



Celebrate Father's Day

A Healing Touch Therapeutic Massage

Our Dads work hard and deserve a chance to relax and unwind. Celebrate the Dads in your life this Father's Day with a massage and/or sauna gift certificate.

All Gift certificates will be presented in a gift bag.
Pick up your gift certificate today!

*The root of all health is in the brain.
The trunk of it is in emotion.
The braches and leaves are the body.
The flower of health blooms when all parts work together.
- Kurdish Folk Wisdom*

ZUM OF THE MONTH!

Our Zum product for June is Frankincense and Myrrh! What better way to celebrate Father's Day

than to pamper Dad and help him unwind with the warm, earthy tones of Frankincense and Myrrh.

25% off during June



Infrared Sauna News



We are SO excited to announce that we will be upgrading our infrared sauna with the addition of chromotherapy!

Chromotherapy is the science of using colors to adjust body vibrations to frequencies that result in health and harmony. Each color possesses

frequencies of a specific vibration, and each vibration is related to different physical symptoms.

Our bodies need the sun's light to live. And that light can actually be broken down into a seven color spectrum. An imbalance of any of those colors can manifest itself in physical and mental symptoms. Color therapy works on various energy points to help balance your body via the full spectrum of visible light, each color addressing a distinct need.

Call and schedule your session today to see for yourself how much chromotherapy can enhance your sauna experience!

Here is an overview of each color and it's benefits

Red

Red is believed to increase the pulse, raise blood pressure and increase the rate of breathing. Red would be applied to support circulatory and nervous functions.

Strong Pink

Strong pink acts as a cleanser, strengthening veins and arteries.

Pink

Pink activates and eliminates impurities in the blood stream.

Orange

Orange is a mixture of red and yellow. Activates and eliminates localized fat. Assists with asthma and bronchitis

Strong Yellow

Strong yellow strengthens the body and activates internal tissues.

Yellow

Yellow, the brightest color used in chromotherapy, has been used to purify the skin, help with indigestion, strengthen the nervous system, treat glandular diseases, hepatitis and lymphatic disorders and assist metabolism.

Green

Green, a color associated with harmony, provides a neutral, positive calming effect.

Strong Green

Strong green provides anti-infectious, anti-septic and regenerative stimulation.

Strong Blue

Strong blue lubricates joints, helps address stress, nervous tension and infections.

Blue

Blue promotes relaxation and calm. Blue exhibits tranquilizing qualities often used to relieve headaches and migraines, colds, stress, nervous tension, rheumatism, stomach pains, muscle cramps and liver disorders. Blue is thought to have a positive effect on all kinds of pain.

Indigo

Indigo is used to address conditions involving the eyes, ears and nose. It has a calming, sedative effect.

Violet

Violet is used to calm the nervous system, soothe organs and relax muscles. Violet has meditative qualities and is often used to treat conditions of the lymphatic system and spleen, as well as urinary disorders and psychosis.

All of the information on chromotherapy was derived from the Sunlighten website and is not original to A Healing Touch. Sunlighten's information on chromotherapy can be accessed by clicking on the button below .

Chromotherapy

WELCOME TO THE TEAM!

Thank you for your continued support of A Healing Touch Therapeutic Massage. We are very excited to introduce two new therapists to our wellness center.

Katelyn Ward has a degree in Therapeutic Massage and Bodywork from South Piedmont Community College and is certified in Swedish, Deep Tissue, Advanced Sports, Neuromuscular Therapy, and Spa Techniques and is educated in Fertility, Infant, Prenatal, and Oncology Massage. With a passion for massage and a gentle spirit, Katelyn brings a truly therapeutic energy into every session. She is very attentive to her clients' needs and helping to resolve the problems, not just the symptoms. Katelyn began contracting with us in November and we are excited to say that she will now be with us three days a week. Katelyn is now available on Mondays 12pm-7pm, Wednesdays 9am-2pm, and Thursdays 9am-3pm.

Emily Deese will also be joining us at A Healing Touch. Emily graduated from South Piedmont Community College with a Degree in Therapeutic Massage and Bodywork. She is certified in Swedish, Deep Tissue, Advanced Sports, Neuromuscular Therapy, and Spa Techniques and is educated in Fertility, Infant, Prenatal, and Bindegeweb Massage. Emily had the unique opportunity of studying Bindegeweb massage under one of the nation's most known therapist in this field. This method allows the therapist to manipulate the nervous system and relieve pain without using deep work. Emily is an excellent therapist for clients who struggle with pain but do not enjoy deep tissue massage. Emily will be available on Tuesdays from 10am-5pm.

German Chocolate Cake

This is a wonderfully decadent cake that will have everyone asking for more. Who can resist a chocolate cake overflowing with a gooey coconut pecan filling and drizzled with luscious chocolate. This is a perfect recipe for Father's Day or any occasion.

The full recipe can be found by clicking the button below.



Recipe

A Healing Touch Therapeutic Massage
Rachael Eddleman

616 D Matthews Mint-Hill Rd.
Matthews, NC 28105

(704) 577-4775

rachaels@massagetherapy.com

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

A Healing Touch Therapeutic Massage, Inc. · 616-D Matthews Mint Hill Rd · Matthews, NC 28105 · USA