

IN TOUCH

S U M M E R 2 0 0 3

Acupressure
Craniosacral
Energy Release
Lymphatic Drainage
Neuromuscular Therapy
On-Site Chair Massage
Raindrop Therapy
Reflexology
Residential
Swedish

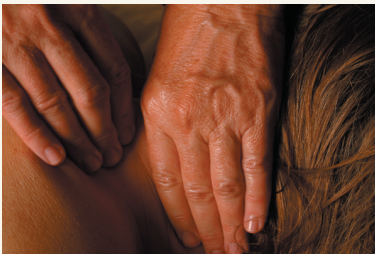
MAORI RETURN!

The Maori, the indigenous people of New Zealand, will be in Nashville September 4-12. I am not sure of the exact dates they will be working with me but it will probably be September

The Maori's work is absolutely wonderful. It's a awesome opportunity that can bring about life changes.

8, 9 & 10. If you are interested in a session with them on one of these dates, please contact me as soon as possible to get on the schedule. Their work is wonderful, sometimes very

deep tissue and no turning back. It can bring life changes. This is an awesome opportunity, and one that comes only every couple of years to Nashville.



SCENTERED

As you look to the fall, back to school, back to work, birthday's, thanks you's, or just a gift of a relaxing moment for yourself, don't forget the wellness products of the Scentered line. There are bath salts, good for most aches and a long soak, lip balms to soften those weathered lips and aire enlighteners to refresh yourself or the space where you spend a lot of time. These are great at your desk, in the home or in the car. I use them as a gentle mist on my face when I work in air conditioning or central heat, to fight dry skin.

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I have also blended some massage and essential oils to create some comforting mediums that support good skin health. As I use these on you in the massage sessions, you can choose a scent specific to your mood of the day and think about taking some home with you to use after a bath or as a skin softener. All are available at the new office.

END OF SUMMER BRINGS NEW BEGINNINGS

September and Fall still bring thoughts of new beginnings to my mind, more so than January and the start of a new year. Fall was always the beginning of a new school year, a marker in personal growth for me. This year is much the same. Moving into a new office space on August 1 has brought more excitement and anticipation of change than I had imagined. I moved only a couple of blocks away from my office of several years. I'm still in the Berry Hill neighborhood and yet it seems light years away. We are planning an open house this Fall, yet with all the changes we haven't settled on a date that is available to plan 'one more activity'.

I am sharing space with Touchworks, Eddie and Lindyne Bailey who are also licensed massage therapists. They have put a lot of planning and back breaking work into creating a comfortable, inviting, nurturing space for you to receive bodywork. The best news about my office being in this space is no front steps and a paved parking lot. For those who have trudged through the gravel and jumped mud puddles to get from the parking lot to then face the steep front steps at my other

"September and Fall still bring thoughts of new beginnings to my mind."

office, this should be a piece of cake. There is a three inch curb, but much easier to get into the treatment room.



Above is a map to help you find our new space, if there are any questions, please clarify directions as you set your next appointment. See you soon!

BELVA

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