

Connecting Touch News

“Healthy Living Through Healthy Touch”

February 2007

About our new e-newsletter...I will be sending it out the first of each month.

I have included only the individuals who have expressed interest in receiving email from us. If you do not want to receive it, contact me at jack@connectingtouch.com, and I will promptly remove you from our email list. If you would like to share this newsletter with your friends, please feel free to do so.

You can access a printer-friendly version of our newsletter (as well as prior newsletters) at

<http://www.connectingtouch.com/ct/newsletter/default.htm> .

And as always, I thank you for your continued support and encouragement.

Jack Hayes



Valentine's

Day



Treat your sweetie to a pampering
massage with a gift certificate
from
Connecting Touch.



**We are now
offering
Hot Stone
Massage
at our
Hudson Office.**

**Treat yourself to a one-and-a-half hour
Hot Stone Massage and experience the
wonderful combination of massage with
hot stones.**

**Cost is \$120.00 and only available at our
Hudson office.**

What is Hot Stone Massage?

Hot stone massage is a specialty massage that uses smooth, heated stones. They are often basalt, a black volcanic rock that absorbs and retains heat well.

It is a deeply soothing, relaxing form of massage. The heat helps tight muscles release.

What Happens During a Hot Stone Massage?

*Before you arrive, the massage therapist sanitizes the stones and heats them in 120 and 150 degree water.

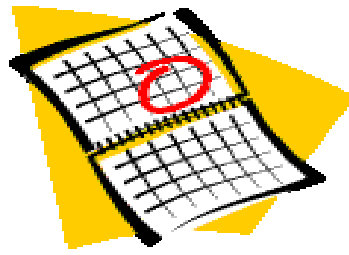
* The therapist uses traditional strokes of Swedish massage while holding a heated stone. As the stone cools, the therapist replaces it with another.

* The therapist might also leave heated stones in specific points along your spine, or in the palms of your hand, or even between your toes to improve the flow of energy in your body.

* If you have inflammation or muscle injury, cold stones are sometimes used.

Many people find the warmth of the hot stones to be comforting. Hot stone massage is suited to people who tend to feel chilly or who have cold feet. It's also suited for people who have muscle tension but prefer a lighter massage. The heat relaxes muscles, allowing the therapist to work the muscles without using deep pressure.

- Back pain and aches
- Poor circulation
- Osteoarthritis and arthritis pain
- Stress, anxiety and tension
- Insomnia
- Depression



~Calendar~

Drop-In Meditation Classes with Tajalli

2nd and 4th Thursdays 6:30-8:00pm \$15 each or 4/\$48 prepaid

Pamper Your Partner Massage Class with Jack Hayes

First Tuesday of the month 6:30-8:30pm

One Saturday a month 2:00-4:00pm

Cost: \$75/couple (bottle of oil and book included)

Reiki Classes with Ed Coyle, Reiki Master/Teacher

Reiki I: Sunday January 21, March 18, May 20, 2007 9a-6p \$150*

Reiki II: Sunday February 25, April 15, June 24, 2007 9a-6p \$150*

A.R.T. and Reiki Master Level: Scheduled as needed

*Ed's returning students receive a 10% discount on subsequent classes.

Tai Chi Classes with Gary Harris

Tuesdays January 2-February 20 5:30-7:00pm \$80

Tuesdays February 27-April 17 5:30-7:00pm \$80

Yoga Classes

Tuesdays 10-11:30am January 9-February 27 \$80/8 weeks

Tuesdays 10-11:30am March 6-April 24 \$80/8 weeks

Instructor: **Heidi Shaffer**

Wednesdays 4-5:30pm January 10-February 28 \$80/8 weeks

Wednesdays 4-5:30pm March 7-April 25 \$80/8 weeks

Instructor: **Deidre McHugh**

Wednesdays 6-7:30pm January 10-February 28 \$80/8 weeks

Wednesdays 6-7:30pm March 7-April 25 \$80/8 weeks

Instructor: **Betty Zenar**

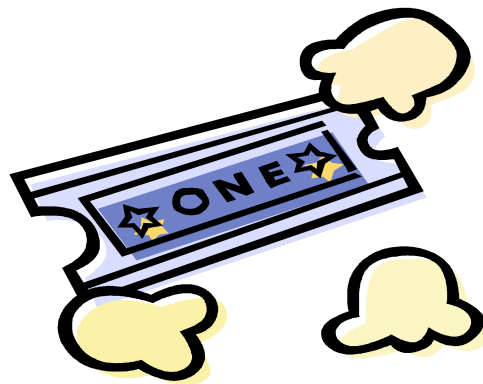
Build Your Business Seminar presented by Jack Hayes

Sunday May 6, 2007 9:00am-1:00pm \$95

~Acupuncture ~

Dr. Shila Mathew, MD, certified in Medical Acupuncture from McMaster University, is taking Saturday & Sunday appointments at both of our locations.

Dr. Mathew is also trained in GTT acupuncture to treat myofascial pain, fibromyalgia, stress, substance abuse and numerous musculoskeletal conditions. She is a member of the American Academy of Medical Acupuncture and is the medical director and co-founder of www.holisticonline.com . You can learn more about Dr. Mathew and acupuncture at www.drshila.com .



Referral “Thank You” Program~

Our biggest growth has come from our own customers referring their friends and families to us. So, on July 1 we started a new program in which we thank you, our customers, for all the people you refer to us. **For each referral of a new customer, you will receive one (1) movie ticket to a Regal Theater.** Just have the referred person let us know that you referred them, and we will take care of the rest. (The referral is for a massage or Reiki treatment and the person has never been to Connecting Touch. Contact us for complete rules and guidelines.)

~Comments~

We always look forward to your comments and suggestions so feel free to forward them to me. *Jack*

Do you have any comments or suggestions? Just send them to jack@connectingtouch.com

~Community Room~



Baby Shower**Bridal Shower
Birthday Parties**Business Meeting

At our **Cuyahoga Falls location**, we have a Community Room in which we hold our classes, and we also rent out this room. If you or your organization is looking for a meeting room, contact us for availability. Great for meetings, bridal showers, birthday parties, etc. **Wireless Internet available**. Call 330-945-9354 for details.

~Types of Massage~



There are many types of massage techniques. Our massage therapists are trained in many modalities, some of which are listed below. This is not an all-inclusive list.

Relaxation Massage

Cranial Sacral

Deep Tissue

Fibromyalgia

Geriatric Massage

Myofascial Release

Neuromuscular Therapy

Shiatsu

Polarity

Pregnancy Massage

Reflexology

Reiki

Sports massage

Trigger Point

Our massage therapists are always continuing to learn new modalities of treatment. If the modality you want is not listed above, call to see if one of our massage therapists is trained in the modality you want.

~Staff~

Massage Therapists

Michael Hale	Annie Lohmier	Bill McKinnon
Theresa Hastings	Mark Lamson	Jacqui Milford
Jack Hayes	Hallie Unkel	Rica Keith

Reiki Master/Teacher

Ed Coyle

Certified Acupuncturist

Dr. Shila Mathew, MD

Office Staff

Jack Hayes... President
Katie Hayes....General Manager
Nikki Hayes...General Manager-Hudson
Annie Lohmier...Office Assistant

~About Connecting Touch~

Opened in 1995, we employ only individuals who are licensed or certified in their field of practice, thus providing a high level of service. We are open 7 days a week.

Massage Hours.....Monday–Friday 9:00 am to 6:30 pm
Saturday 9:00 am to 5:00 pm
Sunday 11:30 am to 4:00 pm

Store Hours.....Monday-Saturday 9:00 am to 6:00 pm
Sunday 11:30 am to 5:00 pm

Connecting Touch

Therapy & Wellness Center, Inc.

960 Graham Road
Cuyahoga Falls, Ohio 44221
330-945-9354 800-565-2926

1315B Corporate Dr
Hudson Ohio 44236
330-650-1467

www.connectingtouch.com