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The summer fun has begun! As you and your family travel and enjoy all the fun activities that summer brings, don't forget to take care of yourself. The busier you are, the harder your body has to work. Let's keep it working efficiently and prevent injury with massage. Schedule your session TODAY and make sure you are able to enjoy a pain free summer!!

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## Stretch It Out

Especially with the recent rise in popularity of Crossfit and boot camps, rigorous workouts and weight lifting are becoming "the norm" for so many people. What those people may not understand is the potential harm they can be causing their body. When you participate in these types of intense workouts there is a lot of quick, rigorous movement and very little

time focused on warming up muscles, stretching, and cooling down. There is nothing wrong with trying to build muscle, but there is a safe way to accomplish your goals. If you are not careful you can put immense pressure on your joints and even cause tearing in muscles. Any type of workout, even if it is not intense, is going to put stress on your body. This is very evident when you are not used to exercising and you wake up the next morning aching. Your muscles are tight and inflamed from working so hard, so it is important to get regular massages in order to lengthen and realign those muscles. Did you know that massage is a great way to relieve and even prevent DOMS (delayed onset muscle soreness)???. According to the American Massage Therapy Association (AMTA), massage acts to improve performance, reduce pain, prevent injury, encourage focus and shorten recovery time. If you are in the middle of or plan to start a workout routine you really need to incorporate massages in order to help your body heal in between workouts. When you are not fighting muscle tension you will find that your exercise routine will become easier and you will not experience as much recovery pain or tightness.

## **Choose optimal health and book a massage today!!!**

Follow the link below for more information about  
massage therapy for athletes

[Click Here](#)

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## **CHROMOTHERAPY**

**As you celebrate the red, white, and blue,  
don't forget that color therapy is now**

## available during sauna sessions!

Remember, infrared sauna therapy heals your body from the inside out by flushing toxins, promoting cell regeneration, reducing inflammation, and increasing circulation. Chromotherapy tunes the natural vibrations in your body to frequencies that promote healthy function.

**Start healing your body today with a relaxing session in the infrared sauna!**

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### Zum of the Month!!!

During July we want to celebrate summer by offering products that help cleanse and refresh. Lemongrass and Eucalyptus are wonderful for after a day at the beach, gym, or just the office and you want to freshen up. They are also soothing and make a great addition to the relaxing vibe of your vacation.

ALL Lemongrass and Eucalyptus products  
are **25% off** during the month of July!!!





Enjoy the 4th with this fun and festive trifle!  
Click the link below for the recipe.

### Recipe

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