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balance**massage**

Newsletter September 2007

Issue 23

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

What is Tuina?

Ada Sobies explains...

Tuina (pronounced *TWEE-NAH*) is a hands-on-body treatment using acupressure that is a modality of Chinese medicine. The other two being herbal medicine and acupuncture.

The words Tui Na translate into "push-grasp" or "poke-pinch" in Chinese. Physically, it is a series of pressing, tapping, and kneading with palms, fingertips, knuckles or implements that help the body to remove blockages by promoting blood circulation and increasing the metabolic rate of cells.

By increasing the metabolic rate of cellular tissues through stretching and the hands-on application of heat, toxins may be assimilated into the blood circulation in turn reducing pain.

Tuina works close to the bone at muscle attachments. It is at these sites that cells are stimulated to promote regeneration of muscle and bone.

Tuina is renowned for its effectiveness in the treatment of musculo-skeletal conditions, such as cervical spondylopathy, periarthritis of shoulder joint and lumbar inter-vertebral disc protrusion. It is also effective for internal problems such as headaches & migraine, digestive dysfunction and circulatory problems.

Tuina massage is traditionally performed through clothing.

To a Westerner, Tuina is the form of Asian bodywork most closely resembling conventional western massage. Many of the techniques are similar -- gliding (known as effleurage or Tui), kneading (petrissage or Nie), percussion (tapotement or Da), friction, pulling, rotation, rocking, vibration, and shaking. Despite the similarities, the intent of Tuina is more specifically therapeutic than the simple relaxation of a Swedish-style massage.

One of Tui Na's advantages over simple massage is its ability to focus on specific problems, especially chronic pain associated with the muscles, joints, and skeletal system. It's especially effective for joint pain (such as arthritis), sciatica, muscle spasms, and pain in the back, neck, and shoulders. It also helps chronic conditions such as insomnia, constipation, headaches (including migraines), and the tension associated with stress. Tuina is also an effective way to maintain health, reduce the chance of injury, enhance flexibility and manage stress.

Tuina has fewer side effects than modern drug-based and chemical-based treatments. It has been used to treat or complement the treatment of many conditions; musculo-skeletal disorders and chronic stress-related disorders of the digestive, respiratory, and reproductive systems.

Generally I use a mixture of Tuina and Swedish techniques during a session depending on my findings.

To experience the therapeutic benefits of Tuina book in with me on Thursdays, Fridays

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.

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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on my findings.

To experience the therapeutic benefits of Tuina book in with me on Thursdays, Fridays and Saturdays at Balance.

Ph: Ada on 378 0059

Massage and Haircuts for Charity!

Balance is proud to support the Meningitis Trust!

We will be providing chair massage \$20 for 20 minutes and all money goes to the Meningitis Trust, come and support the Trust, get a haircut and a massage!!

DO IT FOR CHARITY!

TOP STYLISTS!
30 BUCK CUTS

Designer cut 4 only \$30!

All money goes straight to charity. A 24hr marathon! Come in before, after or during a night out. Limited pre-sales of time-slots available, or just turn up and join the fun! 6pm, 11pm, 3am, 10am, 3pm? We'll be there all night and all the next day!

Location: LAVA Hair Studio, 383/d Khyber Pass Rd, Newmarket

Date: Sat 22nd - Sun 23rd Sept. 6pm - 6pm!

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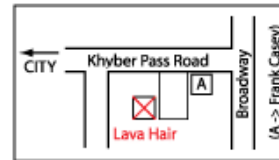


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We have a new therapist starting soon: Sarah Heafield, so watch this space!!