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Massage Helps Reduce Holiday Stress

HAPPY HOLIDAYS! Wishing you abundant health, happiness, and peace of mind this holiday season. As you make preparations for family visits, get-togethers, and all of the busyness of the season, try to make time to take care of yourself. At these times when you're juggling so many activities, it's easy to create a lot of the mental stress yourself just by dwelling on how much you still have to accomplish. It's far too easy to fall into a "push" beyond what is healthy for you.

REMEMBER THAT MASSAGE CAN HELP!

STRESS RELIEF— Much more is happening within your body than you may realize when it comes to stress. All those worries and concerns result in hormonal changes that throw your body's chemicals out of balance and can play havoc with your health. (You can see why eighty percent of illness is stress-related) One of the main reasons you feel more relaxed after a massage is that stress-causing hormones consistently are reduced by massage.

BETTER SLEEP— In the National Sleep Foundation's "Sleep in America" poll, it's reported that as many as 47

million adults aren't meeting their minimum sleep needs. Bodies need adequate rest to remain healthy and to function properly. Studies show that regular massage promotes better sleep patterns.

OVERALL IMPROVED BODY FUNCTIONS— Virtually every area of the body has been shown to be improved by regular massage. These many life-improving benefits can include:

- reducing blood pressure
- boosting the immune system
- contributing to the detoxification process
- stimulating nerve function that produces changes throughout the body
- improving muscle function



No gift offers a greater reward than the gift of health and well-being...

Holiday Special- 4 gift certificates for the price of 3!

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A Good Way to Start the Day

Before you bolt out of bed in the morning, consider taking just a few minutes to awaken with some deep breaths and stretching. You've just spent the night (hopefully) resting soundly, with very limited body movement. This can allow your muscles to tighten, as well as blood flow and nerve signals to decrease. Just like you want your car to warm up when it's cold, give your body the same advantage. **Welcome the day with a more relaxed, peaceful presence and you're sure to enjoy the holiday season at your fullest!**

I hope to see you regularly in the coming year, contributing to your overall health and well being. Have a very wonderful holiday season with your special friends and loved ones and remember to **take care of yourself!**

Tips to Enjoy the Holidays:

1. Remember what the holidays are really all about!
2. Exercise and stretch (a little goes a long way)
3. Eat as healthy as possible
4. Hydrate
5. Take relaxation breaks.
6. Get outside—Whenever you feel bored, antsy, or gloomy, go for a walk. The fresh air, changing scenery, and exercise will boost your mood.
7. Receive and give the gift of massage therapy!

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The content of this letter is not intended to replace professional medical advice. If you're ill, please consult a physician.
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