

A Necessity...

Massage and Aroma

Spring / Summer

2008

Certified Massage Therapy
Wildwood Clinic
5468 S Saginaw St
Flint, Mi 48507
810-513-2686

Special points of interest:

- Lavender
- Health and Wellness Series
- Spa Parties
- Specials
- Leg Stretches

Mothers Day Specials!

Mom and Daughter [sisters, friends...] Hot Stone Massages just \$100. Enjoy your treatments side by side. Includes hot towels, foot scrub, and refreshments. Through May 17, 2008 Schedule now!

Girl's Night Out Fridays May 9 and 16 -6pm-9pm- \$30 includes a mini massage, foot soak, scrub, and mask, hand paraffin, and refreshments. Teens welcome.

Reserve your spot now by calling 810-513-2686!

Lovely Lavender

Lavender has been used extensively in herbalism.

English lavender, *Lavandula angustifolia*, yields a highly effective essential oil with very sweet overtones, and can be used in balms, salves, perfumes, cosmetics, and topical applications. Lavandin, *Lavandula x intermedia* (also known as French lavender), yields a similar essential oil, but with higher levels of terpenes including camphor, which add a sharper overtone to the fragrance. Spanish lavender, *Lavandula stoechas* is not used medicinally, but mainly for landscaping purposes.

Essential oil of lavender has antiseptic and anti-inflammatory properties. It was used in hospitals during WWI to disinfect

floors, walls and other surfaces.

An infusion of lavender is claimed to soothe and heal insect bites. Bunches of lavender are also said to ward off insects. If applied to the temples, lavender oil is said to soothe headaches. Lavender is frequently used as an aid to sleep and relaxation: Seeds and flowers of the plant are added to pillows, and an infusion of three flowerheads added to a cup of boiling water are recommended as a soothing and relaxing bedtime drink.



Lavender not only smells nice but is very healing... WIKIEPEDIA

Lavender oil (or extract of Lavender) is claimed to heal acne when used diluted 1:10 with water, rosewater, or witch hazel; it is also used in the treatment of skin burns and inflammatory conditions (it is a traditional treatment for these in Iran).

Health and Wellness Series

Health and Wellness Series @ Wildwood Clinic 5468 S Saginaw St ,Flint , MI 48507 beginning in May 2008.

Monday evenings @ 7pm is **Easy Yoga**. Slow yet continuous without jumping. Can be done with chair. Good for seniors and those with trouble getting off floor.

Tuesday night clinics @ 7pm-\$25

May 6-Ear Candling

May 13-Ayurvedic oil scalp massage

May 20-Aromatherapy

Thursday evening @ 7pm is **Power Yoga** . Slow paced but steady, tone and condition. Select area of focus each class for

strength building.

Saturday @ 9am **Sun Salute**. Practice asanas learned in a steady movement class. Wake up!

Children welcome with parent.

\$45- 4 yoga classes.

\$15 drop in fee.

Under 18 \$5 per class with parent.

New in May at Certified Massage!

- Yoga classes
- Girls Night Out
- Spa Parties
- Monthly Chiropractic Clinic
- Wellness Workshops

Have an occasion? A workshop? A home party? Rental for events \$30 call for details.

810-513-2686

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Have a stress-less day!

Christinecertifiedmassage.com
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Massage is not an extra; it is a necessity for good health...

Looking for something unique and different for a special event, birthday party, office party, graduation, bachelor or bachelorette, going away party, princess tea parties, Girls night out or any other gathering? Look no further! Certified Massage has the answer for your group. Combine massage with foot treatments, hand treatments, skin treatments and add refreshments and it is a party! We have several therapist ready to make your occasion wonderful. Intimate groups of 10 or less please and schedule ahead so we have time to coordinate schedules. Let us take care of your party needs!!!

www.christinecertifiedmassage.com

SPECIALS

April Special-Last chance for Hot Stone before it gets too warm [!] Go ahead and add a foot treatment to soften those feet for warm weather shoes. \$90 total instead of \$90 and \$45. What a deal!!! Through April 30 call to schedule. 810-513-2686

MASSAGES ALL SUMMER!!!

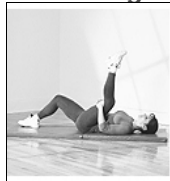
\$333.00 paid in full and have a massage a week all through June, July, and August!!! Save \$\$\$ Don't miss out!!! Must be purchased by May 31 and pre-scheduled appointments, thanks! The more massages, the more you save!

WHAT A DEAL!!!

Christine 810-513-2686

Leg Work

Hamstring Stretches



Lie on your back, keeping your lower back pressed to the floor. Bend both knees and keep your feet flat on the floor. Bring your hands to the back of your left thigh and slowly straighten and raise your left leg. Gently pull your leg in toward your torso until you feel a stretch in the back of your leg. Hold for 20 to 30 seconds, then repeat with the other leg. Repeat four times with each leg. As this stretch becomes easier, keep the resting leg straight out in front of you instead of bent, for more

of a stretch.

Calf Stretches



Stand with your forearms against a wall and your right leg out in front of you with knee bent. Your knees shouldn't extend past your toes. Keep your left leg straight and your foot flat on the floor. Slowly lean forward on your right leg until you feel a stretch in the back of your calf. Hold for 20 to 30 seconds. This will stretch the upper part of the calf. Then slightly bend your left knee and repeat to stretch the lower part of the calf. Hold each stretch

for 20 to 30 seconds, then switch sides. Repeat four times with each leg.
PREVENTION.COM

REFERRAL FREEBIES

You can earn free massage just by sending people to Certified Massage!

For every 4 paying referred people you can get a free hour massage. I will give you my business cards and you can write your name on the back. Instruct your associates, friends, neighbors, relatives, etc...to bring the card with them to the appointment and I will keep track for you. I will notify you every time you have earned a free massage!