

find balance newsletter



balance**massage**

Newsletter October 2007

Issue 24

www.balancemassage.co.nz

Products For You

Clearance Sale!!

Clearance Sale!!

**50% Off all Ozone
Elite Products**

Tone Crème

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

The Art of Receiving Massage

I was reading a massage magazine recently and was reminded of something for you to get the best out of your treatment: YOU! We offer several different types of massage here at Balance; all of which are beneficial, some techniques may suit some people more than others and some personalities may suit some people more than others too.

Therefore it is important that you as a client are aware of your role that you play in your massage session too, to get the best out of your time here at Balance.

Both the therapist and the client bring something to the table. We bring our attention, compassion, intuition, knowledge and professionalism, we do our best to be present physically and mentally. You, the client may bring a variety of things such as your job, the traffic jam you were caught in, even recent arguments, frustrations and worries. But of course there are many of you that bring your curiosity and attention and the ability to let go. The healing process is aided by the ability of you, the client to be interested in what's going on in your body and your ability to let go.

Stay Present

Be in the moment, in your body. Don't think about that meeting you have after the massage, what to have for dinner or that ever-growing To Do list, try letting all that go and join your therapist in your session.

Be attentive

Stay focused on what your body is telling you, if you can't tell if one area is less sore from one session to the next how will you know if your making progress? During the session are you holding your breath when the therapist finds a "good" spot? Are you tensing other muscles? Or are you relaxed and focused. Get to know what your tension feels like.

Know your limits

If you are aware of your tension levels, you will know what you can handle as far as intensity of pressure and let us know! If your suffering in silence...who loses? If all the surrounding muscle tissue is tensing up because of the "pain" then it's defeating the purpose of the massage. Yes sometimes it maybe uncomfortable to facilitate change in the muscle tissue but we want to work within your limits and you are the only one who can let us know if we are doing that. Feedback is key!

Make it last

How long does the effects of a massage last for you? A few days, a week? With a little extra
effect you can learn to retain the benefits for longer. Stay away from coffee and rest

from \$8 the perfect gift

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.

Balance Massage

5 Blake Street, Ponsonby

Ph: 09 378 0059

jane@[balancemassage.co.nz](mailto:jane@balancemassage.co.nz)

How long does the effects of a massage last for you? A few days, a week? With a little extra effort you can learn to retain the benefits for longer. Stay away from caffeine pre and post massage, do your stretches and exercises you have been prescribed by your therapist, relax and chill out after your session, use heat and/or ice where needed, be aware of habitual postural patterns that need change.

Remember you only get one body in this life, you must look after it, so why not be a little more involved in your massage session; be present and enjoy!

Welcome our newest therapist:

Sarah Heafield

Sarah has done most of her training in the UK. She has a Diploma in Sports Massage (2002), and has completed training in Indian Head Massage (2001), Reflexology (2002) and her 1st degree in Reiki (2007).

Her interests are working on the body to relieve muscle tension, help relieve imbalances in soft tissue, prevention of injury and generally helping the body maintain a homeostasis.

Sarah also spent two seasons with the Arsenal Ladies Football team as their massage therapist and previously worked in Academy Spa Holmes Place, Canary Wharf, London.

You can book in with Sarah on Monday and Wednesday afternoons from 2pm through to 7.30pm. Call the clinic on 378 0059.

Congratulations and New Additions!

Congratulations to the following clients with their new additions:

Ian and Lorraine and the arrival of baby girl Kate

Katie and Dale and the arrival of baby girl Evangeline

Emma and Paul and the arrival of baby boy Patrick

Mike and Tracey and the arrival of baby boy Lucas

Graeme and (sorry don't know your wife's name) and the arrival of baby girl Georgia

Great results from Spencer Vickers at the World Tri Age Group champs in Hamburg, Germany... congratulations

Well Done to Jo Tacon for her great finish at the Sydney Marathon.

Good luck to all those running the Auckland half and full marathon on October 28th, and all those cycling the K1 and K2 on the 27th October!!

Get the GU: new energy gel packs and recovery drink sachets now available for sale at the clinic!