

# Thyme For Me/January

Aroma Therapies Spa/814-443-1217



Too cold to go outside, but too hard to resist the beautiful winter weather? Bring the winter season into the warmth of your home with the Ice Crystals diffuser blend. You will love how calming and serene this blend will be while bringing a cool scent reminiscent of winter's crystallization. Aromatouch, Balance and Deep Blue are all 10% off during January.



**Massage** is one of the earliest forms of healing. It is the simplest, most profound, most obvious and henceforth the most often overlooked, this is the therapy of TOUCH.

Most people in our society today treat their bodies in a way similar to their cars. They fuel them with whatever is handy and least expensive. They take great pains to keep them looking good, since good value is traditionally equated with outward appearance. Most people haven't the slightest idea how their car or body works, or the desire to know how or why or how to prevent breakdowns and functional failures. Fortunately for us, the automobile can have any or all parts replaced and the vehicle "magically" returns to life. If the vehicle becomes worn out, or heaven forbid—outdated, with a quick trip to the nearest dealer they have a new or at least a different vehicle. Our bodies are quite different from our

automobiles even though our attitudes towards them are not. Body parts are not easily if at all replaceable, and of course there are no trade—ins! Modern medicine has been offering a get healed quick form of medicine that in the long run has proven unsuccessful in providing us with a healthy society.

Our attitude towards our bodies, our health and our cars should be reflected in these wise words: An ounce of prevention is worth a pound of cure! Massage therapy can play a very important role here in the prevention of stress related diseases. Edgar Cayce, the “Sleeping Prophet” famous for his alternative home medications and therapies given in a state of trance, and one of the early leaders in wholistic health consciousness in America during the mid 1900’s, recommended massage therapy as a specific for preventative health care.

Today, more and more people in America and around the world are utilizing massage therapy as a means to increase health, maintain health, and enhance performance, such as in sports. Most professional athletes have their own personal massage therapist who works with them before

and after each workout and performance. Over the last several years, the sports massage therapist has gained a highly valued place in the athletic field here in America.

So, maybe your not about to set any world marathon records or head to the Olympics, does massage have anything to offer you? You better believe it! In this society, the touch of another human being is very limited. Mostly to your mate or children. It has been shown in scientific studies that touch deprivation is the cause of emotional upsets and depressions. This lack in our society is completely relieved by touch massage. A caring hand touching another body is the “magic” that we all need to help bring us through lifes trials and experiences.

Currently, the most common form of massage is the form called Swedish massage. This system was developed by Peter Ling of Sweden about 200 years ago. He integrated ancient oriental techniques dating back to 2700 BC with those principals of modern anatomy and physiology. Swedish massage utilizes several basic strokes applied to the muscle tissue. These applied in a manner of soothing strokes to quite vigorous

stimulation. All of the basic strokes are quite natural. Everyone develops their own unique way of working massage with people.

The results of massage are quite definite. First of all, the stroking of the muscle tissue generates a relaxation in the nervous system and correspondingly in the muscle system. From the stress and tension of daily life it is not uncommon that some muscles remain in a state of tension even when the body is asleep. This does not make for a very restful sleep. During massage the body is literally being trained to relax. Also, massage stimulates the lymphatic system which directly help the body's immune and elimination system.

When you get a massage, your therapist is in touch with the largest organ in the body, the skin. Besides protecting the internal systems of the body, the skin has the important function of absorption, assimilation and elimination. During massage, the body is absorbing any massage oils used which is a specific therapy in itself.

Another facet of massage is the energy exchange and alteration. There is a field of energy that flows through and around the body. There

are many names for this force. I will call it Life Force Energy. The body besides flesh and blood is made up of an electromagnetic energy field. The current runs along specific lines or grids. These are called meridians. On these meridians are circuits. When one of these circuits is blocked or disrupted an imbalance occurs. If this imbalance is not corrected, a physical manifestation will occur which shows up as a disease in the body system. There are many things that can cause these imbalances and they can be generated either physically, emotionally, or mentally. It is likened to an electric line which has been cut. When you fix the break the current can flow smoothly again.

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#### Olive Chamomile Oil

6 oz. Olive Oil

1/2 oz. Chamomile Flowers

( I have these at the spa if you need some )

In a clear jar combine the chamomile flowers and the olive oil. Set the jar in the sun for a few days. Remove the chamomile flowers by carefully pouring your oil blend through cheesecloth. Squeeze out the cheese cloth and throw it away. Put your oil into a bottle with a narrow stem. Also, add one 400 IU of Vitamin E to preserve it. Just break open a capsule and put it right into your oil blend. This is an outstanding blend to use in the winter to help dry and chapped skin.