

The Massage Monthly

September 2017 Member, Associated Bodywork & Massage Professionals

A Cornerstone of Health

Why Now, More Than Ever, You Need a Massage

While you may be tempted to trim your wellness budget when economic times are tough, now more than ever, massage should play a role in reducing stress and strengthening the health of Americans.

When you feel your best, you are more likely to be able to face the challenges difficult times present. With greater health and peace of mind, you can face difficulties with poise, clarity of purpose, and strengthened emotional reserves.

Truly, massage is more than a luxury--it's a vital part of self-care that has a positive ripple effect on us as we work, play, relax, live life, and care for others.

reducing the risk of stress-related illnesses, massage also boosts immunity, helping you fight colds, flu, and other viral infections.

Following is a sampling of a long list of bodywork benefits:

- EASE ANXIETY.
- REDUCE THE FLOW OF STRESS HORMONES.
- IMPROVE SLEEP.
- BOOST THE IMMUNE SYSTEM.
- BUILD ENERGY LEVELS.
- REDUCE FATIGUE.
- FOSTER CONCENTRATION.
- INCREASE CIRCULATION.
- DEVELOP SELF-ESTEEM.
- REDUCE FREQUENCY OF HEADACHES.
- RELEASE ENDORPHINS.



Massage induces a sense of grounding and calm, helping you face challenges with ease.

Invest In Yourself, Invest in Those You Love

In economically challenging times, it is vital to invest in preventative health care. The last thing you want is to get sick, have to take time off of work, and pay expensive medical bills. Staying healthy means maintaining your ability to take whatever life has to throw at you. Besides lowering stress levels and, in turn,

And if you think about it, massage is an excellent value. The price of massage has remained stable in recent years, as the cost of movies, dining out, and sports events has risen. Which of these has the power to improve your health and your outlook on life?

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*A dream is a
reality waiting
for you to get
there.*

-Unknown

Office Hours and Contact

Ohana Therapeutic Massage
218-263-1501
Fall Hours
Mon. thru Thurs. 9am-6pm
Friday 9am-2pm
Saturday 9/9 and 9/23 9am-1pm

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The positive effects of regular massage can have far-reaching effects in many areas of your life.

At Home

Massage therapy will also help families under stress create healthier households with clear-thinking and more relaxed moms and dads. Children are very sensitive and often pick up on tension in a household; parents who are taking care of themselves are more likely to be better caregivers and provide a sense of security to their kids. This goes for caregivers of aging parents and other family members.

At Work

The health benefits of massage can help forestall illnesses and lost work time, especially when you may be asked to produce more with fewer resources. Decision-making skills will be better and your performance is likely to be improved with a clear focus and more energy.

A hint for the boss: Research shows employees exhibit less stress and improved performance when given twice-weekly, 15-minute massages in the office!

For Health Conditions

Those with already existing health conditions can continue to reap benefits in the following ways. And proactively caring for health through massage may help reduce costly doctor visits and use of prescription and over-the-counter medications.

Research shows:

- Massage can reduce sports-related soreness and improve circulation--good to know when you may be exercising more to reduce stress.

- Deep-tissue massage is effective in treating back pain, arthritis, osteoarthritis and fibromyalgia. Fibromyalgia patients receiving massage also have less pain, depression, anxiety, stiffness, fatigue, and sleep problems.

- Massage reduces symptoms of carpal tunnel syndrome.

- Oncology patients show less pain, fatigue, nausea, anxiety and depression following massage therapy.

- Stroke patients show less anxiety and lower blood pressure with massage therapy.

- Massage therapy is effective in reducing postsurgical pain.

- Alzheimer's patients exhibit reduced pacing, irritability and restlessness after neck and shoulder massage.

- Labor pain. Massage during labor appears to reduce stress and anxiety, relax muscles and help block pain. Some medical professionals believe massage also reduces tearing, shortens labor, reduces the need for medication and shortens hospital stays.

- Preterm babies receiving massage therapy gain more weight and have shorter hospital stays than infants not receiving massage.

- Massage is beneficial in reducing symptoms associated with arthritis, asthma, high blood pressure, and premenstrual syndrome.

There is now a body of research to support the benefits listed above. But there's no greater testimonial than the person who is a regular receiver of massage. The first-hand experience of bodywork clients largely echo the same sentiment: bodywork enhances quality of life, and the return on your investment is great.

While bodywork feels like a luxurious mini-vacation, and you should by all means enjoy it, there is an actual physical need for massage. Maintaining a regular massage schedule will help you operate at your peak level--whether it be at work, at home, or at play. Invest in yourself, and book a massage today.



Massage is one of the few things that provide so much pleasure while improving your health.

Massage for Your Teenager?

Bodywork Can Ease Adolescent Angst

While teens may be less likely than their parents to go to a massage therapist, there are plenty of reasons why this age group should be encouraged to give it a try. The benefits of massage are well documented, among them relief of muscle tension, lowered stress hormones, increased sense of relaxation, improved immune function, and even a heightened ability to concentrate, according to studies conducted by the Touch Research Institute at the University of Miami School of Medicine. But for teenagers, there's an additional payback.

The teenage body is in the midst of transformation -- exponential growth and development in a rapid period of time. On the physical side, teens may be at increased risk for aches, pains, and injury. Many teens strain their bodies with competitive sports, get erratic sleep, and consume a less-than-optimal diet. Massage can help muscles recover from overuse, and help balance the body and maintain that stability.

Perhaps even more crucial, teen massage can help improve body image and sleep patterns, and contribute to decreased depression, anxiety, and stress. This keeps a teen connected to her body, even as it morphs in confounding ways. "Many teens are self-conscious, and not happy with their bodies," says Eeris Kallil, massage therapist and shiatsu instructor at the Boulder College of Massage Therapy, in Colorado. "Massage can help teens stay grounded." Bodywork has also been reported to help mediate eating disorders, a growing concern among teens.

Another potential plus: A beneficial, therapeutic relationship can develop between bodyworkers and teenagers during the years when adolescents need adult confidantes, but keep parents at a distance. The practitioner can become a supportive, trusted adult in a teen's life. And the session itself, according to Kallil, can be a way to deal with all the physical and emotional turmoil of this tender age.



Massage eases teen depression and anxiety.

The Power of Tea Tree Oil

Is your medicine cabinet full of ointments, oils, and creams that each treats one specific ailment? Maybe you can cut down on some of the clutter by adding nature's own wonder drug, tea tree oil, instead.

What is Tea Tree Oil

Produced in Australia from the tree *M. alternifolia*, tea tree oil acts as an antiseptic, fungicide, insect deterrent, and more. It has been used in Australia by aborigines for generations and, since the country's colonization, has spread to the rest of the world.

Tea tree oil, which can be found as an essential oil as well as in creams, ointments, shampoo, and even toothpaste, can be used to treat a staggering variety of conditions, including: acne, arthritis, athlete's foot,

burns, cuts, dandruff, eczema, gingivitis, infection, insect bites and stings, lice, muscle sprains, psoriasis, and rashes. And that's just a partial list!

Potential Benefits

The exact cause of tea tree oil's effectiveness is difficult to ascertain, and researchers are still looking into just how much the natural remedy can do for us. Newer studies have looked at its ability to stop the spread of sometimes-deadly methicillin-resistant staphylococcus aureus in hospitals.

Use Safely

While there are plenty of benefits to using tea tree oil, its strength can also be problematic, even dangerous. The Mayo Clinic advises that it's not safe to ingest or take tea tree oil internally, and it is considered particularly harmful if

ingested by pets.

Also, like most natural remedies, the US Food and Drug Administration does not regulate tea tree oil as it does other medicines, leaving no standard quality of tea tree oil products. And, while many people enthusiastically support tea tree oil, it is no substitute for professional medical care.

Yet, many people agree that, if nothing else, tea tree oil should be a part of your first aid kit in case of bites, burns, or scrapes. But who knows? You might find yourself using it for much more than that.

Joy is what happens to us when we allow ourselves to recognize how good things really are.

-M. Williamson

As readers of our Newsletter, we like to give you the first peeks of the happenings at Ohana Therapeutic Massage. Check out below for the latest news!

WeGiveBack September Honorees!

This month we are super excited to give back to a group of people who take care of our community and all immediate challenges it can face. We're talking about First Responders! Law enforcement officers, EMTs, paramedics, and firefighters work day and night to make sure we are taken care of. It's time we take care of them! From September 11th-23rd, 25 First Responders can qualify to receive a FREE 30 minute massage at Ohana Therapeutic Massage! For more details or to schedule your free 30 minute massage, please call us at 218-263-1501.

FALL HOURS ARE HERE!

That means Saturday hours!! We are open on Saturday September 9th and 23rd from 9am-1pm. Call ASAP to get your appointment before they're gone!

Ohana Therapeutic Massage

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Member, **Associated Bodywork & Massage Professionals**