



Newsletter / February 2011

If you haven't been active this winter, or if you have done your fair share of snow shoveling, you may find yourself feeling stiff, tight, out of shape and lacking energy. Now is the time to start tuning up your body, mind and spirit.

Tune up your body: It's time to exercise and stretch. There cannot be enough said about stretching. Tree of Life Massage & Wellness can help you stretch, can show you how to stretch and can even stretch you if you don't want to stretch yourself. Stretching will relieve most aches & pains. It is also time to start setting some healthy goals for your wellness program. If you don't have a program, I can help you set one up. Now is the time to think about getting regular therapeutic massages to help stretch those tight muscles, relieve the aches & pains and keep you feeling great.

Tune up your mind: Attitude is everything. If you have a negative attitude about life, it will have a negative effect on your health. Positive attitudes replace negative ones and good thoughts will make you happy and give you joy. Your mind is a battlefield. You can either win the battle or lose it. Life is a great journey with many surprises, gifts and opportunities. If you can't see the forest through the trees then you need to take some quality quiet time to relax, clear your head and start fresh. This is what a massage in my office can do for you. It is a quiet haven in the midst of a hectic world. Unwind, relax and refresh with a nurturing massage or CranioSacral therapy. You will feel much better.

Tune up your spirit: Your spirit is what guides you through your journey in life. If you are not in tune with your spirit then you need to find out what your purpose in life is. You need to align your spirit with God's because He is the creator of heaven and earth, and you. You are made in the image of God. That is a heavy concept to grasp, but true, so think of what that means and you can achieve anything you want to. A therapeutic massage will connect your body, mind and spirit with each and connect you with your beautiful self and the universe. CranioSacral therapy will help you to connect the dots.

SPECIAL TO THE END OF THE MONTH
EXPERIENCE CRANIOSACRAL THERAPY

DEEP RELAXATION FROM THE CORE REVIVING YOUR ENERGY AND RELIEVING YOUR TENSION
HANDS ON LIGHT TOUCH THERAPY FROM TAILBONE TO HEAD
FULLY CLOTHED, FULLY RELAXED

ONE HOUR \$60
NOW! SAVE \$10 - ONLY \$50
OFFER ENDS 2/28

Your health and well-being is my concern.

SUSAN HETRICK, NCTMB
TREE OF LIFE MASSAGE & WELLNESS

www.treeoflifemassage.net

609-384-6475