

MASSAGEWORKS

Port Aransas

NEWSLETTER

Free Aromatherapy Continues

One more month because it's just so effective for relaxation and rebalancing.

Gift Solution

Give the gift of touch. Send a gift certificate for a massage for the holiday!

Holiday Party Ideas

Invite MassageWorks to your event or office to give your friends and co-workers a "pat on the back" with chair massage.

Muscular reflections of holiday challenges are already starting to show up in my office. Taking their toll on the body are long car trips, plane trips and the stresses of overexertion. What can be done to make it better on a daily basis?

Move and stretch. After only 20 minutes of inactivity, our bodies start to lay down connective tissue to bind and support that position. In order to prevent the stiffness, move around and stretch every 20 minutes! On those long car trips, try adding some deep lunges when you stop and walk around.

Breathe. Most of our breathing is shallow. Put your hand over your belly button. Relax your stomach muscles. Inhale through your nose. Let your diaphragm make your belly expand when you inhale. This is a great workout for core muscles. Practice while sitting and when you relax for sleep. Alternatively, short, quick, deep pumping breaths are great for keeping you awake and getting extra oxygen to the brain

NEWS TO USE: I've just attended the World Massage Conference! One of the presenters solved a longstanding mystery for me. Earlier in the year the school nurse sent a paper noting that one of my daughters had a slight **scoliosis**. I was concerned but

had no clue where to go with it. Luckily Ralph Stephens did! He demonstrated how **overpronation of the foot** can cause a chain reaction negatively affecting posture, function and movement of the entire body. It can correlate to knee pain, lumbar disc injuries, neck pain, headaches and even scoliosis. Pronation of the foot is easy to spot. Are the arches equal? Is one slightly fallen. Is the foot turned out? Is the knee rotated internally? Are the hipbones even? Is the head forward? This pronation syndrome is common in adults with bulging or herniated discs. Massage techniques, postural alignment, orthotics, and special exercises can correct this condition. The body is very plastic and wants to be in better alignment. Bones do what the muscles tell them to do!



Best wishes for Peace and Joy throughout Christmas and the New Year!

Suzanne

Do you have a favorite oil or maybe one you've always heard about and wanted to try? Bible passages speak of the



gifts of Frankincense and Myrrh. These were not looked at as scents but as priceless medicines -

worth their weight in gold to the Greeks and Egyptians. The oils were used to treat everything from skin disorders to viral and bacterial infections. Myrrh was used in embalming, incense and treating virtually every illness. It is listed in the world's oldest medical texts. Frankincense was used as a holy anointing oil. Both have a long history in Traditional Chinese, African healing and Indian Ayurvedic medicine.