

# Rejuvenate with Christina

February Newsletter Edition 002



**February, the month of love... whether you celebrate Valentine's Day with a loved one or you boycott the day and everything associated with it, we can all give love to our bodies that work so hard to meet the demands we place on them everyday!!! Give back to yourself this month and schedule your massage today. Don't forget to book before Valentines day so you can pick up a gift certificate for your Valentine, contact Christina today!!!**

1

## GIFT CERTIFICATES

Gift Certificates are ready and available for purchase at your next appointment

2

## ESSENTIAL OIL OF THE MONTH

Jasmine Absolute  
Read more about jasmine in the wellness tip section

3

## RETAIL ITEMS

Comfy Co. sheets are now available, they will ship directly to you



### 1. Gift Certificates

avoid the stress of valentines day shopping and give the gift of massage



### 2. Jasmine Absolute

indulge with the elegant aroma of jasmine this month



### 3. Comfy Co. Sheets

take the comfort of the massage table home with you, ask Christina for details

Foam rolling continued... I hope you have had a chance to order your foam roller or dig yours out of the closet, and maybe by now you have tried the exercises from Edition 001.

To continue the most commonly asked questions about foam rolling: Is foam rolling really beneficial? You will begin to see the results of foam rolling, if you set up a consistent schedule, follow the wellness tips and exercises, and consult a professional. Foam rolling is recommended for active, healthy individuals looking for a little relief between massages.

**Wellness  
Tip  
Edition 002**

**When is it best to foam roll?** This depends on the person, but everyone should begin by using their roller once per day, 3-5 times per week. As you progress, begin to raise the frequency to 2 -4 times per day, morning, night, and before and after exercise. Set up a schedule or routine to help you stay consistent. It is also beneficial to roll before or after any activity that may be a pain or tension creator. You can also try rolling your IT band/TFL area before your massage.

**Should it hurt?** In some areas you may experience some pain or discomfort. It should be similar to a deep tissue massage. There is a difference in a good pain and a bad pain. The IT band /TFL area may be one area of high pain. If an area is very painful you can apply some peppermint oil, bio freeze, or something similar. This should make rolling more the area less painful. However, use caution doing this, the area now has less feeling. Remember to roll slowly and thoroughly!

Jasmine Absolute has many healing benefits. Here are a four benefits that relate to massage and make it ideal for your February treatment! Jasmine is: 1. Antispasmodic: relaxes muscle spasms and intestinal cramps as well as alleviates coughing, congestion, asthma, and breathlessness 2. Antidepressant: jasmine's uplifting makes you happy and causes the body to release hormones such as serotonin which actively fights depression and boosts your energy 3. Antiseptic: when inhaled jasmine can reduce respiratory infections and help relieve colds and coughs, it also has effective fungicidal, bactericidal, germicidal and antiviral properties 4. Sleep Aid: jasmine's sedative, antidepressant and expectorant properties make it great for reducing sleeplessness including signs of insomnia, making you more productive and more alert after receiving additional rest Other Fun Facts: Jasmine... can aid in milk production when breast feeding, help protect against breast tumors and cancer, assist in delaying symptoms of menopause, great for skin, eczema and dermatitis and has healing properties on wounds however it may not feel pleasant on cracked or open wounds, and it can help to diminish scars, it can also aid in alleviating narcotics and other addictions, and it has been known to be an aphrodisiac.



## Social Media

Have questions about essential oils? Go to the Facebook page and comment under the newsletter post. Your question may be highlighted in a future newsletter.

Participants will be entered in a drawing, and the winner will receive an essential oil! Don't forget to make your post  
\*\*\*must post in the month of February 2016\*\*\*  
\*\*\*drawing will be held first week of March\*\*\*

## Links

Jasmine Absolute:

<http://www.sourcevital.com/products/jasmine-absolute>

## Upcoming

The next edition, Edition 003, the wellness tip will explain the basic foundations of essential oils

## Schedule Your Massage Today!

Book your February massage as soon as possible, Christina will be **closed** and out of town **February 19-29, 2016** spots will book quickly, reserve yours now  
Schedule online at <http://www.vagaro.com/rejuvenatewithchristina>  
or email Christina at [rejuvenatewithchristina@gmail.com](mailto:rejuvenatewithchristina@gmail.com)

Thank you for reading...

I Hope to see you soon,

Christina