

Massage Times

Massage Therapy by Jackie King, LMT

March 2011

The gentle art of Infant Massage is a Tradition that has been passed from one generation to the next as part of baby care giving. Some benefits include improved digestion and elimination, increased neurological and motor development and, most importantly, an overall decrease in stress levels, allowing for improved weight gain and better bonding between parent and child. Infant Massage consists of various massage strokes, positioning, holding and stretching techniques taught by a trained professional to the parents or caregivers.

The best time to begin Infant Massage is between two to six months of age, however you may begin at birth. Parents will soon recognize the best time to massage their infant according to the baby's level of alertness. The child, in turn, will soon learn that when Mom or Dad rubs lotion into their hands, a massage is soon on the way.

Touch is as important to an infant as food. Studies show that infants who are breast fed, carried or massaged routinely are less violent, less aggressive and more cooperative and compassionate. Massaging your baby communicates love, releases tension and will help you better understand your baby's needs. Massage also helps strengthen the bond between an infant and parent, and the best part is you don't need any special skills to massage your baby.

When parents are able to help their child relax, they're able to relax and decrease their own stress levels. Parents who massage their children on a regular basis report a greater sense of understanding of their child, as they have learned to listen not only with their ears, but also with their heart and their hands.

Massage is a wonderful way to teach your child to feel secure in her own body and feel confident to enter the world with little or no fear.

If you are interested in Infant Massage Classes, individual sessions, or know someone who would benefit from Infant Massage classes, please call Massage Therapy by Jackie King, LMT at (636)327-3261, or visit my website at www.massagebyjaking.com, for a listing of class times and locations near you.

Gentle Baby Essential Oil is a blend of pure oils that help calm emotions for mother and child. It contains:

Geranium – Traditionally used as a gentle antiseptic and for promoting a healthy respiratory system, it is also beneficial for women's health.

Jasmine – Considered exotic and romantic, it supports skin health. It relaxes the mind, boosts self-confidence, and promotes a positive outlook on life.

Ylang Ylang – Traditionally used to relax the mind and balance emotions, and may also help control negative feelings such as frustration and anger.

Rosewood – Used as a remedy for skin conditions, and may also be used to soothe stressed, overworked muscles.

Roman Chamomile – Has calming, relaxing properties and has been traditionally used to soothe muscle spasms.

Rose – Removes emotional blocks and limitations to success. It is deeply nourishing to the skin.

Lemon – Its fresh citrus scent is an instant pick-me-up for promoting energy and mental clarity.

Bergamot – Used during times of emotional stress. It has a light, citrusy scent that builds confidence and uplifts moods, especially during a woman's monthly cycle.

Lavender – The most versatile oil, and often used to cleanse and soothe minor burns, cuts, and other skin irritations. It has a refreshing, relaxing scent with balancing properties that also calm the mind and body.

Palmarosa – Also good for skin conditions, and creates a feeling of security. Helps to reduce stress and tension and promotes recovery from nervous exhaustion.

Upcoming Classes



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

5/2 & 5/12 from 6:00–7:30 pm

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

5/3 from 6:00–8:30 pm

Spinach Bacon Tartlets

30 Servings

Prep: 25 min. Bake: 15 min.

Ingredients:

1 package (8 ounces) reduced-fat cream cheese

1 egg white

1/2 cup frozen chopped spinach, thawed and squeezed dry

3 tablespoons chopped green onions
(white part only)

1 teaspoon salt-free seasoning blend

1/4 teaspoon ground nutmeg

2 packages (1.9 ounces each) frozen miniature phyllo tart shells

3 turkey bacon strips, diced and cooked

Directions:

In a small bowl, beat the first six ingredients until blended.

Spoon filling into tart shells.

Place on an ungreased baking sheet. Bake at 350° for 10 minutes.

Sprinkle with bacon; bake 2-5 minutes longer or until filling is set and shells are lightly browned. Serve warm.

Yield: 2-1/2 dozen.

Spinach Bacon Tartlets published in Healthy Cooking June/July 2008



"May God grant you always...A sunbeam to warm you, a moonbeam to charm you, a sheltering Angel so nothing can harm you. Laughter to cheer you. Faithful friends near you. And whenever you pray, Heaven to hear you."

-Irish Blessing



Pet's Corner:

Pan Away Essential Oil Blend (Wintergreen, Clove, Helichrysum and Peppermint) is valuable for relieving discomfort and relaxing the muscles, ligaments, and tendons. This oil blend can be used alone or in addition to other essential oils that aid in general discomfort. Using a moist towel over the area increases the effectiveness of the oils.



Save \$10 on your
next Infant Massage!
Must book before 3/31/2011.

(coupon expires 4/30/2011)

Contact Jackie King today
at (636) 327-3261,
massagebyjaking@aol.com,
or at www.massagebyjaking.com

