

mtj

massage therapy journal
keeping you in touch.

staying calm, finding peace

taking care of yourself and your clients
during the busy holiday season

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*plus helping clients
with jaw-related pain*

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www.amtamassage.org/rntj





BREATHE FREELY

If you've been a fan of Clear My Head herbal inhalation products, you'll be happy to know the oils, previously available only in .35-ounce roll-on bottles, are now being packaged in 2-ounce pump bottles as part of massage therapist Brenda Stansfield's new Spa Professionals line, which also includes a 5-pound jar of the detoxifying H₂O Aqua Therapy Salts (\$24.50). Stansfield created Clear My Head To Go oils in the pump bottles (2oz/\$20, with a minimum order of 2) for therapists to use on the chests and under the noses of clients to ease congestion during massage sessions. The blend of rosemary, eucalyptus, peppermint, lavender, tea tree, red thyme and ravensara in jojoba carrier oil can help open sinuses and boost the immune system. Clear My Head Ache (2oz/\$18, with a minimum order of 2) combines lavender and peppermint in jojoba and can be applied to the temples and the nape of the neck to help relieve the tension of headaches. If you sell products, your clients, after experiencing how effective the product is in a massage session, might want to purchase the roll-on version of either Clear My Head To Go (\$7,

minimum order of 12) or Clear My Head Ache (\$6, minimum order of 12). The H₂O Aqua Therapy Salts with Hawaiian red clay, eucalyptus, spearmint, peppermint and bergamot also come in tubes (4.73oz/\$4, minimum order of 12). A 24-tube display unit is also offered (\$12).

products: herbal inhalation, headache reliever.

AVAILABLE FROM CLEAR MY HEAD: www.clearmyhead.com; 937-293-2222; amusesings@aol.com.

PREGNANCY MASSAGE

Attention massage therapists who work with pregnant clients, as well as pregnant therapists: Naturaleco.com is an internet company that markets massage oils, homeopathic remedies and other products specifically for pregnancy. Their Faithful Feet Aromatic FootSpa Concentrate (12ml/\$34.95) combines grapefruit, ginger and litsea cubeba, an uplifting Chinese citrus with anti-inflammatory properties to support tired, swollen feet. Faithful Feet Massage Oil offers the concentrate diluted in

a carrier oil for foot massage and reflexology. I tried a foot soak with my tired and sore feet after a day of walking (since I don't have any pregnant friends or clients at the moment). My feet were pain-free and cloudlike afterward. Your pregnant clients will love this, especially in the 3rd trimester. Naturaleco's homeopathic remedies include StretchEasy Formula (360 tablets/\$21.95) to support healthy skin and connective tissue from the inside. This formula contains tissue salts, calcium fluoride, natrium

muraticum and calcium phosphate. For the outside, StretchEasy Massage Oil (\$36.95) with essential oils for skin care is also available. To support your clients through labor, Naturaleco also offers TranquilBirth Bath (\$26.95) for early labor, and HeavenlyLabor Massage Oil (\$29.95) for help with contractions.

AVAILABLE FROM NATURELECO.COM: www.naturaleco.com; 877-326-5439; info@naturaleco.com.