



# September News

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## *What's new*

Beginning the month of September I will be giving reflexology sessions at Florence Bain Senior Center along with the 50+ Center. I will be at each center 2 Fridays a month and for evening appointments Mondays at 50+ and Thursdays at Bain. This should add to your convenience. Please call the center nearest you to for an appointment  
50+Center -410-313-7680  
Bain Center -410-313-7213.

At the change of each season I create a new cream to use for reflexology because each season creates a challenge for our skin. The goal is to soothe and soften dry skin. The ingredients that I chose to use are Lemon balm Hydrosol, Evening Primrose Oil, Rose Hip Oil, Avocado and Jojoba Oils and the Oil of Shea Nut. And the essential oils of carrot seed, benzoine and vetiver.

Each of these oils have a reputation of soothing, healing and nourishing the skin, which is what we need after summer. The cream is called Velvet. And for every session this month the client will receive a one ounce sample.

See Coupon.

## *Tools for your health*

Today everyone is talking about prevention and wellness. How do we achieve that in this fast paced world? What tools do we have to maintain wellness and prevent illness? We all know that eating right, exercising, and reducing stress are the way to start on the path to good health. Have you considered complementary modalities such as massage, reflexology, acupuncture, yoga energy balancing, homeopathy as tools to help achieve better

health through balance. These modalities use the holistic approach of addressing the body, mind and spirit to restore balance and allow the body to begin self healing rather than just looking at the symptoms.

Modalities using the holistic approach were once called alternative the inference that it was a separate choice. As they became more accepted and people found benefits they were called complementary.

Today many hospitals use complementary modalities which gives rise to the term integrative.

It is now becoming a tool to help people take control of their health. People who choose to incorporate these modalities into their lives see them as a part of their regime to stay healthy rather than just a treat that they give themselves on occasion.

**Special points of interest:**

- Added Location
- Tools for wellness
- The many uses of Lemon
- Energy and your body

## Tools (cont)



Reflexology has been around for centuries.

They find relief from a myriad of issues from pain, migraines, insomnia, and many other stress induced issues. How do these modalities do it? Feedback from clients and my own personal experiences during sessions tells me that what occurs is an overall feeling of relaxation. Your body seems to release tension, a calm sets into your mind and you seem to let go. At times it is as though you are meditating and other times you fall asleep. It is as though you tap into the place where the mind, body

and soul connect. At the end of the session there is a feeling calm physically, mentally and emotionally.

Our body functions react to stress by increasing the output of adrenaline so that the entire body and mind are on high alert. Once that situation is handled the body is supposed to return to calm. We are under constant stress and as a result the body does not have the time to return to its' natural state. This is the calm that occurs after a session. The more often we are in that state of calm, we are teaching the

body to remember that state where it can rest and repair. Studies have shown that stress can affect the body negatively on many levels and long term stress causes wear and tear that eventually results in illness.

So how often do you use these tools? If you are under a lot of stress the more often you should come and you will see the results lasting longer, then the sessions can be spread farther apart. The important point is to give your body that space of deep relaxation on a regular basis.

**Lemon is known as a cleanser for the body and our homes.**

## Aromatherapy—Lemon Essential Oils

Common name: Lemon

Latin name: Citrus limonum

The essential oil of Lemon has a fresh clean scent. It is extracted from the peel of the fruit.

Lemon originated in India and was brought to the Mediterranean. Today it is grown in many parts of the world.

The oil is a pale yellow color and the scent is very cooling.

Lemon is cleansing and can be used for oily skin and acne. It can also be used around the house to clean. Emotionally when you smell Lemon it is uplifting. If you burn it while meditating it can help clear the mind and assist with focus.

On a rainy day or in the middle of winter I will burn Lemon in a diffuser and my house will smell like a sunny summers day

Uses:

Cleaning: 3 drops in a bowl of water and vinegar to wash mirrors and windows.

Rub a slice of lemon on silver jewelry and rinse with warm water, dry with soft cloth

Brittle nails: every morning and evening rub lemon juice or the essential oil on nails.

Sore throat: gargle with lemon juice or 2 drops in warm water and salt.

Add to drinking water to cleanse body.

**COUPON**  
**Present this coupon to receive a one ounce sample of Velvet with each 1 hour session.**  
**Offer is valid for the month of September.**  
If you cannot use this coupon pass it to a friend.

## Energy Balancing

There are many forms of energy work. The type that I use is based on the Chakra system. It comes from India. All energy work is based on the belief that we are surrounded by energy and the body takes it in and uses it to function. There are seven chakras which are aligned parallel to the spine.

Each chakra takes in energy and feeds different organs and systems of the body. The chakras also process our emotions. They open and close and can shut down as a result of trauma which can be physical, mental or emotional. If there is any change in this flow that area of the body is af-

ected. During an energy balancing session the chakras are assessed and opened to keep the system functioning. Some clients can feel the movement of the energy. The sense of relaxation and balance is the goal for clients.