

# In Touch



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Above are some images from a recent kayak trip through the reefs in Belize

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## How does Massage Oil Benefit Your Skin?

The skin is the largest organ in the body. The average human is covered with almost 7 square meters of skin. Functions of the skin are, protection, regulation of body temperature, and perceiving sensation. It is also one of our main sources of vitamin D production.

Since the 5th Century BCE, oils have been used in massage therapy because Hippocrates, the father of medicine, insisted that oil would allow healing hands to flow more easily on the skin. Since that time care givers have used herbs and oils, not only to fight medical conditions, but also to keep the skin healthy.

Over the years I have used four or five different oils and lotions, in an attempt to achieve ideal nutrition and moisturization for the skin. After much experimentation, the oil I currently use is a careful balance of coconut, peach, avocado and jojoba oils. The characteristics of these oils include:

**Coconut oil:** In its fractionated form, Coconut Oil has a concentration of capric and caprylic acids, which have antiviral and antimicrobial qualities as well as antioxidants and natural disinfectants.

**Peach oil:** Derived from the kernel or nut of the ripe peach, Peach Oil has anti aging properties, and it contains vitamin E, which delivers antioxidants and has preservative effects.

**Avocado oil:** Avocado Oil contains monounsaturated oleic acid, the essential fatty acid in olive oil. It also has various anti-aging vitamins and minerals.

**Jojoba Oil:** Jojoba Oil has a high concentration of vitamin E and other natural minerals.



## Headaches



Of all the body pain one can experience in life, the pain of a headache can be the most powerful, distracting and disturbing. The most common type of headache is a tension headache. Tension headaches are typically the result of a heightened sensitivity to pain and stress. Increased muscle tenderness may result from a sensitized pain system. 9 out of 10 adults will experience headache pain sometime during their life. Headaches are considered chronic if they occur 15 or more days per month for three months.

In my experience tension headaches can be caused by postural patterns, a biomechanically inefficient sleeping posture, jaw clenching, temporomandibular (jaw joint) disorders, head trauma such as concussions, motor vehicle accidents, or stress. Sometimes depression and anxiety may be the cause.

Massage therapy seems to work exceedingly well to relieve the pain of tension headaches. Most people will experience some, if not complete relief, after a massage treatment.

See your doctor if you have a severe headache accompanied by a fever, nausea, vomiting, after a head injury, or if it is accompanied by loss of sensation, numbness or weakness. These could be signs of a more serious condition.

## 20 Reasons To Get a Massage

1. Reduces Stress
2. Relieves Headaches
3. Reduces Anxiety
4. Reduces Muscle Tension/Spasm
5. Increases Range of Motion
6. Promotes Relaxation
7. Increases Balance in Older Patients
8. Relieves Pain
9. Boosts Immunity
10. Improves Flexibility
11. Helps Relieve Chronic Pain
12. Promotes Better Sleep
13. Decreases Pain From Typing
14. Improves Circulation
15. Reduces the Use of Pain Killers
16. Relieves Depression
17. Helps Relieve Pain During Pregnancy
18. Increases Energy Levels
19. Enhances Athletic Performance
20. Lowers Blood Pressure



## Online Booking Now Available

Online booking is available via our website. You can book and manage your appointments online from anywhere, at any time, on any internet connected device!

Just go to the Pacific Massage Therapy Clinic website:

<http://www.pacificmassagetherapyclinic.com/>

Click on the "Book Now" button, and follow the onscreen prompts.

If you book your appointment online, a reminder will automatically be emailed to you 24 hours before your scheduled appointment.

For those who prefer, we will continue to take appointments by phone during office hours at (604) 872-1818.