



The Personal Touch

R & R Productions, Inc. Newsletter

Spring/Summer 2002

THE EFFECTS OF MASSAGE

Mission Statement:

To work together
for the good health
and well-being of our
clients and communities.

Visit our web site at

www.randrproductions.net

and leave a message in our
guestbook.

Click on "guestbook"

R&R Productions, Inc.

Revitalize Renew Rejoice Rejuvenate

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Wisconsin Registered Massage Therapist
Massage and Aerobics Instructor
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Reiki Master

Massage therapy is becoming more and more popular with the general public. The increase, according to the American Massage Therapy Association, is primarily due to the many physical, psychological and emotional effects of a massage.

The effects, however, do not always occur during every massage session. There are some factors that will determine which effects will occur, if any, such as, the physical, psychological and emotional conditions of the receiver, the receiver's openness to a massage, and the massage therapist techniques. Here are some massage effects that are beneficial to everyone.

Physical Effects

- Circulatory System - Increases local circulation, enhances venous return and reduces blood pressure
- Connective Tissue - Separates tissue and improves pliability of fascia
- Digestive System - Moves contents of the large intestines and improves digestion
- Endocrine System - Releases endorphins
- Immune System - Increases lymphatic flow and reduces stress
- Integumentary System - Stimulates sensory receptors in skin, increases sebaceous gland excretions, removes dead skin, increases superficial circulation, and adds moisture to the skin
- Muscular System - Relaxes muscles and relieves myofascial trigger points
- Nervous System - Reduces pain, increases relaxation and body awareness
- Skeletal System - Increases joint mobility and flexibility

Psychological and Emotional Effects

- Increases mental clarity
- Reduces anxiety
- Increases energy flow
- Releases unexpressed emotions
- Creates a feeling of well-being
- Increases awareness of the spirit, soul and body

Did you know?

Turkish Baths can still be found in some of the major cities of the world.

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Summer Specials

June Coupon

Save \$15

with a "Spa" Foot Treatment

This 90 minute session includes reflexology foot bubble soak and paraffin wax

Expires August 3, 2002

July Coupon

Save 10%

when you Book 2 or more one hour massages at the same time

Expires September 28, 2002

August Coupon

Save \$15

on a 1 1/2 hour massage

Expires October 31, 2002

Gift Certificates

Massage gift certificates are available year-round for any occasion. They are easy, practical, appreciated and a wonderful way for you to express gratitude and love to your family, friends, and co-workers.

Massage Packages

Save \$50 when you purchase five 1 1/2 hour massages

Save \$25 when you purchase five 1 hour massages