

THE HOME STRETCH



Massage Addict
Membership Based Massage Therapy

Please Welcome Emma Roberts, RMT

We would like to take this opportunity to welcome Emma Roberts, RMT to our Massage Addict team.

Emma recently graduated from ICT Northumberland College and is eager to begin using her abilities, skills and knowledge to assist others in their rehabilitation from injury.

During her 2200 hour massage therapy studies Emma was also trained in Reflexology, Myofascial Release, as well as Pregnancy Massage.

During student clinic Emma discovered her passion and developed strong skills in treating sports related injuries.

In the near future, Emma looks forward to honing her skills by becoming a Certified Sports Massage Therapist.

Emma also brings a holistic approach to her work and tailors each treatment to meet every individual's specific needs.

Emma believes that a rehabilitation process is a team effort between the therapist and client.

Therefore, she avidly creates specific home-care that often includes exercises for stretching, strengthening, as well as postural education.

Welcome to the team Emma!

Please Welcome Jeff Phillips, RMT

We would like to take this opportunity to welcome Jeff Phillips, RMT to our Massage Addict team.

Jeff Phillips was one of only two male therapists who graduated from a class of forty three students, having completed a 2200 hour massage therapy program with the Canadian College of Massage and Hydrotherapy (CCMH).

He is also the proud recipient of the inaugural

Wholistic Therapist award from the Massage Therapists' and Wholistic Practitioners' Association of the Maritimes (MTWPAM) and is currently a member of this association as a fully qualified Registered Massage Therapist.

Originally from a small town in South Wales, UK, 2008 saw Jeff opting to leave the Civil Service and return to school. Some may think that's a big move in itself but not

content with that he elected to emigrate to Nova Scotia, Canada, with the goal of becoming a Massage Therapist.

Jeff, an intuitive healer and a fully qualified Reiki Master and Teacher, is also a member of the Shibumi International Reiki Association sharing their dream of a world where the system of Reiki is respected, understood and utilized

as a Japanese practice that was developed by Mikao Usui to promote self-healing and personal growth through spiritual discipline.

Jeff, who has also trained in CranioSacral Therapy, Soft Tissue Release and Jade Stone Massage, is currently accepting clients for Reiki and massage treatments.

Welcome to the team Jeff!

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Special points of interest:

- Welcome New Registered Massage Therapists:
Emma Roberts, RMT
Jeff Phillips, RMT
- Congratulations New Reiki Level II Practitioner:
Shannon Ashton, RMT

Massage Etiquette by Brad L. Surette, BA, RMT

As the Lead Therapist for Massage Addict in Clayton Park I have the fortune of hearing many comments, suggestions, ideas, and feedback from our Registered Massage Therapists (RMTs). As part and parcel I also hear many tales of woe, heart-ache, anger, frustration and despair.

Whether you are a newcomer to massage or a seasoned client I would like to present some basic massage therapy etiquette tips that could potentially improve the relationship between you and your RMT.

Title of Respect. In the province of Nova Scotia your RMT is required to have graduated from a twenty-two hundred hour recognized college diploma program.

After two intensive years of study please be aware that your RMT may find it disrespectful to be referred to as a masseuse or a masseur.

In Canada, the word masseuse or masseur can carry a very negative connotation. This is a term often used to describe a prostitute working in a massage parlor. As far as I know prostitutes do not require 2200 hours of training and there are none working at Massage Addict. Therefore, please use the term Registered Massage Therapist or RMT.



Hygiene. Please shower if you're dirty or sweaty BEFORE coming to a massage therapy appointment. Please, please, please!



Your RMT will be working in close proximity to your body and proper hygiene is appreciated. Coming from the gym and/or apologizing for the way your feet smell does not make it any less disrespectful to your RMT.

Many of our clients and some of our therapists have sensitivities to scents. We try to maintain a scent-free policy so we ask that you do not wear heavy perfumes or colognes to your appointment. For the same reason, please refrain from smoking for thirty minutes prior to your next massage therapy appointment.



Illness. Please notify your RMT if there are any current conditions that could be passed on to them or to other clients (flu, common cold, chicken pox, warts, etc.). If you are sick, stay home. Massage promotes circulation and thus has the potential to spread infection when you are ill.

Medications. Please tell your RMT about any other medical conditions you have. They could be important or pertain to the treatment - no matter how seemingly insignificant they are. The same goes for any medications you are taking. Some medications such as blood thinners can make certain types of massage or hydrotherapy applications contraindicated. Also, pain analgesics may allow you to feel great while getting the massage but could result in you experiencing bruises the next day.

Hair. Please put your hair up if you have long hair. We are RMTs, not hairdressers, and although we do try our best, it is not our responsibility to keep oil out of your hair. We often advise you to take a warm shower or bath after your treatment. This is to your benefit as it increases the relaxation response and prevents stiffness the following day. It also gives you an opportunity to wash out any oil or lotion that found its way into your hair.



Apparel. Please wear underwear or do not wear underwear. The underwear "thingy" is a common question and/or concern but please know that the choice is yours. It is always up to

the client what he or she chooses to wear during a massage. Undressing to your comfort level is encouraged but please be advised that better results can be achieved through direct skin contact. For example, if you want your glutes worked on it is far easier to access the area with no underwear. As the RMT performs the treatment, he or she will only reveal that body part being worked on so rest assured your RMT will show you professionalism and respect.



Volume. Please turn off your cell phone and speak quietly especially while in the hallway, and entering or exiting the treatment rooms. Try to remember that everyone is there to relax; loud conversations are not acceptable, nor is the ringing of a phone.

Feedback. Please let your RMT know if you're uncomfortable with anything during your treatment - the pressure, the music, the temperature etc. Your RMT will try to make an adjustment. After your treatment is completed giving honest feedback to the RMT, the owner, or the front office staff lets us know your visit was as expected or what we can do to improve your next experience.

Appointments. Please do not cancel or skip your appointment without providing at least twenty-four hours notice. If you can't make it, and can't give twenty-four hours notice please call and let us know anyway. Sometimes we have a client cancellation list and can fill the appointment slot with another client in need of treatment.

Tipping. As a final note, many clients ask if tipping is required, expected, or even frowned upon. Although you are not obligated to tip, it will certainly be appreciated by your RMT. Standard tips range from five to ten dollars although it varies depending on the client. If you choose to tip or not to tip, either way please clearly express your satisfaction, or lack thereof, with the experience. - Brad L. Surette, BA, RMT



Help for Herpes by Brad L. Surette, BA, RMT

Lately I've been noticing many clients arriving for appointments flustered and embarrassed with the look of their mouths.

Herpes, often referred to as cold sores or fever blisters, are caused by the herpes simplex virus type one (HSV-1).

It is estimated that one in five Canadians will be affected by the herpes virus at some point in life.

Having suffered from cold sores since I was a young boy I can definitely relate to the uncomfortableness that comes with a cold sore or fever blister.

I'd have to say that the teenage years were the worst - especially during school exams. Many times I can recall days of hiding in my bedroom, skipping school, avoiding friends, and even crying at the reflection of the hideous Quasimodo I saw looking back in the mirror.

Most people are infected sometime during early childhood or adolescence but unfortunately the virus can be a lifelong problem.

This is because the nasty virus has the ability to lay dormant in nerve roots near the affected skin area until a particular trigger awakens the virus.

Did you know that stress is the number one cause for a herpes outbreak?



However, the sun can be to blame as well. Too much sunlight has the potential to produce sores that can not only be physically painful but emotionally painful as well.

But what can we do?

Well, first, it is essential to know some important and helpful facts.

Genital herpes are caused by the herpes simplex virus type two (HSV-2) but HSV-1 can be transmitted to the genitals by direct contact with infected skin or secretions including saliva, causing a HSV-2 infection.

That is why it is so very important to keep your hands away from your mouth during a herpes outbreak.

If you accidentally rub or touch the sore always be sure to wash your hands with warm soapy water immediately afterwards in order to avoid a potential secondary contamination.

Finding ways to minimize your stress levels can really help. Some of the most popular suggestions include yoga, meditation, massage, or some type of cardiovascular exercise.

Using a sunscreen or lip balm and keeping your lips moisturized can help prevent a future outbreak.

There are many antiviral drugs on the market but as with any prescription there is the potential for undesired side effects.

Many people have tried the amino acid L-lysine and found it has lessened the duration of their cold sores while preventing future outbreaks. You can find this supplement at your local pharmacy and a one month supply is roughly ten dollars.

As a side note please consult your medical practitioner regarding your intake of lysine, especially if you are either pregnant or nursing. No amino acid in large doses should be taken for long periods of time. - Brad L. Surette, BA, RMT

PEMS by Brad L. Surette, BA, RMT

How often do you set aside personal time for YOU or just give your SELF the opportunity to relax with dim lighting and soft music?

In today's society, there is a perpetual struggle in realizing one's personal goals, family responsibilities, and work obligations. These expectations can push us to the limits and

often leave us feeling drained.

That's why it is important to honor PEMS. What is this PEMS you say?

PEMS is an acronym for the four bodies that are represented in holistic healing. They are the Physical, Emotional, Mental and Spiritual layers of our being that comprise who we are. We must

make a conscious effort to integrate these layers if we are to ever experience wholeness.

Take a moment right now and ask yourself "Am I physically, emotionally, mentally, or spiritually exhausted?" Most of us will quickly answer "yes" to at least one or more of the PEMS model. So, what can we do?

A healthy diet, exercise, and plenty of water go a long way for general maintenance but regular body work such as Reiki or massage allows us to receive, reminds us how to relax, encourages us to breathe fully and deeply, and helps us to be in our bodies and be fully alive. What are you doing for your PEMS? - Brad L. Surette, BA, RMT

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JULY NEWSLETTER

Thank you to the following contributors:

Article Writing	Brad Surette
Editing/Publishing	Brad Surette



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Client's Corner by Brad Surette, BA, RMT

Each month the Home Stretch newsletter has featured articles written and contributed by our dedicated Registered Massage Therapists.



However, last month we received a great article from one of our valued clients. This sparked our interest, got us thinking, and prompted us to try a new idea called Client's Corner.

We would like this section to serve as representation of our respected clients. People for the people. So, what we're saying is that we'd love to hear what you're saying!

If you have any ideas, articles, comments, suggestions, recipes, drawings, artwork, or anything else you'd like to share and see featured in our newsletter please feel free to forward these items to our newsletter editor, Brad, at bradsurette@live.com.

If your contribution is chosen and subsequently featured in one of our upcoming newsletters you will be eligible to win a prize.

All other submissions will be re-entered into a monthly draw

and also eligible to win a prize.



We respectfully ask that you send your material before the 21st of the month to allow for the preparation, layout, and design of the monthly newsletter.

So, show us what you got!- Brad L. Surette, BA, RMT