



IN TOUCH WITH WHAT'S NEW!

Happy New Year 2007!

What You Need for Self-Care

From aromatherapy kits to strengthening body balls, we have what you need to achieve your wellness goals. Next time you visit, take a look at our featured products:

Nelly Herbal Packs: filled with flax seed, rice, vanilla, mint and other natural ingredients, these Packs can be used warm or cold. Use the microwave to create moist heat, great for headaches, arthritis, ear aches, sinus problems and more. Just \$12.99 plus tax.

Hot/Cold Compresses: a reusable non-toxic gel filled compress with a soft, no frost covering with a velour-like feel for comfort. Available in a variety of sizes, including neck contour, facial mask and tri-sectional that is great for shoulders. Priced \$10.99 and up, plus tax.

Herbal Teas to Go!

Gregg Jones Muscular Therapy Center features Yogi herbal teas, including certified organic ingredients to serve you; body, mind & spirit. After your next massage, take and enjoy a complementary cup of Yogi tea with you as you leave. Our featured teas for the Winter Season are: Cold Season and DeTox.

Need a Valentine's Day Gift?

Have your someone special unwrap the gift of massage this Valentine's Day. Gift Certificates are available in any amount. To make your gift purchases easier, buy your gift certificates by phone with a credit or debit card and we can mail them to you!

Wellness Is A Personal Journey

Here we are in yet another new year going through our declaration of resolutions. The newspapers are full of articles on how to eat healthy, retail stores fill their sale circulars with exercise products and television ads are selling us services and products to lose weight. So, this year, how about something different like living a more balanced life of body, mind and spirit. Try starting your personal journey of wellness. Wellness focuses on the whole person and involves the physical, emotional, mental, and spiritual balance. Wellness therapies include;

Aromatherapy: a holistic treatment of caring for the body with pleasant smelling botanical oils such as rose, lemon, lavender and peppermint. The essential oils are added to the bath or massaged into the skin, inhaled directly or diffused to scent an entire room. Aromatherapy is used for the relief of pain, care for the skin, alleviate tension and fatigue and invigorate the entire body.

Reflexology: a natural art of healing, based on the concept that there are reflexes in the feet and hands which correspond to every part of the body. By stimulating and applying pressure to the feet or hands, circulation is increased, thereby promoting specific bodily and muscular functions.

Acupuncture: a technique of inserting and manipulating needles into acupuncture points on the body. According to acupunctural teachings this will restore health and well-being, and is particularly good at treating pain.

Guided Meditation: a method of calming and stilling the mind with a voice leading a small group the way into and through a specific meditation to achieve a calm, relaxed state of mind.

Hot Stone Therapy: Hot Stone Massage is a style of massage in which water-treated stones are placed at specific sites on the client's body to promote relaxation and to help open up the energy pathways.

Facelift Massage: a specialized Massage Therapy treatment which actually improves the muscle tissue and promotes conditioned facial muscles to reduce sagging skin and improve muscle tone.

Journaling: a therapeutic activity using writing. Therapy journaling is a way to process difficulties you may be experiencing and move through healing. Gaining wisdom and growing in all ways can be greatly enhanced by journaling.

Self-Care Corner

Winter brings with it cold and dry, less humid conditions, the result is cracked, dry skin. Skin becomes dehydrated because there is not enough humidity in the air. Things you can do to help keep your skin healthy;

- Eat well, take vitamins and drink water to hydrate your body.
- Moisturize your skin while it is still damp after a shower or soaking in the tub.
- Cover your skin to keep moisture in when outside in cold conditions.
- Humidify your home with a humidifier or a pan of water on a radiator or stove-top.



Massage E-News

Get your quarterly newsletter in an e-news version.

Available to anyone with an e-mail address, to receive your newsletter via e-mail, just send your request for the Massage E-News version to GreggJonesMTC@aol.com

Office Hours

Monday:	9 AM – 7 PM
Tuesday:	4 PM – 8 PM
Wednesday:	9 AM – 7 PM
Thursday:	Closed
Friday:	9 AM – 5 PM
Saturday:	8 AM – 12 PM

Give Your Face a Lift!

Just how much attention do your face muscles get everyday? With close to 50 muscles in our face alone, we've all heard it takes more muscles to frown than it does to smile. Try some of these exercises to help reduce stress and increase concentration. They can be done while sitting at your desk or driving the car. Give your face a lift!

Repeat each of these exercises 5-10 times

Eyebrow Lifts: raise and lower both eyebrows

Nose Wrinkle: wrinkle up nose and release

Upper Lip Stretch: raise upper lip toward nose

Lips Forward: pucker lips and push outward

Jaw: push lower jaw forward and release

Faces: allow your face to make a variety of faces; surprised, happy, sad, angry, etc.

Chin: place thumb under chin bone and press

Forehead: make fist and press knuckles on forehead. Also take index and middle fingers and press from top of nose upward into forehead area

Tell Us What You Need

It is our goal to continually improve the products and services we provide our clients. Our annual client satisfaction survey gives you the opportunity to provide us with feedback on your muscular therapy experiences. We value your opinion and need your perspective on how to improve our delivery of services to help you achieve your wellness goals.

With your input last year, we responded to your feedback by introducing wellness products, improving our services and the comfort of the treatment room as well as accepting credit cards for services.

Please take a few moments to openly and honestly complete the short survey that is enclosed. This year we have included a section to find out if other wellness therapies and services interest you. The information you provide will help us design future services as we look to expand our business.

Once you have completed the client survey, please just drop it into the mail, as it is already postage-paid.

Thank you for your continued trust and business. Best wishes for health and happiness in 2007!

Gregg & Maura