

IN TOUCH

S U M M E R 2 0 0 4

SUMMER TREATS

6 HANDS

As a student of Jin Shin Do, I am participating in clinic days that can be a part of your self care. We, as students of Acupressure, practice under the supervision of our instructor on clients who may or may not have experienced this type of work. Three of us will be working on you at the same time, practicing/learning different aspects of this wonderful modality that incorporates the Mind, Body, Spirit connection.

If you are interested in lying on the table, fully clothed with three or four people working with you simultaneously, please contact me for an intake form. The cost is \$50.00 for approximately one hour of work and the dates available are Sunday, July 18 and Saturday, August 14. You will be scheduled for 9:30A, 11A, 2P or 3:30PM, first come, first choice of time.

I have received six handed Jin Shin Do and know it as an awesome experience. With so much focused energy from several therapists at the same time, it was like receiving several hours of work... happening in a timeless event and left me with feelings of wonderful healing change. Contact me or my instructor, Steve Sommers (231-7134) for more information.

WOUND TREATMENT

Several of my clients have experienced surgery in the past few months and are doing well as they follow doctor's orders for rehabilitation and physical therapy. I have developed a new product for the Scentered™ product line to use on the scars, or any wound to promote quick healing and minimal scarring. Made with all natural oil and/or plant butters and pure essential oils, this two step process has antibacterial, anti-viral, anti-fungal elements that have also been known to stimulate new cell growth and help bring balance. Step two is a combination of oils that keep the healing wound soft, supple and promotes healing with minimal scarring. Available now.

Anecdote: A friend had gotten some of the Wound Treatment to apply to a small cut she had. She also put a dab on a chigger bite just to see what would happen. She says it stopped itching almost immediately and began to heal.

SUMMER MONTHS

With the summer months and long days of day light, I know everyone's schedule is constantly changing. My office hours are the same, Monday through half day Saturday, first client at 9AM, last appointment at 7PM. I am teaching on Tuesday evenings and unavailable for appointments. Call to reserve your time.

It has been very hot since April and May and the summer promises to continue to be unseasonably hot and humid. Remember to drink plenty of water, keep your body hydrated and use sun screen when needed. Maintaining fluids can assist your body's immune system, keep your energy level high and promote mental clarity. Enjoy!

MICRO PIGMENTATION

My friend Lee Ann Massa has moved to North Carolina and become certified in micro-pigmentation. Better known as permanent make-up, these treatments are a gift of time and focus to those of us who are not fashion conscious. Lee Ann returns to Nashville about once a month and will make herself available for treatments by appointment. Email or phone and I will pass your contact information and questions on to her. It is not painful to receive; Lee Ann has a great understanding of how to use color and "less is more" to create a very natural look with the make up. I get out of the shower each morning and use a bit of moisturizer and I am "done". With eye accents and lip color that never has to be replaced, it saves me time and money/space for items I no longer have to purchase. Call me if you want to hear a testimonial.

Modalities Offered:

Acupressure

Craniosacral

Energy Release

Lymphatic Drainage

Neuromuscular Therapy

On-Site Chair Massage

Raindrop Therapy

Reflexology

Residential

Swedish

*Belva Cunningham, LMT
PO Box 150827
Nashville TN 37215
Telephone: 615-297-8183
Email: Belva@Belva.net
www.Belva.net*

BELVA

HUMAN TOUCH FOR THE SOUL