

# MYOCARE NEWSLETTER

## What would you do if you had a day to yourself?



MYOCARE

Angelina Nye L.M.T.

702.636.9686

www.Massage-O-Gram.com

### American Heart Association

Thanks to all that received a massage in February. Together we raised **\$187**

### Myocare Massage Fact:

You may not get the same massage each time. For example: If you have lower back pain I will focus on that area & may leave out other massage manipulations on other areas to make up for time spent on the lower back.



### Did You Know?

The liver is the largest of the body's internal organs. The skin is the body's largest organ.

**Imagine... A day from work, chores & errands.**

#### “Self Care and Your Physical Health:

While self-pampering doesn't always lead to major improvements in overall health the way healthy diet and exercise do, the relaxation you get from it can trigger the relaxation response, which can prevent chronic stress from damaging your health, so in a sense, self-care is good for you inside & out.

#### Self Care and Your Emotional Health:

Taking time out to care for yourself can remind you and others that you and your needs are important, too. Having a well-cared-for body can make you feel good about yourself and your life, and conveys to others that you value yourself. This can contribute to long-term feelings of wellbeing.

#### A Break from Stress:

Taking a break amidst a tub of warm bubbles or under the

warm hands of an experienced masseuse can help you feel like you're escaping a stressful reality and taking a mental and emotional vacation.

#### Soothing Feelings:

Giving your body some special treatment is a natural way to relieve stress. Other than keeping your skin soft and your body in good repair, spa-related activities like massage and warm baths have been known to soothe even small colicky babies like nothing else. Such activities continue to be effective tools for relaxation as we get older, but we sometimes forget to utilize them.”

By: Elizabeth Scott, About.com

#### Ways to self care:

- Massage and or Facial
- Warm bath
- Leisurely walk in park / hike
- Museum
- Your favorite coffee (indulge yourself)
- Nourish your skin, hair and nails with self treatments
- Yoga

### March Specials

**New client Special.** If you have **NOT** yet received the benefits of a Massage-O-Gram Fusion Massage I invite you to take advantage of this special: **1 hr Full Body Massage \$55**

### YOGA Options

Obviously, in my profession I encounter a lot of like minded business owners. I invite you to contact:

**Northwest Yoga**—located 7810 W. Ann Rd. 240-9996 northwestyogastudio.com

**MindiYogi**—Mobil Yoga / Wellness Consultant 335-6944 mindyogawellness.com

**Deez Pilaties**—7290 W. Azure Dr. 202-2375 deezpilates.com