

A SHOW OF HANDS

Summer 2018

Member, Associated Bodywork & Massage Professionals

Bodywork Sampler

Ten Types of Somatic Methods, All Awaiting You

Nora Brunner

A rich garden of bodywork exists, to benefit you at the different ages and stages of your life. Getting the advice of your massage therapist, doing some research on www.massagetherapy.com, and seeking methods to which you are intuitively drawn are your best guides to finding what works for your body and spirit. No need to wait for a medical problem or a new high on the stress-o-meter to get on the table and into the hands of your massage and bodywork therapist.

1. SWEDISH MASSAGE

This technique is typically the starting point for most massage training and client receiving. It involves five kinds of touching and is delivered to soft tissues

2. DEEP TISSUE

Often integrated with other massage methods, deep-tissue work is exactly what it sounds like. Once the outer muscles have been relaxed, the work goes deeper into the fascia, the deep, dense, connective tissue that helps join your body parts together. Deep-tissue work is an excellent remedy for chronic muscular pain, injury rehabilitation, and reduction of inflammation-related pain caused by arthritis and tendinitis.

3. SPORTS MASSAGE

Whether for professional athletes, active kids, or weekend warriors, sports massage has benefits for participants in the active life. For most people, sports massage is handy after muscle exertion



A variety of bodywork methods exist, offering many options to best meet your needs.

by the therapist's hands, which are moisturized with massage oil or lotion. The kneading, rolling, vibrational, tapping, and percussive movements all work inward toward your heart and will stimulate your circulation. Among many benefits, Swedish massage will hasten healing of injuries, reduce swelling, and help dissolve scar tissue adhesions.

to relieve stiffness and soreness. But anyone can borrow from the gym bag of the professional athlete, so to speak, especially if he or she is training for a major event like a triathlon. Sports massage can ease muscles that shorten and tighten to compensate for and protect injured areas. Massage of

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*Where there is
love there is
life.*

-Mahatma Gandhi

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surrounding areas can relieve ripples of pain that expand from the injury site.

4. CHAIR MASSAGE

Chair massage is provided by a trained professional, with you seated on a padded, ergonomically designed chair and is often delivered in a semiprivate kiosk, fully clothed, without massage oil, and purchased in segments from five minutes to 20 minutes at about \$1 a minute. The focus is applying compression (pressure) to the head, shoulders, neck, back, and arms. Use chair massage for relief from long airplane rides, to relax shoulders weighted down by shopping bags or suitcases, or on your lunch hour.

5. STONE MASSAGE

This modality is truly a hot topic. Stones are warmed and then placed on the body, as well as used as an extension of the therapist's hands throughout the massage. The placement of the stones can be aligned with chakras, meridians, and zones according to the energy system your practitioner follows. Stone work can easily be blended with other kinds of massage and can be a powerful healing and grounding force. It's touted as an effective remedy to ease pain, stress, anxiety, and overactivity. Your therapist may refer to improvements in your flow of earth element or to the function of your root chakra.

6. GERIATRIC MASSAGE

Geriatric massage is a gentle approach tailored to meet the individual needs and comfort levels of seniors. For example, geriatric massage can be done with clothes on and may only address certain parts of the body. Massage for seniors also addresses the need for loving touch, an element that may be lacking in their lives. You can do a favor for the aging members of your family and book a professional massage for them.

7. PREGNANCY MASSAGE

Mothers-to-be can greatly benefit from pregnancy massage. It's worthwhile considering this as a baby shower gift for you or a friend to ease those backaches and swollen ankles. It can help a mother's changing posture and possibly the positioning of the baby in the womb. The beneficial relaxation chemicals a mother's body releases when getting a massage also flow to the baby. And once

the baby is born, massage can help bring mother's strained body structure and physiology back into alignment.

8. BABY MASSAGE

Right after that pregnancy, there's a special way for baby to get started on a lifelong enjoyment of massage. Practitioners can give, and teach parents, baby massage, which provides stimulation to little nervous systems, promoting brain development, and supporting that all-important parent-child bonding.

9. REFLEXOLOGY

Reflexology works with the incredible system of nerves and energy meridians rooted in our feet, hands, and ears, which are connected to corresponding systems and organs. Reflexology is a smart way to work with health concerns not ordinarily reachable through regular massage, such as problems in organs or

internal systems. This also goes for areas too damaged or painful to benefit from direct touch.

10. ENERGY WORK

Receiving energy work may mean never being physically touched, keeping all of your clothes on, and remaining seated or standing. Despite this hands-off approach, recipients of energy work often report dramatic reorientations in how they feel and move in the world. Some of the more prominent methods are shiatsu, reiki, Zero Balancing, jin shin jyutsu, and Insight Bodywork.

There are new discoveries every day in the complex relationship between body, mind, and spirit. Whatever your path, keeping an open mind and listening to your body are the guides to your unique situation. Your health and wellness are up to you, so relax and let go of your stress. You deserve it.



Massage is for all ages, including infants, who are often calmed by bodywork.

Afternoon Essential Oils

Jeanne Rose

It's easy to enjoy the benefits of aromatherapy, even when you're not in the therapy room. Here are some ways to incorporate facets of aromatherapy into your daily routine, and even into your lunchtime!

Consider having a protein-filled lunch of 4 ounces of chicken breast mixed with salad. Make sure your salad includes at least six red and green items combined, such as cucumber, lettuce, tomatoes, carrots, bell peppers, and radishes. Add chopped basil, sage, or sweet marjoram. Make a simple dressing of olive oil and lemon juice. Add culinary essential oils such as dill weed and black pepper. Have a glass of aromatic iced herbal tea, and add to it 1 teaspoon of melissa hydrosol. This is tasty and encourages deep thinking and relaxation. If, however, you need to continue your workday, then add 1 teaspoon of rosemary hydrosol to your lunchtime iced tea.

Why not take a five-minute scented breather for an afternoon break. The

aromatic properties of plants are effective tonics and energizers. Dabbing the temples with essential oils or spraying the nape of the neck with hydrosols of rosemary or peppermint is a wonderful way to implement the potent effects of these distilled plant materials. You can also use a mixture of distilled water with essential oils of peppermint, sage, and basil dissolved in alcohol (10 drops essential oil, 20 drops alcohol, and a half-ounce of water). Basil and peppermint herb, and their essential oils, have been used for centuries as a mental stimulant.

Complete your afternoon break by lying down for 3-5 minutes with a couple of slices of fresh cucumber on the eyes. Cucumber contains enzymes that help soften the skin. If the day's work has brought on a headache, a drop of rosemary oil to the temples or around the ears works wonders.

Jeanne Rose has been teaching and researching natural remedies for 30 years, beginning with her

first book, *Herbs Things*.



Find out which essential oil works best for you.

Here Comes the Sun

Updated UV Index Shines Light on Rays

A crucial warning system has been recently updated for your skin's protection. In compliance with the World Health Organization, the Environmental Protection Agency and the National Weather Service revamped the UV Index, a system created to alert people about the level of harmful ultraviolet (UV) light rays from the sun. Overexposure to UV rays can cause wrinkles and premature aging, skin cancer, cataracts, and immune system suppression.

Many factors influence the strength of UV rays: UV light is stronger in the summer, at higher altitudes, and in areas closer to the equator. It's also stronger at midday, from 10 a.m. to 4 p.m., when the sun is directly overhead.

The new UV index ranges from 0-11

with guidelines as follows:

0-2: **LOW.**

Minimal exposure for the average person, but watch for reflected UV from snow and water.

3-5: **MODERATE.**

Stay in the shade during midday. Cover-up outside.

6-7: **HIGH.**

Wear a hat, sunglasses, and a sunscreen with a minimum sun protection factor (SPF) of 15. Avoid midday sun.

8-10: **VERY HIGH.**

Take extra precautions, and avoid midday sun. Wear protective clothing.

11: **EXTREME.**

Take all precautions, seek shade, and avoid midday sun. If possible, stay indoors.

As part of its daily forecast, the National Weather Service publishes the UV index

for each area of the country. Go to www.epa.gov/sunwise/uvindex.html and enter your zip code to find your UV index for the day. The Weather Channel, as well as most local TV stations, include the UV index in their weather forecast. It can also be found at www.weather.com.

For a detailed description of the UV index, or for more information on sun protection, visit www.epa.gov/sunwise.

*Don't forget to
go outside and
play today*

-Smart People

Welcome to "MESSAGE U."

Today's Subject: R U in the Game or on the Bench?

Has a recent or nagging injury left you unable to do the things you love? Perhaps a massage can help...

Massage Benefits include: stimulate circulation, relax fatigued/injured muscles, support lymphatic system and of course, they leave you feeling wonderful. All of which helps you heal faster and get back in the game.

Note: The preceding information is not medical advice. Please check with your doctor prior to starting any new health, exercise or nutrition plan - especially if currently under a doctor's care or if you have any pre-existing medical condition(s).

For more information, please visit our website at:
www.handnhand.biz.

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