yet tried a Facial Radiance; you must! Lynda is offering a **complimentary half hour session for new clients for the rest of May!**

offering a **complimentary half hour session for new clients for the rest of May!**
Release anti-aging stress from your face and leave with a more youthful refreshed face!!
Phone the clinic today 378 0059

Balance Corporate Massage Sold!

Jane Land has now sold Balance Corporate Massage business to LiVevo Ltd : corporate massage specialists. If you are in need of in-house massage for your staff then go to <http://www.livevo.com>

“Providing corporate massage was a great experience and I was happy to have reached so many more people that had never had a massage, but it was getting quite a lot to manage as well as the clinic and my own client base. As I strive for a balanced lifestyle, something had to give and it was time to let go of the corporate massage business. I’m looking forward to pouring more of my energies into the clinic. Thank you to all my corporate clients and contractors who utilized our service.”

Welcome On Board

Ada Sobies

Ada is our newest addition to Balance Massage.

Ada brings to Balance new and exciting skills in the form of Chinese massage. She is a certified Tuina practitioner which includes traditional Chinese Medical Massage. She completed her internship at Beijing Massage Hospital 2006-2007.

Traditionally Chinese Massage is done “dry” through clothing, but Ada can also meet your needs with a more “Swedish” style massage with oils/wax, incorporating deep tissue massage if needed.

If you are wanting to experience a fabulous massage with a difference ; **call Ada today at the clinic. Ph 378 0059. Ada is available Thursday, Friday and Saturday.**

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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