



Sunbury YMCA Massage Center

Massage Moments

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Massage Therapist

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Welcome

I hope this newsletter finds you well and enjoying the warmer weather.

As a certified massage practitioner, I am continually growing in my knowledge of massage therapy. Currently I'm working towards recertifying for my National Certification. To qualify for recertification, I need to accumulate 200 or more hours of ongoing training within four years of my last certification. The training hours I have accumulated so far have included hands on bodywork for Reiki Reflexology, Swedish Massage, and Pregnancy Massage, just to name a few.

I am also working on com-

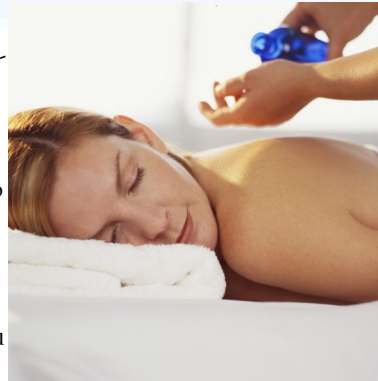
pleting 48 Continuing Education hours. My most recent CEUs have been for "Elevate Your Practice Using Kinesio Tape" and "Bio Freeze & Massage".

On a side note I would like to thank you for being a client and to encourage you to take advantage of my Incentive Program.

For those of you who schedule weekly massages, receive 5 massages and your next massage will be 30% off.

For those of you who schedule bi-weekly massages, receive 7 massages and your next massage will be 25% off.

And for those of you who



Relax....treat yourself to a massage

schedule monthly or longer spaced massages, receive 9 massages and your next massage will be 20% off .

If you would like to receive my newsletter via e-mail please e-mail me at agriffingsvymca@yahoo.com.

Amie

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Appointment Policy

I will call and confirm on the day of or the day before your scheduled appointment. If you will not be able to make it, please call me and cancel. I understand that emergencies do happen and ask that you be considerate.

I have a list of people who, when I get a last minute cancellation, I can call and let them know that there is an opening. If you would like to be on this list, let me know in person or via e-mail at agriffingsvymca@yahoo.com.

More Rest, Less Stress

There's growing evidence that when we get enough rest, we're far more capable of thriving in every aspect of our lives.



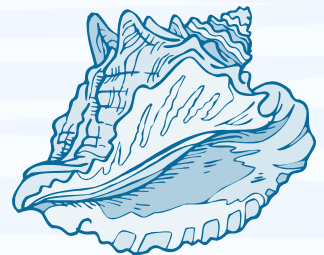
Sounds simple right? Yet rest is often the first thing neglected in our busy lives.

There's an abundance of data available about brain function and sleep –

deep restful sleep—and how vital it is to feeling refreshed, being healthy, and thinking clearly.

Hands down, it's one of the top stress reducers around.

- Author Suzanne Scurlock-Durana



Refer a friend
and introduce
them to the
benefits of
massage!

Research News

"Massage Therapy Benefits Depressed Pregnant Women & Newborns"

In a recent study, pregnant women who were diagnosed with major depressions received massage therapy from their significant others twice a week for 12 weeks. The analysis showed that these women not only had reduced depression at the end of the 12 weeks, but they also had lower levels of depression and cortisol in the postpartum period.

- MASSAGE Magazine, 3/10

"Natural Ways to Combat Allergies"

Is anything worse than the misery of an allergy attack? A runny nose, itchy throat, stuffy sinuses, wheezing & upset stomach are more than annoyances, these symptoms can affect the quality of life and health.

The medical specialty of allergy commonly uses allergy shots comprised of small doses of an allergen in order help patients overcome their allergies. This concept of using small doses of what might cause the at-

tack in order to help prevent the symptom has been used for hundreds of years, and is the basis of homeopathy. Homeopathic remedies work by using minute doses of natural substances to stimulate the body's own immune system and healing response.

Homeopathy is effective but also free from side effects. It is a safe way for children and adults to feel better naturally.

- Phyllis D. Light, MASSAGE Magazine, 3/10

Referral Program

You know how much you enjoy getting a massage and how good you feel afterwards.

Why not tell your friends and family members about the benefits?



Share The Relaxation!

When you refer three new clients to me and they make their first appointments, you will get 50% off your next massage. Just a small thanks from me to you.

Monthly Specials

June Special

1 hour and 30 minute massage with Mango & Mandarin.

Father's Day Special

20% off Massage Gift Certificates
June 1st to June 15th.

July Special

1 hour and 30 minute massage with "Peace", which contains Lavender, Lime, Clary Sage & Patchouli essential oils.



Prices

Modality	Time	Member	Non-Member
Swedish	30 min	\$25	\$30
	60 min	\$35	\$40
	90 min	\$45	\$50
Deep Tissue	60 min	\$35	\$40
Pregnancy	60 min	\$35	\$40
Hot Stone	90 min	\$50	\$55
Reflexology	60 min	\$30	\$35
Reiki	60 min	\$40	\$45
Paraffin		\$10	\$15
Salt/Sugar Scrub		\$10	\$15
Spot Treatment			
Foot Scrub & Massage		\$30	\$35

I will be unavailable for massage appointments from June 12th to June 21st. You can still call to make an appointment or just leave a message at the YMCA.

If you have any questions regarding Massage Therapy, or Reiki, please e-mail me.

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Sunbury YMCA – Hours by appointment only