

# THE RELAXATION CONNECTION UPDATE

Marie Lehn, R.N., C.A.P. (510) 783-6594

Issue #3

July, 2010

## ***“Relaxation in any language is still relaxation of the body, mind and spirit”***

***Are you suffering with chronic pain each and every day of your life? Have you taken all of the medications you feel comfortable with, and now you are looking for alternative methods to relieve your pain?***

***Then you are a perfect candidate for massage therapy. The Relaxation Connection Company not only offers therapy for “R&R”. They also incorporate their medical knowledge of the body in relationship to massage therapy.***

***Their technical knowledge and experience is as follows:***

- ***Caring for patients in both Orthopedic and Neurology***
- ***Pain management programs, specific knowledge of cause and effect of pain as it relates to the body parts***
- ***Over the past eight years the company has worked with Hospice patients and tailored our massage therapy sessions to accommodate their special needs***
- ***Nursing Degree (10 years of bedside nursing in the areas of (ICU/CCU and general medical surgery)***

***If you are wondering how we can help you deal with stress and/or managing your pain, give us a call and we can schedule a mini session to specifically design a program that will meet your specific individual needs.***

***You also have the option to specify the amount of clothing you choose to wear depending upon which therapy massage you select.***

## **Did You Know?**

***Holding your cell phone to your ear constantly can cause you to get tension in your shoulders and neck. If at all possible get a headset. This will eliminate the problem.***

***Therapeutic Massages can help with Diabetes. Massages increases the circulation of blood and lymph, facilitating the transport of oxygen and other nutrients into the body's tissues. Improved circulation allows for more efficient uptake of insulin by the cells. Circulation is often impaired in diabetics due to the damaging effects of Elevated blood sugar levels on the cells of the body. Massage of the hands and feet can be particularly beneficial.***



## Therapy Treatments

- ***Chair Massage***
- ***Acupressure***
- ***Reiki***
- ***Reflexology***
- ***Swedish Massage***

## Gift Corner

- ***Deluxe Spa Session***
- ***Rest & Relaxation Spa***
- ***Express Spa***
- ***Economy Spa***
- ***Relaxation CDs***
- ***Hand Held Massagers***