

Connecting Touch News

“Healthy Living Through Healthy Touch”

August 2010

About our new e-newsletter... I will be sending it out the first of each month. I have included only the individuals who have expressed interest in receiving email from us. If you do not want to receive it, contact me at jack@connectingtouch.com, and I will promptly remove you from our email list. If you would like to share this newsletter with your friends, please feel free to do so. You can access a printer-friendly version of our newsletter (as well as prior newsletters) at <http://www.connectingtouch.com/newsletter/>.

And as always, I thank you for your continued support and encouragement.

Jack Hayes

Back to School time...



...and time to treat yourself to a relaxing massage from Connecting Touch!!

Featured Business of the Month



Doggy GoGo and Kitty GaGa is a full service pet grooming salon. They have professionally trained Pet Stylists who are passionate in the overall well-being of animals. They are committed to pampering your pets with all-natural and high-quality products. They strive to transcend the routine grooming experience by establishing a caring and loving relationship with your pets in a safe and enjoyable environment.

For the dogs: “Dogs are not our whole life, but they make our lives whole.”-Roger Caras. When it’s their grooming time, they are the center of our world. At Doggy GoGo, they are getting all the love, attention and praise they deserve.

For the cats: Cat grooming requires different, more specialized, skills than grooming dogs. At Kitty GaGa, they have Ohio’s first 2 Certified Feline Master Groomers awarded by the National Cat Groomers Institute of America to ensure the proper grooming that is essential for the cat’s uniqueness. “A groomed cat is a happy cat”.

3592 Darrow Road

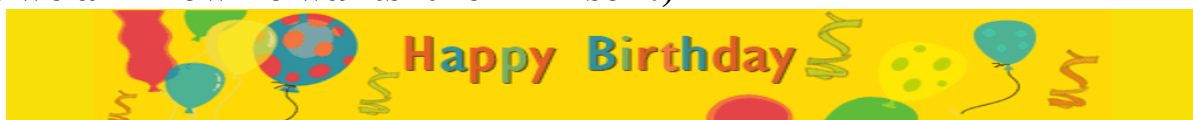
Stow Ohio 44224

330-688-2680

www.doggygogo.net

Happy "Sweet 16" Birthday to Connecting Touch!

And back by popular demand (well, Jack's), we will have birthday cake on August 31!!!! (Jack says he wants to have cake here for our clients, but we all know he wants it for himself!)



~“Sweet 16” Birthday Sale~

~16Th Birthday-16% Off-16Days

- **When:** August 16-Aug 31 (16 days)
- **What:** 16% off all massage gift certificates
 - Can be used for yourself or to give away as gifts. Or save them until Christmas and give them as stocking stuffers! (As with all our gift certificates, there is no expiration date).
- **Where:** We give you 3 convenient ways to purchase!
 - At our office at 960 Graham Rd.
 - Internet: print your own gift certificates at <http://www.connectingtouch.com/gift-certificates/> and follow the instructions to activate.
 - By phone 330-945-9354. We can mail the certificates to you or keep them here in your file.
- **Why:** *To thank you for your continued support.*

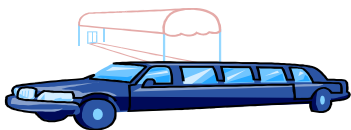


Did we mention that there will be Birthday cake on August 31?



This sale runs from August 16 through August 31, 2011. The massage gift certificates are for future use and can not be used on the same day as purchased. Not valid with any other discounts.

A little about stretching



Not stretch...



...stretching

Stretching for Health

Stretching helps you feel and look better, gives you more energy, relieves tension and helps prevent injury by improving flexibility. Start a stretching regimen today. It will support you in attaining your fitness goals with greater ease and comfort.

Never force the stretch. Stretch smoothly and gently. Let pain be your guide. If it hurts, you are not stretching properly. **The goal of stretching is to increase flexibility, not create pain.**

Remember to breathe. Exhale as you stretch, then inhale as you hold the position, allowing muscles to relax and release. As you exhale increase the stretch slightly. **Never hold your breath;** relax and breathe.

Stretch to prevent injury. Inflexible muscles are unable to compensate for sudden movements and are prone to strains (micro tears to muscle tissue) and pulls.

Stretch your range of motion. Lack of flexibility in a muscle produces tension, thus constricting freedom of movement. This creates imbalances with opposing muscles, leading to structural stress and even skeletal distortion.

If you experience sharp pain, consult an appropriate health care professional to ascertain the cause.

Massage Therapy and Pregnancy



If babies arrived this way, you would never need a massage therapist to help alleviate the discomfort of pregnancy. But unfortunately, babies do not arrive this way, and that is where Connecting Touch comes in. Massage therapy helps to minimize stress, promote relaxation and prepare the muscles for child birth.

During pregnancy, a woman's body undergoes tremendous changes. Some of the by-products of these changes result in a number of uncomfortable conditions. Massage therapy during pregnancy helps relieve many of those complaints through the positive physiological effects of soft tissue manipulation.

Pregnancy massage is designed to help relieve particular conditions, including the following:

- Low back pain
- Swelling of hands and feet
- Headaches
- Calf cramps
- Insomnia
- Sciatic pain
- Sinus congestion

We have a special pillow, called the Prego Pillow, which enables you to be more comfortable and even lie on your stomach comfortably. Be sure to ask about it when you schedule your pregnancy massage.

In most instances, pregnancy massage can be received safely. At times, there are reasons not to receive massage or precautions that your massage therapist should take. It is therefore recommended that you consult with your primary health care provider prior to receiving pregnancy massage.

Information from Benefits of Massage During Pregnancy written by Patricia J Benjamin, PhD.

If you haven't yet, remember to "**Like**" us on [Facebook](#). We post timely information there that we do not email out. (I respect your time and I do not want to send out too many emails). Just go to the [Connecting Touch Therapy & Wellness Center Facebook](#) page and click "Like."

Thank you for all your support!

Is massage right for you? **YES!!**

A monthly massage from Connecting Touch:

- **Helps you stay active and healthy.**
- **Improves your overall health.**
- **Increases your immune system.**
- **Gives you that “mental health break” that we all need!**

And to make it easier on your budget to come in more frequently, we have a couple of ways to save money.

Discount Packages

Save 10%

Buy 9 Massage Gift Certificates and get the 10th FREE!

And receive 5 free paraffin hand treatments (\$60 value)

10 Half-Hour Massages.....	\$405.00 (Save \$45.00)
10 One-Hour Massages.....	\$675.00 (Save \$75.00)
10 1½-Hour Massages.....	\$873.00 (Save \$97.00)

Save 5%

And receive 2 paraffin hand treatments (\$24 value)

5 Half-Hour Massages.....	\$213.75 (Save \$11.25)
5 One-Hour Massages.....	\$356.25 (Save \$18.75)
5 1½-Hour Massages.....	\$460.75 (Save \$24.25)

As with all of our massage therapy treatments, sales tax must be charged on all non-prescribed treatments.

~Staff~

Massage Therapists

Cindy Apthorpe

Michael Hale

Lisa Kovacevich

Jack Hayes

Ryan Weeden

Reiki Master

Ed Coyle

Office Staff

Jack Hayes... President

Katie Jernigan... General Manager

Nikki Hayes... Office Manager

~About Connecting Touch~

Opened in 1995, we employ only individuals who are licensed by the State Medical Board of Ohio or certified in their field of practice, thus providing a high level of service.

We are open 6 days a week.

Hours.....Monday–Saturday 9:00am to 6:00pm

Last massage appointments are scheduled for 6:30pm Monday-Friday and 5:00 Saturday.

Connecting Touch

Therapy & Wellness Center, Inc.

960 Graham Road

Cuyahoga Falls, Ohio 44221

330-945-9354

800-565-2926

www.connectingtouch.com

**Fox 8 Hot List Winner for Best Massage
Akron/Canton Area 2008, 2009, 2010 & 2011!**