

exploring today's touch therapies

MASSAGE

ISSUE 146 • JULY 2008

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Boost Energy With
NUTRITION!

Hands-On Techniques
for Pectoralis Minor

NEW COLUMN

Body Mechanics for MTs

**HOSPITAL
SPAS** Put Medical Massage
in the Spotlight p.32

Handheld Massage Tools
Make a Session Better

Launch Your Practice With a
SMALL BUSINESS LOAN



SEAN RIEHL ON
PREVENTING
FATIGUE AND
INJURY

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RESEARCH: Reflexology Reduces Symptoms of Low-Back Pain

M • New Products

Brocade Luxury Neck Pillows and Neck Wrap

TARA SPA THERAPY, INC. • These neck pillows and wraps with Herbal-Ease moist-heat therapy are filled with the company's signature blend of cinnamon, clove, allspice and orange. They may be heated in the microwave or chilled in the freezer. They help relieve muscle tension and promote relaxation. The neck wrap can be draped across any part of the body, offering new styling and versatility.

Brocade Luxury Neck Pillows and Neck Wrap range in cost from \$44 to \$46 • Contact Tara Spa Therapy, Inc., (866) 224-1391 or www.taraspa.com



Hand & Body Lotions



DERMA E NATURAL BODYCARE • This hand-and-body lotion is designed to provide moisture to parched skin and contains vitamins, botanicals and antioxidants, such as astaxanthin, Pycnogenol and vitamin E. It is infused with skin-pleasing fragrances, and these formulas are intended to leave skin soft, smooth and refreshed. The packaging is 100-percent recyclable, and a percentage of sales goes to The Paraguay Project. *Hand & Body Lotions cost \$9.50 for 12 ounces • Contact derma e Natural Bodycare, (800) 521-3342 or www.dermae.com*

Open-Minded Organic Sugar Scrub

SPARITUAL • This scrub is made with 70-percent certified organic ingredients. The certified organic sugar crystals are formulated to loosen and lift dead skin cells, while detoxifying skin and drawing moisture from the environment to keep skin naturally hydrated. This scrub includes French Lavender, which aims to soothe and restore dry skin, leaving it looking soft, renewed and glowing.

The Open-Minded Organic Sugar Scrub costs \$36 (retail) • Contact SPARITUAL, (818) 988-2228 or www.sparitual.com



Natural Skin Care Oil

AURA CACIA • This one-gallon container of massage oil comes with hand-pump dispensers and offers massage therapists the convenience and cost savings of buying in larger quantity. The pure and natural skin-care oil can be used as a base for creating individualized massage-oil blends. It is available in apricot kernel, grapeseed and sweet almond.

Natural Skin Care Oil costs \$70 a gallon • Contact Aura Cacia, (319) 443-4372 or www.auracacia.com