

Connecting Touch News

“Healthy Living Through Healthy Touch”

February 2008

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.**

~Gift Certificates Available~

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

Katie Hayes, General Manager has announced her engagement to Rob Jernigan. The Wedding is to be on March 22 with a Honeymoon in Hilton Head. Congratulations to Katie and Rob!!

~Remember~

Gift certificates from Connecting Touch make great gifts...*anytime*, not just for a special occasion!! We have specialty gift certificates for different occasions.

For example:



Birthdays



Anniversaries or Weddings



Hot Stone Massage



~Frequently Asked Questions~

Can massage help cancer patients?

Massage can be wonderfully relaxing, but it does have other important health benefits and research is revealing more every year. Massage has even been found effective for the relief of pain and anxiety due to cancer. For example, in a 2004 study at New York's Memorial Sloan-Kettering Cancer Center, 50 percent of patients surveyed after receiving massage therapy reported a decline in pain, fatigue, stress, anxiety, nausea, and depression. Within a 48-hour follow-up period, all of the patients who had reported improvement said that their symptoms remained better than they had been before massage. This is just one of many studies showing how massage can benefit cancer patients. Ongoing studies are now investigating the usefulness of massage therapy for cancer-related fatigue and for improving the quality of life among terminal cancer patients.

How healthy is massage? I know that massage is supposed to be good for relaxation and stress relief. Are there other ways it can improve health?

Studies have found that massage can relieve chronic back pain, lessen the symptoms of carpal tunnel syndrome, ease post-operative pain, reduce headache frequency, relieve arthritis pain, reduce blood pressure, improve immune function, reduce symptoms among children with cerebral palsy, help ease labor pain and anxiety, reduce nausea and vomiting in post-operative patients, and ease symptoms among Parkinson's disease patients. Massage has been proven effective for reducing pain, anxiety, stress, and depression in patients with a wide range of medical problems.

(The above information was obtained from Dr. Andrew Weil's web site at www.drweil.com)

Do you have a question? Just send it to jack@connectingtouch.com and we will answer it in a future issue. Also, you can go to http://holisticonline.com/massage/mas_home.htm. This site is full of useful and reliable information.

~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

~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
Orthobionomy
Polarity
Pregnancy Massage

Reflexology
Reiki
Shiatsu
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

Cindy Apthorpe Bill McKinnon Michael Hale
Kelly Oxford Barbara DeWilde Jacqui Pruszynski
Jack Hayes Hallie Unkel

Reiki Master/Teacher Ed Coyle

Medical Acupuncturist Dr. Shila Mathew, MD

Office Staff Jack Hayes... President
Katie Hayes....General Manager
Nikki Hayes...General Manager-Hudson
Kathy Campbell...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

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