

# Our Peaceful Times

ISSUE #21: FROM PEACEFUL HEALING THERAPEUTIC MASSAGE 860-349-HEAL

## TEN YEARS OF PEACEFUL HEALING

Ten years ago we devoted our lives to helping people by opening Peaceful Healing Therapeutic. As state licensed, nationally certified massage therapists, it has been our job to ease pain, aid recovery from illness and injury, promote good health, and help people manage their stress and anxiety so they can find peace of mind. A decade later, our profession is still the most rewarding part of our lives. To have someone walk into our office in pain, and watch them leave with a smile on their face warms our hearts and assures us that in some small way we are making a difference.

During the years we have operated Peaceful Healing, we have learned a lot from life and our patients, which has in turn helped us become better therapists and people. From the experience of working with thousands of patients to attending regular continuing education workshops, we are constantly finding better ways to help the body and mind heal. As we live, grow, and evolve so does our work.

The most challenging part of being a massage therapist is educating people about this form of healthcare. Therapeutic massage isn't some new "alternative" therapy, it isn't a luxury for rich people, and it doesn't merely feel good. Massage has been studied extensively at institutions such as the Miami School of Medicine and was proved to be a way to promote the healing of muscles, soft tissue, illness, stress and anxiety; a boost the immune system; and so much more. All it takes is one session for people to understand what massage therapy is and is not.

Our Peaceful Healing practice has also allowed us an opportunity to give back to the community by offering a sliding fee scale for people with limited means, because we believe everyone, rich or poor, deserves to be healthy. We also offer patients discounts on their session for bringing in food, clothing, and necessities for worthwhile institutions like Saint Vincent DePaul shelter in Middletown and Animal Haven in North Haven. This way people can care for others as they care for themselves.

To commemorate Peaceful Healing Therapeutic Massage's 10th Anniversary, we have completely renovated our office. We wanted the new carpet, paint, and décor to create a beautiful, warm, welcoming environment where patients can escape their demanding lives, relax, and heal. So whether you've visited us in the past or have always wanted to learn about the benefits of therapeutic massage, phone us at 860-349-HEAL to talk to one of our therapists and schedule an appointment or visit our website at [www.peaceful-healing.com](http://www.peaceful-healing.com). We are always happy to answer questions and help you in any way we can.

## TENTH ANNIVERSARY GIFT TO YOU

In celebration of our tenth anniversary and as a special thank you gift to our patients, we will be sending out a postcard good for a free half-hour session during the month of your birthday. (For those born in January or February, you may use your postcard during both January and February since our office is closed during portions of those months.) The free half-hour session can be used on its own or may also be used to reduce the cost of a 60-minute or 90-minute session (based on either our regular rates or the rate you pay using your health insurance discount, whichever is lower).

## RATE UPDATE

We were informed recently that we've had the same rates for the past ten years, since our practice opened, and our current prices are well below the norm. So as of March 1st we'll be updating our prices. Don't worry, they're STILL lower than other therapists, just a bit more reasonable. Those of you using your **health insurance discount** to pay for your session will not see a change in your session rates. (Only ConnectiCare policyholders will see a slight increase in their session cost.) We also still offer our **Discounts For Donations** program, and our sliding fee scale, so there's still many ways we can work with you.

The new rates will be as follows:

15 minutes . . .	\$20	60 minutes . . .	\$65
30 minutes . . .	\$35	90 minutes . . .	\$90
45 minutes . . .	\$55		

And for those of you who purchase our 5-session package (buy 4, get 1 free), these will be your new rates:

30-minute session package . . .	\$140
60-minute session package . . .	\$260
90-minute session package . . .	\$360

## SPRINGTIME

Spring is just around the corner, and for many of you, this means long hours in your yards cleaning up the debris of winter and preparing your gardens for the year ahead. Spending time outdoors is a wonderful way to spend your day, and we recommend that you enjoy the warmer weather and working out in nature. However, please remember to break up your day so you don't overtax your muscles and put yourself in pain. Take many breaks, stretch your body, and vary the tasks you do so you aren't holding yourself in one position or using one set of muscles for an overly extended amount of time. And don't forget sunblock to protect your skin from getting burned!

Enjoy!

*Peace, Love, Health, and Happiness to all.*

*Jenn & Jamie*