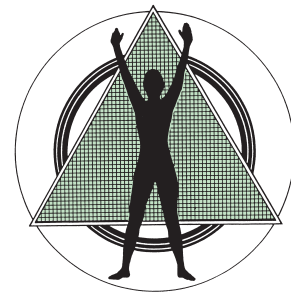


HEALING ARTS



Massage Therapy Center

383 Starkweather • Plymouth, MI 48170 • 734-207-0557
www.HealingArtsMassageTherapy.com

SPRING 2006

Happy Spring!

It's been a long winter, and finally spring is here. As we transit from winter into spring, many of us are discovering a few extra pounds, a body that's out of shape, and spring-time allergies. This issue is dedicated to solutions to spring-time challenges.

Massage can help to prepare your body for increased outdoor activities. An herbal cleanse can help shed some pounds while eliminating toxins and excess waste. Respiratory herbal formulas can help you enjoy the outdoors without the discomfort of allergies. All without side-effects!

Take advantage of our Spring Special on all gift certificates for massages and spa therapies. They make great gifts for any occasion. Don't forget to get one for yourself!

—Healing Arts Staff

Increased Activity and Massage

Along with spring comes the challenge of getting our bodies back in good physical condition so we can enjoy being active. When muscles have been dormant, this sudden increase in activity can cause muscular aches and pains.

A good rule of thumb is to start slowly, try not to do too much too soon. It is also helpful to stretch out after your exercise, when the muscles are warmed-up, rather than before. Another thing you can do to prevent soreness is to take a hot epsom salt bath prior to bed.

Massage can play an important role in your exercise program. It's best to have a massage prior to beginning an exercise program to give your body a tune-up, which can help prevent injuries. Massage increases the circulation, getting nutrients to the cells and removing waste products and toxins. Massage also increases flexibility.

Following exercise, massage provides relief to sore, aching muscles, and helps speed recovery time. If you have strained a muscle, it's best to use ice rather than heat within the first 72 hours. After that, you can alternate between ice and heat, concluding with ice.

A wonderful alternative to ice, and often more convenient, is an ice-simulating product such as Biofreeze and/or Cryoderm. We carry both products in our office for your convenience.

This spring, exercise smart and schedule a massage for your spring tune-up.

Herbal Cleansing for Health and Weight-loss

One of the best ways to lose weight is to do an herbal cleanse. Cleansing the internal system is an effective way to eliminate waste and toxic build-up, which allows your digestive system to work more efficiently. Two of our favorite cleanses are Dieter's Cleanse, and ParaCleanse.

Dieter's Cleanse is an overall cleansing program that addresses the colon, liver, kidneys, and blood—it is a good cleanse for anyone to do, whether you are trying to lose weight or not. The ParaCleanse helps to rid your system of parasites, molds, yeasts, and fungus, while strengthening your immune system. Following any cleanse, it is wise to replenish your system with Probiotics, the friendly flora.

Visit Our Nature's Sunshine Online Store, open 24 hours. Buy direct, wholesale or retail, receive products within 2-3 days. <http://www.mynsp.com/healingarts/index.aspx>

Allergies and Herbal Solutions

Airborne particles are everywhere, be it dust, mold, yeast, or pollen. When particles enter the respiratory system, the immune system attempts to cleanse the mucous membranes of irritants. This can cause itchy eyes, runny nose, and/or congestion. Two of our favorite products are ALJ and Histablock.

ALJ helps to expel congested fluids from the sinuses and bronchials, and Histablock helps to promote unobstructed nasal passageways. Both products strengthen the respiratory system and mucous membranes.

For More Information on the Respiratory System, go to:

<http://www.treelite.com/nf/2006/RespiratoryCongestion.pdf>

Spring Gift Certificate Specials

MAY 1ST - MAY 31ST

\$5 OFF

all One Hour Massage Gift Certificates

*Basic Relaxation Massage
*Therapeutic Deep Tissue

\$10 OFF

all Spa Therapies

*Hot Stone Massage
*Peppermint Seaweed Wrap

Great Gifts for Mother's Day,
Father's Day, Weddings,
Anniversaries.

Need One Now? Visit our
Online Gift Certificate Express:
<http://www.healingartsmassage.com/certificate.htm>

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