



# Tranquility In Motion Newsletter

[www.tranquilityinmotion.net](http://www.tranquilityinmotion.net)  
(mobile friendly)

April 2017 Issue

## New Modality Offered

As you know, I took a continuing education class on Hawaiian Lomi Lomi massage in March. It was an amazing experience and I am very excited to offer this modality to all of you!



*I will be working at least 1 Saturday a month, it will not be on the online calendar so contact me to schedule! This month is April 8<sup>th</sup>.*

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### 1. Why do a Lomi session versus a “normal” massage?

The way the therapist moves around the body is called “flying” and as the client you respond by relaxing on a deeper level – mind, body & spirit are all affected. Based on science, if you break us all down to our tiniest particles, we are all made of energy (atoms which are moving) and throughout the course of life we can form imbalances in that energy flow. Science has also recently confirmed that we store emotions throughout the body and not just in the mind. Some people might experience immense joy, some might experience sadness, some might cry while others just find themselves in a completely relaxed state and snoring. You will just have to try one for yourself to know for sure. It’s now my favorite to get as well as to give. Lomi massage combines all my 12 years of experience (like my customized massage) and then some.



*Make sure to  
Check out  
my Facebook  
page for tips  
on staying  
loose in-  
between  
your  
Massages!*

<https://www.facebook.com/tranquilityinmotion>

***Even if you don't  
have Facebook,  
you can see my  
page/posts.***

## **2. Are you just laying there naked?**

No, there is less draping/covering of the body for a Lomi massage but your essentials are still covered. In our western culture, massage is more compartmentalized. We undrape the back and work on the back, re-drape or cover the back before moving to one leg, and so on. In Lomi massage, we move around the whole body continuously throughout the session. It's very connecting and makes you feel whole and very safe. As always, you are in control of what happens to your body. I can work around the sheet if that helps you to be more at ease. Relaxation is still at the heart of getting massage.

## **3. Is Lomi massage more sexual?**

No, it is still a therapeutic massage modality and has nothing to do with sex. I will never perform anything other than a professional massage in my business. The body is treated as just that – a body. For example, the butt is just the top of the thigh/bottom of the back. It has 12 muscles in it, making it the largest muscle group in the body. Therapists look at the body as a collection of muscles, soft tissues, connective tissues, blood, bones, etc. It's not about breasts and butts, but about where the muscle attaches and how those muscles move the joints, bones, and body as a whole.

## **4. Who can take a Lomi class?**

You do not have to be a massage therapist. So if you are looking for a fantastic class to learn something new & interesting, travel to a new city/state (they have classes everywhere including in Hawaii) and also get to experience this massage every day of class then I highly recommend it. Then we can trade services and both get to enjoy the benefits 😊 There is more than one style of Lomi massage, so if you're interested in the same style of Hawaiian Lomi Lomi that I learned, click this link <https://www.sacredlomi.com/>

**If you have any questions, please don't hesitate to ask.**

# Prices increasing May 2017

Prices will be evaluated and adjusted accordingly, due to rising costs for me and the market value of the services I provide. Notice that I have gotten rid of my larger packages. While it is good to have many options for clients to choose from, within a small business it can be a challenge to balance finances when large sales are made and then basically having little to no income for months. I do hope you can understand that. I will still honor all gift certificates purchased prior to the change in price.



**Happy Birthday!!**

**All Clients receive a FREE 30-minute upgrade to a massage of their choosing (get an hour for the cost of a half hour, etc.) any day within the month of your birthday.**

## ½ Hour Customized Massage

5 Pack (Buy 4, Get the 5<sup>th</sup> for 50% off)

**\$37 per massage**

\$166 per package

## 1 Hour Customized Massage

5 Pack (Buy 4, Get the 5<sup>th</sup> for 50% off)

**\$65 per massage**

\$292 per package

## 1 ½ Hour Customized Massage

5 Pack (Buy 4, Get the 5<sup>th</sup> for 50% off)

**\$95 per massage**

\$427 per package

## 2 Hour Customized Massage

5 Pack (Buy 4, Get the 5<sup>th</sup> for 50% off)

**\$125 per massage**

\$562 per package

## Hawaiian Lomi Massage (2-hour session)

5 Pack (Buy 4, Get the 5<sup>th</sup> for 50% off)

**\$140 per massage**

\$630 per package

## Energy Work (not like a "hands-on" massage)

30 minute Reiki session

\$25 per session

5 Pack

\$112 per package

60 minute Reiki session

\$50 per session

5 Pack

\$225 per package

## Couples Massage Class

**\$150 per session/class**

Price is for 1 Couple (2 people); This class is approximately 3 hours long, it is a private class just for you and your loved one (just 1 couple at a time). Learn about different types of massage, differences in lotions/oils, specific techniques, learn how to help your loved one without hurting your own hands! Both individuals will get the chance to be on the table receiving massage and both individuals will get the chance to be the Therapist working with me/learning how to give each other a great massage.

## Welcome in the Sunshine...

With the sunshine, comes more outdoor activities for most of us which means making sure your stay hydrated if you're going to be outside for longer periods of time. I've noticed a change in the dryness of my skin already, so I know it's time to increase my water intake.

If you are a flipflop lover like I am, please take a few minutes to stop into the bathroom prior to your massage session. There is a shower where you can rinse off the dirt and/or stink of your feet before getting on the massage table.



If you are a gardener, please do yourself a favor and check out the “stretches” tab on my website <http://tranquilityinmotion.net/stretchers>. Being hunched over, working in the garden is some hard work and taking just a few minutes to stretch afterwards will be so helpful in preventing injuries/reducing how sore you become.

## Current Specials

I still have my year-round specials:

**Referral Discount**

**Birthday Upgrade**

**First Responder / Military Special**

**Frequent Flier Discount**

For more information about each of these, check out the “Specials” tab on my website <http://tranquilityinmotion.net/specials>



If you click the address within the text link or email, it will pull up Google Maps to show you exactly how to get to my office.