



Summer News

Inside this issue:

What's new

Dealing with stress

Aromatherapy –Lavender

Benefits of Reflexology

Gift Certificates available

What's new

This past year has been very busy. Timeless Essence now has a web site and is on Facebook so you can check out information on the modalities that are offered and keep up with classes or promotions.

Go to the website:
www.timelessessence.net

I am in a new office located at 10450 Shaker Drive in Columbia. This space allows for appointments for modalities beyond Reflexology.

The office has other practitioners offering acupuncture, massage, chiropractic, and stress management. It has a relaxing atmosphere for clients.

I am still at the 50+ Senior Center. Located at 6600 Cradlerock Way, in Columbia. I am scheduled there on the first and third Monday from 5:30 pm– 9pm and Fridays from 9 am to

2pm. Clients receive a senior discount. For an appointment contact the center directly at 410-313-7680 or you can sign up in person.

Dealing with Stress

Special points of interest:

- Find ideas on how to reduce stress
- The many uses of Lavender
- How reflexology can help you

It is coming to that time when we are starting to look at a busy part of the year. Vacations have been taken, the school year is about to begin, work picks up. And then the holidays are around the corner. Before it gets out of control let's look at a few ideas that will help you reduce stress. First is to carve out a time for yourself. Treat it like an appointment that you can not

cancel. Putting yourself last is the way that the effects of stress accumulates **in** the body and we suffer the negative affects **on** the body. If you only have a few minutes learn to do deep breathing exercises. Be creative about finding time you can pamper yourself. Schedule a pedicure or a facial, not only will you relax but you will look

If you commute on the train, bus or drive bring a ipod with your favorite music or a comedy cd, laughter can change your mood especially when you are stuck in traffic. The same idea goes for car-pooling our children or when we clean the house or garage. If you can find more time pamper yourself.

Stress (cont)



Taking care of yourself can help you reap the fruits of good health

Take a bath in which you add a few drops of an essential oil that you like, Lavender is a good choice. You can soak for 20 minutes right before bed.

The warm water will relax your muscles along with the oils and the scent will relax your mind.

If you can fit an hour for yourself get a massage, reflexology or acupuncture. These modalities work on the body, mind, and spirit. You feel like a new person. You can allot this time

once a week, once every two weeks or once a month.

Take a yoga or chi-gong class or find that class you always wanted to take.

If it is difficult to get time for yourself then get a relaxation cd and listen to it while you are in bed. You can fall asleep while it is playing and still receive the effect of relaxation and get a better nights rest.

Diet is important. Eating fruits and vegetables that give our

bodies the nutrients that are needed to perform normal functions. Also drinking eight cups of water every day to help cleanse the body from toxins, restores fluid the body loses and gives clear and more youthful skin..

Make this coming season as stress free and enjoyable by taking care of yourself. In doing so maybe you can spread it to family and friends

Aromatherapy—Lavender Essential Oils

Common name: Lavender
Latin name: *Lavendula officinalis*
Or *L. angustifolia*

Lavender is the most useful essential oil. It is most commonly used oil in aromatherapy. It can safely be used on infants and children. In England and Australia nurses who work with the elderly use Lavender for patients who are agitated from illnesses that cause confusion. They have

found it relaxed the patient and also helped them to sleep.

Lavender first came to popular use when a chemist working in a perfume lab burned his hand and dipped it in the first liquid he could reach. There were no blisters and healing occurred at a faster rate. And it took off from there.

Lavender has a reputation for relaxation. Here are some more uses:

Relaxation— 6 drops in a full bath

Sun burn— A couple of drops on affected area.

Headaches— 1 drop, massage temples and along the back of the head.

Insect repellent— 4 drops in a spray bottle and spray area or self.

Lavender has a reputation for relaxation

COUPON
Bring in this coupon and for the month of August receive
\$10 off
\$5 off at 50+ Center
For each appointment
If you cannot use this coupon pass it to a friend.

Benefits of Reflexology

Reflexology has been around for centuries. It was used in China thousands of years ago and it is still used today. The Egyptians used a form of reflexology as found depicted on the tomb of a physician, the picture shows a person working on another's hand and feet. And today we are using it

to help people relax. It is based on Eastern principle that there are meridians or pathways that carry energy throughout the body and working on pressure points on the feet opens these pathways.

What can you expect after a reflexology session.

According to my clients:

- Feeling of Relaxation
- A good night sleep
- Improved state of mind
- Feeling of rejuvenations

Reflexology is a good way to relieve stress and bring you body into balance.