



In this issue

Did you know...

The Value of Life

Aromatherapy – Featured oil:
Deep Blue/Ice Blue

Treatment Menu



Did you know..

May 1840 - One the 6th May 1840 to be precise, the very first adhesive postage stamp was issued. Known as the “Penny Black” stamp it was issued in England and featured the young Queen Victoria’s head on it.

For appointments please contact Andrea on 0423 620 320
<http://www.remedialtherapiessa.com.au>

The Value of Life

I recently came across something I want to share with you.

A well-known speaker started off his seminar by holding up a \$20 note. In the room of 200 he asked: "Who would like this \$20 note?" Hands started going up.

He said "I am going to give this \$20 note to one of you, but first, let me do this" and he proceeded to crumple the \$20 note up in his hands. Then he asked "Who still wants it?"

All hands were still up in the air.

"Well" he replied "What if I do this?" And he dropped the note on the ground and stepped on it and started to grind it into the floor with his shoe. He then picked it up, all crumpled and dirty. "Now who still wants it?" Still the hands went up.

"My friends, you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It's still worth \$20."

Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We may feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value.

Treat yourself to something special, like a regular massage, because YOU ARE WORTH IT.





Aromatherapy – Deep Blue/Ice Blue

If you suffer from any muscular skeletal discomfort, arthritis or fibromyalgia, chances are I have already used this on you during a massage, either mixed into a massage oil or as a cream.

Like the name suggests, this oil is actually blue in colour . It is actually a blend of wintergreen, camphor, peppermint, blue tansy, german chamomile, helichrysum and Osmanthus oils. All of which are well known for their anti-inflammatory properties.

I personally use the cream before my training sessions at the gym and I like to put a few drops in my bath water for a really soothing effect after competitions.

If you want to find out more about doTerra oils, or purchase any of the products, feel free to have a look at www.mydoterra.com/certifiedessentials

Treatment Menu

Relaxation (Swedish) massage

\$30 half hour
\$60 full hour

Aromatherapy Massage

Add \$10 to your choice of massage

Bowen Therapy

Initial consultation and treatment \$90

Follow up visits half hour \$30 full hour \$60

(You may be eligible for a rebate through your private health fund)

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