



Massage Times



M A S S A G E T H E R A P Y B Y J A C K I E K I N G , L M T

Indulge in a Hot Stone Massage!

Have you ever heard about Hot Stone Massage? If you have never experienced this wonderful and unique massage, you owe it to yourself to indulge.

Hot Stone Massage is a variation of traditional Swedish massage. It involves the application of smooth, flat water heated stones of varied sizes that are placed on key points on the body. Some of the stones are placed on the key energy points of the body to assist with rebalancing the mind and body. Others are placed on the face to help with any sinus issues, and the tiniest of the stones are placed in between the toes for warming and relaxation. The massage therapist will also hold the stones and use them to massage certain areas of the body once oil has been applied to the skin, helping the stones glide more smoothly.

These heated stones assist with providing a deeper, more relaxing massage and create a sensation of comfort and warmth. You will feel the stress in your body simply melt away as you fade deeper and deeper into complete relaxation. The warmth of the stones improves circulation, calms the nervous system, helps to relax muscles and dilates blood vessels allowing manipulation of a greater intensity than with regular massage. The hot stones can help to make your next massage a deeper, more calming experience.

Generally, basalt stones are used as they are high in iron, retain the heat better, and are typically river stones that have been worn smooth over the course of time. Thus, Hot Stone Massage offers a unique connection with nature, offering a sense of profound sacredness we all too often forget. It is a deep healing and a unique moment that enhances our awareness and brings us closer to our true essence. It is a perfect treatment enjoyed by the client as well as the massage therapist.

Hot Stone Massage is beneficial for fibromyalgia, MS, muscular aches, pains, sprains and strains, poor circulation, rheumatoid and osteoarthritis, back pain, stress, anxiety and tension, insomnia and depression. It is also deeply suited for those who tend to get chilled and those who prefer a lighter touch in massage. It is truly an amazing experience for you and the ones you love.

There is also a great sense of profound healing when adding aromatherapy into your Hot Stone Massage. The use of therapeutic grade essential oils will heighten the sensations you experience with massage. Your relaxation will be deeper, you will experience a greater sense of calm, and any pain you have will dissipate more easily.

The fee for Hot Stone Massage is higher only due to the fact that there is more preparation prior to the massage to instill that the stones are heated to an even 120-140 degrees. Afterward, the stones must once again be sanitized for the next use. The feedback that has been received about Hot Stone Massage tells me it is well worth it.

Now that you've learned about the powerful healing and incredibly relaxing benefits of Hot Stone Massage, are you ready to indulge yourself?

See coupon at the end of this newsletter.

U P C O M I N G C L A S S E S

Massage Techniques

3/30 & 4/6 from 6:30-8:30 pm

4/30 & 5/7 from 1:00-3:00 pm

Infant Massage

4/19 & 4/26 from 10:00-11:30 am

5/14 & 5/21 from 10:00-11:30 am

6/2 & 6/9 from 10:00-11:30 am

Parkinson's Disease and Neuro-Auricular Technique

3/8 from 6:00-8:30 pm

5/3 from 6:00-8:30 pm

"Who being loved is poor?" -Oscar Wilde

Pets Corner

Peace & Calming Oil blend is ideal for stress, fear, anxiety and similar conditions. Peace & Calming blend can help calm your pet. If the pet is injured, Peace & Calming can relax the animal enough to administer other treatments. It can also be used on cats that are resistant to other forms of treatment for urinary problems or that excessively groom themselves.

<https://www.youngliving.org/jackieking5>

Black Forest Mini Cheesecakes

Ingredients

18 to 24 vanilla wafer cookies
2 packages (8 oz. each) cream cheese, softened
1-1/4 cups sugar
1/3 cup HERSHEY'S Cocoa
2 tablespoons all-purpose flour
3 eggs
1 container (8 oz.) dairy sour cream
1/2 teaspoon almond extract
SOUR CREAM TOPPING (recipe follows)
canned cherry pie filling, chilled



Directions

1. Heat oven to 325°F. Line muffin cups (2-1/2 inches in diameter) with foil bake cups. Place one vanilla wafer (flat-side down) in bottom of each cup.
2. Beat cream cheese in large bowl until smooth. Add sugar, cocoa and flour; blend well. Add eggs; beat well. Stir in sour cream and almond extract. Fill each muffin cup almost full with batter.
3. Bake 20 to 25 minutes or until set. Remove from oven; cool 5 to 10 minutes. Spread heaping teaspoon SOUR CREAM TOPPING on each cup. Cool completely in pan on wire rack; refrigerate. Just before serving, garnish with cherry pie filling. Cover; refrigerate leftover cheesecakes. 1-1/2 to 2 dozen cheesecakes.

SOUR CREAM TOPPING: Stir together 1 container (8 oz.) dairy sour cream, 2 tablespoons sugar and 1 teaspoon vanilla extract in small bowl until sugar is dissolved.

Save \$10 on your
next Hot Stone Massage!
Must book before 2/28/2010.

(coupon expires 3/31/2011)



"FOR THIS IS THE MESSAGE
THAT WE HEARD FROM THE
BEGINNING, THAT WE SHOULD
LOVE ONE ANOTHER."

~ 1 JOHN 3:11 ~



Tour Eiffel

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