



Massage Addict

Membership Based Massage Therapy

Quarterly Newsletter
February 2011

Welcome to the Spring issue of the
Massage Addict Newsletter.

Here we have put together some articles and research about Massage Therapy, and news for the clinic! Thanks for reading, and as always, you can book your next appointment by calling 252-7773 or online at www.messageaddict.ca.

A Good Massage Brings Biological Changes Too...

In an article published in the New York Times in September 2010, researchers in Los Angeles compare deep tissue massage and lighter massage to find out if massage does more to your body than just relax your muscles. After their massage, blood samples were taken from the patients and examined by the National Center for Complementary Medicine. All patients had a reduction in the “stress hormone” cortisol, and also had increased in lymphocytes—the white blood cells that are part of the immune system. The group that had the lighter massage experienced further decreases in cortisol and an increase of the hormone oxytocin, a hormone linked to happiness!

If you'd like to see the article it is published here:

http://www.nytimes.com/2010/09/21/health/research/21regimens.html?_r=3&emc=eta1

Submitted by Jennifer Smith, RMT

Massage & Fibromyalgia Syndrome

Massage is effective on people with many different conditions, and right now we'd like to highlight the effects of massage on people with fibromyalgia syndrome:

Fibromyalgia Syndrome (FMS) is a systemic disorder that is characterized by chronic pain in muscles, tendons, ligaments, and other tissues. Sleeping disorders, fatigue, depression, stiffness after rest, intolerance to cold and digestive issues often go hand-and-hand with FMS. Though it is not a life-threatening or progressive disease, it can affect one's quality of life.

Research has shown that gentle massage is very appropriate for those suffering from FMS. It is effective in decreasing pain, anxiety and depression. It can aid in increasing relaxation and flushing toxins from the body. Improvements may be seen in sleep patterns. Decreased stiffness, fatigue, and joint pain may also be experienced.

Every case of FMS is different, as is every massage. Be sure to communicate with your therapist before, during and after your treatments, so that together you can find the right course of action for your massage treatments.

Submitted by Shelby Boyd, RMT

Massage Addict Lower Sackville

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What To Do If You're Sick The Day Of Your Appointment

If you're sick the day of your massage appointment you should call the clinic right away to reschedule your appointment. If you have the flu, a fever, vomiting, or other systemic (whole body) infection it is not advisable for you to have a massage because massage can spread the infection or make it worse.

Riversol – Canadian Dermatologist Developed Skin Care

Massage Addict in Lower Sackville is excited to offer you the opportunity to use a product on your skin that heals with biology, not chemistry. This product has been created for all skin types but is especially effective for those who suffer with rosacea, eczema and sun damage. It was created by dermatologist Dr. Jason Rivers of British Columbia, Canada making this product 100% Canadian.

What makes Riversol special and completely different than anything you have ever tried is the ingredient *thujaplicin*, a derivative from the Pacific Red Cedar tree boasting potent anti-inflammatory, antibiotic, antifungal and anti-oxidant properties. First Nations peoples have long used Red Cedar for its medicinal benefits, but thujaplicin is rarely used in skincare lines because it is expensive and difficult to work with. But as Dr. Rivers discovered, the results are well worth it.

Originally created for highly sensitive skin, today Riversol cleansers, serums and moisturizers are available in a variety of formulations. Now every skin type can benefit from the harmony of leading skincare science and naturally healing ingredients.

All Riversol products are 100% guaranteed – if you are not satisfied with your purchase, return it within 60 days for a full money refund.



Monthly Massage & Our Membership

There are many benefits to a monthly massage therapy session, that range from increased sense of well-being to reducing stress, and physical benefits of increased flexibility, reduced muscle tension, and reduced pain. Massage also treats conditions such as arthritis, carpal tunnel syndrome, and whiplash. Hundreds of people each month are taking advantage of a membership with Massage Addict in Lower Sackville. It is a cost effective way to get the Massage Therapy treatments you need to help you relax, rejuvenate and restore life balance.

Membership Details:

- Membership is completely free and you pay nothing in advance
- \$59.00 per month gets you one treatment per month
- You are only committing to coming in for a treatment once a month for a minimum of 12 months
- Family members who live in the same household can also receive the rate for \$59.00 per treatment with no commitment
- You can have as many treatments for \$59.00 each as you like

The non-member rate is \$75.00 per treatment. If you would like to join Massage Addict as a member, please see the front desk and we will get you started!

