



Tranquility In Motion

Newsletter

www.tranquilityinmotion.net
(mobile friendly)

May 2017 Issue

Why Massage Feels So Good...

Getting a massage feels amazing. In fact, you begin feeling better before the therapist even enters the room. You're in a dark, quiet space surrounded by calming music and soothing scents. The cool sheets feel smooth on your bare skin. And once your massage starts, all that tied up tension and stress begins to get released through the power of touch. Why does it feel so good? Find out what's happening inside your body and brain that makes this touch therapy so satisfying.

Your awareness shifts.

As you settle onto the massage table, remaining still, you can focus on the rhythm of your own breath, quieting your mind and letting your thoughts pass by. You're truly engaging in the moment—otherwise known as mindfulness. Mindfulness is a state of awareness that brings your attention to the present situation and helps regulate emotions and boost body awareness. When you're practicing mindfulness, the areas of your brain associated with emotions—particularly the insula and prefrontal cortex—become less active, causing you to become less *reactive*. You're able to detach your feelings and just observe your thought process as you remain engaged in the current experience.

Your brain releases feel-good chemicals and pain diminishes.

The therapist's touch causes an immediate reaction in your brain. As soon as your skin's nerve cells feel pressure, they signal the brain to release feel-good chemicals called endorphins, which boost your mood and give you a natural high. As a result, stress hormones cortisol and adrenaline begin to decrease and the overall effect is one of euphoria and bliss.

***Thank You
for your
Continued
Business!***

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

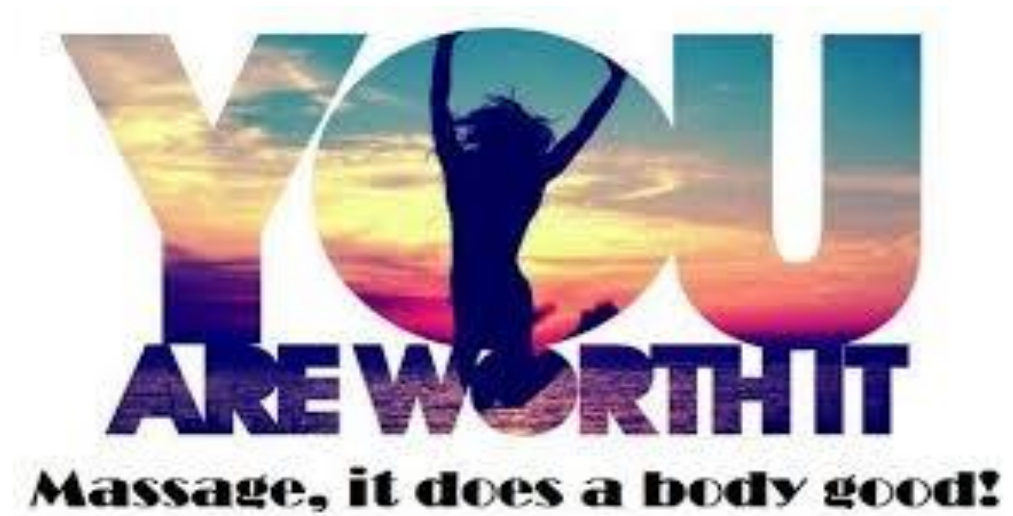
<https://www.facebook.com/tranquilityinmotion>

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

If you have real aches or pains, the morphine-like effect from the endorphins will help diminish them by blocking pain signals from the brain. And if your muscles are sore after a rigorous workout, a good rubdown will actually help them heal faster. Researchers found that massage decreases the inflammation caused by exercise and increases the occurrence of cell repair.

Your brain responds to smells and aromas.

Many massage professionals use aromatherapy during their treatments by applying fragrant essential oils to your bare skin. These oils complement the therapist's soothing touch and they smell good, but they also stimulate specific brain activity. Grapefruit oil can encourage the production of enkephalins, neurotransmitters that act as natural painkillers, while the oil from marjoram can boost your levels of serotonin, helping you feel calm. Lavender is one of the most familiar oils and is known to promote relaxation and sleepiness. And oil extracted from the tropical plant ylang-ylang triggers the release of those feel-good endorphins mentioned earlier. Try using essential oils at home by drizzling your favorite into a bath or adding it to your unscented body lotion. As the oil combines with the hot water or the heat of your skin, its scent intensifies.



Your body and mind are able to function better.

We often think we can feel the tension literally being worked out of our muscles, and that's pretty close to what's happening when we get a massage. The pressure from the therapist's hand movements comes into play again, improving your circulation by moving blood more efficiently and releasing cell waste—like worn-out proteins—faster than your body does naturally.

And your mind gets a bit of a clean sweep as well. Researchers have found that just a 15-minutes can help you to think more clearly and improve your alertness.

From: <https://www.canyonranch.com/blog/health/why-massage-feels-so-good/>

Prices increasing May 2017

- I will still honor ALL gift certificates purchased prior to the price change (May 1, 2017) as a paid-in-full massage - as long as it's still within the expiration date of course.

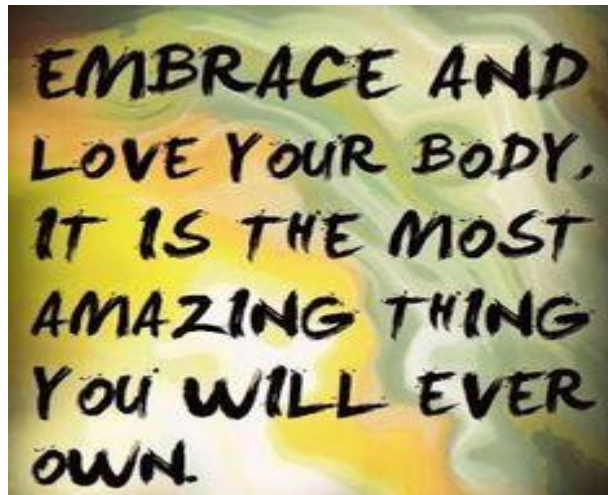
- If you take advantage of the frequent flier program (which is \$20 OFF each session), you will still get the discount after the price change - for example an hour session will now be \$45 instead of \$40.

As always, if you have any questions, please don't hesitate to ask. I thank you for your continued business!



**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.*



Current Specials

I still have all my year-round specials:

Referral Discount

- Instead of putting money into Marketing, I'd rather pass some savings on to you. Refer only 1 friend (who books an appointment & comes in) to get \$20 off the regular price of your next session. It's that simple!



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.

First Responder / Military Special

- Simply show your ID to get \$10 off a single 60-minute Massage or \$15 off a single 90-minute Massage
- talk to me if you are interested in buying a package (for a discounted price)

Frequent Flier Discount

- To help encourage clients to take better care of their bodies I've come up with a great incentive. If you schedule a recurring bi-weekly appointment or schedule/come in at least twice in a month - take \$20 OFF each session (must be a minimum of a 60-minute appointment). Talk to me about how to set up a recurring appointment or schedule in advance at least 2 massages in a month to take advantage of this great deal.
- this deal is for 1 person, cannot share with another person (you come in 1 time and your spouse comes in the other in the month)
- cannot be purchased in advance, consider a package if you'd like to prepay

I may have a new Special/discount for June or July, I'm still working on the details. For more information about any specials I offer, check out the "Specials" tab on my website <http://tranquilityinmotion.net/specials>