

Our Peaceful Times

ISSUE #15: FROM PEACEFUL HEALING THERAPEUTIC MASSAGE 860-349-HEAL

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.-- Leo Buscaglia

IT'S THAT TIME OF YEAR!

Escape the crowds and give the gift of health and peace of mind this holiday season with Peaceful Healing gift certificates! And let your family and friends know about your own love of massage by putting us on your holiday wish list!

All our certificates (like our normal sessions) are available in 15, 30, 60, and 90-minute sessions. Gift certificates are personalized with calligraphy and hidden in an envelope with a copy of our brochure.

We offer individual certificates at our standard rates or in discounted packages. **Buy two certificates and get a third at HALF-PRICE, or buy four certificates and get the fifth one FREE!**

Package prices are:

3	30-minute sessions/certificates	=	\$87.50
3	60-minute sessions/certificates	=	\$150
5	30-minute sessions/certificates	=	\$140
5	60-minute sessions/certificates	=	\$240

Only 30-minute or longer sessions can be purchased with these package rates, and health insurance discounts cannot be used to adjust the price further. Health insurance discounts can only be used if the certificates are for other members of your family who are listed on YOUR health insurance policy. Insurance discounts can not be used if certificates are purchased for friends or co-workers.

SEASONAL AFFECTIVE DISORDER

For many, winter signals a drastic change in our bodies and minds as the amount of sunlight gradually dwindles and as we are forced to spend most of our time indoors due to the cold temperatures outside. Sometimes the changes include an increased need to eat and sleep, and/or depression.

Many scientific studies have shown that by increasing the amount of sunlight or man-made equivalents you are exposed to during the winter you can decrease these feelings. Many companies sell light boxes with special bulbs meant to simulate natural sunlight. You can also adjust your sleep cycle so you are awake during more of the naturally sunlit hours of the day.

If you find yourself more depressed during the wintertime, try light therapy (either with the natural sun or a

light box) and adjusting your sleep cycle. If that does not seem to work, please see a health professional for further help.

We also recommend brightening your home and yourself with cheerful, happy colors and scents. Lemon is known to have mood-lifting and invigorating qualities. Lavender is very calming and soothing.

BUNDLE UP!

Cold weather will be here soon, and with it dry air. When the air is very dry, moisture is robbed from our lungs and throat. Along with drinking water to keep your body hydrated, when going outside during the winter, wear a scarf or some other similar article of clothing to create a barrier of warm, moist air around your mouth and make breathing easier for your body.

It is also important to keep your body as warm as possible during the colder months when you go outside. Wear a warm jacket, mittens or gloves, and a hat so your body doesn't have to work as hard to keep itself warm. It is also recommended to dress in layers during the winter, especially if you are going in and out of the weather frequently. This means that when you're inside you can peel off the layers as your body adjusts to the warmer temperature.

Lastly, make sure you have good winter boots to wear when you are out in the snow. Keeping your feet warm as well as providing yourself with solid footing when it's slippery out will reduce the risk of a fall. Even if where you are walking is clear of snow, we recommend carrying your work shoes with you and at least wearing sneakers, hiking boots, or the like when going outside. Oftentimes, the ground has little patches of ice which can also result in a fall. We don't like to see our patients come in with broken limbs or wrenched muscles because they lost their footing.

Please be careful this winter season!

THE GIFT OF GIVING

Don't forget to help those less fortunate by donating clothing, food, and other essentials. Peaceful Healing is proud of our patients' generosity throughout the years and encourages everyone to bring in a donation of three or more items (or two large items) to help out people and animals and, in exchange, we will give a discount of \$5 off your session. (Sorry, we cannot combine health insurance discounts and our Discounts For Donations program.)

We work with the soup kitchen DePaul Place in Middletown for donations of people food and clothing, and Cause For Paws (Durham/Middlefield), Catales (Middletown), and Animal Haven (North Haven) for pet food and blankets.

Happy Holidays! Jenn & Jamie