

# Phenomenal News

Phenomenal Healing Massage & Bodywork

Thursday, March 22, 2018

Volume 2 Issue 2

FREE

## MARK YOUR CALENDAR: CHANGE AHEAD

For those of you who don't know, Phenomenal Healing operates on seasonal hours. This is because my husband Fred, is in school full time.

I do not expect you to navigate this roller coaster with me. I understand that our hours may not be ideal for you. Should this be the case, I am willing to refer you to a trusted therapist.

**Beginning May 7th thru July 31st**  
**our office hours will be M, W, F, 4:30-8 pm & Sun 1-6pm.** We will let you know mid July what our Fall & Winter hours will be. Thank you for your patience & your understanding.

*Ruth Argyand*

## Let's Talk about it

Since last year, we've received a lot of questions and concerns on how to introduce massage to someone who has never received a massage. So we're starting a new series called "Let's chat."

Lets Chat

This series is geared towards friends, coworkers and family who would like to receive a massage but may be feeling nervous or unsure about it.

I'll go into depth about:

- what massage is
- benefits of massage
- different massage techniques
- finding the right therapist
  - undressing
  - tipping protocol
  - rebooking

and any questions someone who's never had a massage may expect in general and/or at Phenomenal Healing.

## 6 Healthy Actions You Can Do Anywhere

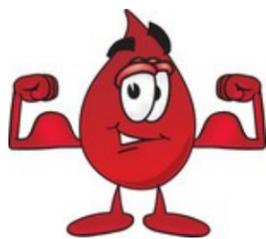
Lately, I've been finding myself in a hurry; rushing here, rushing there, rushing-rushing everywhere.

In fact, a client once said to me, "Ruth, will you stop for a moment, take a deep breath and just chill? You're rushing around like a bat out of hell!" I certainly appreciated the honesty but it also had me thinking about some healthy actions I could be doing.

So here are some ways to promote a healthy lifestyle through simple actions you can do anywhere... especially at work.

### 1) Take the stairs.

Nowadays, almost everyone has a pedometer, Fitbit or an app that helps track how many steps you take in a day. A healthier lifestyle means increasing your movements. To increase your movements means blood flow and blood flow = circulation & healthy heart.



If for some reason you don't want to take the stairs, just park further out than you normally would and walk to your destination.

### 2) Get up.

If you're a desk jockey, the best thing you can do for your body is to get up off of that tush and move.

This is another action that increases



blood flow and productivity.

Did you know a 5-10 minute break can prevent eye strain, cramped wrist, and stretch a stagnant body? Well now you know!

### 3) HYDRATE!

Do I really need to tell you why? Hydrating improves digestion, clears up your skin, and cushions those muscles. Keep water nearby at all times and just

sip it throughout the day. Consider pairing it with a repetitive activity or task to increase your intake.

### 4) Eat something.

Very busy people often forget to eat. I know I do from time to time when I find myself engulfed with my workload. However, I'm not talking about sugary snacks that boost your energy only for you to crash later on (unless that's your intentions).



I'm talking about healthy snacks such as: fruits, veggies and nuts. These snacks will leave you feeling full and satisfied without all the calories and carbs.

### 5) Deep breaths.

The workplace can be hectic at times, so finding a moment to take a breather will keep you from being less frazzled and improve your ability to focus.

By remembering to breathe, it will help you to reduce stress and anxiety, slow your heart rate, and make your lungs feel good. To really take it to the next level, count from one to ten backwards, inhale through your nose and exhale out of your mouth.

### 6) Wait for it...get a massage!

Consider scheduling a half hour massage on your lunch break. Doing so can help you relax and reduce any prior stress.

There are many ways to practice healthy habits to get you closer to a healthier you! In the meantime, I'll look forward to seeing you on the table.



## Spring Special

**April 15th thru April 22nd**  
**is Wellness Week!**

- ♦ **All 30 & 45-min services** ~~\$45-\$55~~ **\$30**
- ♦ **All 60-min services** ~~\$75-\$90~~ **\$49**
- ♦ **All 90-min services** (excluding Lomi-Lomi) ~~\$105-\$125~~ **\$79**

**Receive one complimentary enhancement of your choice:**

- Foot scrub
- Upper-body hot stone treatment
- Full body Aromatherapy
- Hydrating mud back treatment

**You're may receive more than one service in the same day or schedule additional services within the same week.**

**You won't be able to use your series with this special.**

\*Due to the high volume of traffic on our website, you will need to call in or email us to book this special.

**Don't wait. Call today to reserve your spot!**

**919-335-6835**