



Seraphic Massage Therapy

Newsletter

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Take Good Care of Yourself.

March 2011

Issue #4

## Hot Stones and Thermal Palms Massage

Winter is cold and bitter but it's also the best time to try Hot Stones and Thermal Palms treatments.

**Hot Stones Therapy** is a modality used by our Registered therapists to introduce deep moist heat to a treatment. The stones are made of basalt which are high in iron and retain heat well, they are smoothed river stones with no rough or sharp edges. They are heated in an electric pot to an exact temperature so as not to burn the client but to give the most effective heat possible. First oil is applied to the area being treated then the therapist can use the stones to massage or they can be placed along the spine or in specific areas of tension to relax the muscles while other areas are massaged with Swedish techniques.



**Thermal Palms** is a variation on the Hot Stone Therapy using soft sand or oatmeal filled vinyl pouches instead of the stones. The pouches are also heated up in an electric pot and are used along with massage oil or cream to glide over the skin. The extra heat can relax the muscles to such an extent that a deeper massage can be had with minimal pain. This allows a sensitive area to be worked on more thoroughly.



### Some conditions treated with Hot Treatments:

- **Muscular aches and pains**
- **Back Pain**
- **MS**
- **Arthritis**
- **Fibromyalgia**
- **Stress, Anxiety**
- **Circulatory problems**
- **Insomnia**
- **Depression**

### Some benefits of the Hot treatments are:

- **Improves circulation**
- **Releases toxins**
- **Relaxation**
- **Relieves pain from arthritis**

# Poor Circulation

When your circulation is compromised it can lead to several problems such as Raynaud's Disease, where the fingers, toes or nose and ears turn blue and get very cold, or peripheral vascular disease which is the medical name given to a group of problems that causes poor circulation to the feet and legs. The most common cause of this is arteriosclerosis ("hardening of the arteries").



Raynaud's Phenomenon

Several factors that can lead to poor blood circulation are:

- smoking
- improper diet
- obesity
- excessive intake of alcohol
- lack of physical exercise

Some symptoms of poor blood circulation in the body can be:

- chest pain
- leg pain
- headache
- feeling faint
- dizziness
- dementia

## Willy Wonton Soup

A quick and easy soup to warm you up on a cold and frosty day.

**Bok Choy** is high in Vitamin C, calcium and Vitamin A. It also contains glucosinolates and phytochemicals which help rid the body of carcinogens.

**Carrots** contain beta carotene which is needed to make vitamin A. This form is needed to boost the immune system function and for healthy vision.

In a large saucepan, bring stock and 2 cups of water to a boil. Cut bok choy lengthwise into quarters; add to stock. Add mushrooms; reduce heat and simmer for 10 minutes. Add wontons; cook over medium-high heat, covered, until wontons float to the surface, about 4 minutes. Add bean sprouts, carrot, green onions and cilantro. Serve immediately and enjoy!

4 cups	Chicken stock
2 heads	Baby bok choy
2 cups	Mushroom sliced
1 pkg	Frozen wontons
1 cup	Beans sprouts
1	Carrot shredded
3	Green onions sliced
1/4	Fresh cilantro

