

# The LadyBug

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## A WORD FROM THE LADYBUG...

As most of you are aware, Brandyn Fox joined LadyBug Massage Therapy in June of 2008. She left to travel to New Zealand and Australia in December of 2008. Upon her return to Canada in the end of April she was able to find work closer to home. Her new location is at Kawartha Family Chiropractic Clinic in Peterborough. We wish her all the best.

We ask you to join us in extending a warm welcome to Tracey Osborne, R.M.T. Tracey graduated from Sir Sandford Fleming in Peterborough and passed her provincial exams in June 2009. She started with LadyBug in late June and is developing her own client base.

I would like to take the time to thank all of the people who submitted nominations on my behalf to Northumberland Today for the People's Choice awards. I was notified over the summer that I had won as Best Registered Massage Therapist and am thrilled at this recognition from clients, family and friends. Thank you!

Jessica



## Hours & Holidays

Door open by chance or appointment.

### Hours of Operation

Jessica

Monday, Wednesday & Thursday 12 pm-8 pm

Friday 12 pm-6 pm

Elke

Tuesdays and Thursdays 10 am-8 pm

Saturday 9 am-6 pm

Tracey

Monday-Friday, Variable Hours

### Fall/Winter Holidays

The clinic will be closed on the following days:

Monday, October 12th – Thanksgiving

Friday December 25th – Christmas Day

Friday January 1st – New Years Day

Monday February 15th – Family Day

## Tracey Osborne R.M.T.

As the newest member of the LadyBug team, I want to take this opportunity to introduce myself. I am a Cobourg resident, who some will remember as the cheerful and enthusiastic front desk receptionist from Dr. Irwin's dental office. Since leaving there to pursue my career as a Registered Massage Therapist, I have received my certificates in massage therapy, BOSU ball training and hot stone therapy practitioner. I am looking forward to incorporating my BOSU ball training in massage treatments, if it would be of benefit. The BOSU ball is most often used as a balance training tool by strengthening your core muscles. The acronym BOSU stands for Both Sides Up or Both Sides Utilized, meaning that both sides of the equipment can be used for training purposes. BOSU training is about enhancing your ability to move through different ranges and movement capabilities while reshaping and strengthening your muscles and mind. With the proper training and supervision, anyone is capable of using the BOSU. Ask for a demonstration at your next visit with me!

Even though I just recently completed the rigorous training and examination process to become an R.M.T., I am looking forward to advancing my knowledge and abilities through further studies in the areas of ultrasound, reflexology, acupuncture and cranial sacral. I feel that I can best serve my clients with a wide array of modalities to help them in good health.

## ON THE ROAD AGAIN...

We are at it again! We loaded up our massage tables and chairs and headed to the Cobourg Marina for The United Way Dragon Boat races on September 26. We massaged many people who were hard at work fundraising for our local United Way. Thanks to everyone that stopped by and said hi.

## From the Retail Cupboard

With holiday season fast approaching, keep in mind the gift that is the perfect fit and colour, a gift certificate from LadyBug! We offer a wide range of options including certificates for specific treatments or dollar value. Pick one up the next time you are in or watch our website for our extended reception hours closer to Christmas and stop in then.

### 'Tis the Season...



Cold and flu season, that is!

The recent outbreak of H1N1 influenza has increased our awareness of the precautions we should be taking against all infectious conditions, which certainly become more of a concern during the colder months. Here at LadyBug we decided to take a look at what we do to safeguard ourselves and our clients against illness, and see if we could do more. The overwhelming message we are receiving from the government and health units is that hand washing is the most effective germ control anyone can practice. Good hand washing is already a huge concern for massage therapists, as we touch so many people every day. We have recently added hand sanitizer to our treatment rooms, washrooms and front desk for use by ourselves and our clients as an extra way to keep our paws free of viruses. The face rests on our massage tables are another potential source of germs moving between clients. To prevent this, we use cotton covers which are changed, along with all the table linens, after every treatment and laundered with detergent and bleach. The face rest itself is also cleaned with a disinfecting spray. We have recently increased our cleaning protocol to include spraying frequently-touched surfaces such as door knobs and the front desk with an anti-viral solution on a regular basis. As well, we would like to remind you that any condition which includes a fever is a direct contraindication to massage therapy, and we will understand and appreciate if you cancel an appointment due to elevated temperature or feeling ill.

We wish you a happy and healthy fall and winter season!

## Higher Education

As Registered Massage Therapists, we are required to obtain a certain number of Continuing Education Units, or CEUs, in order to maintain our registration. This means that we are always on the lookout for new and useful skills to learn through workshops and courses. These courses might be anything from reflexology, Thai massage or Reiki to assessment techniques or motor vehicle accident insurance billing methods. Certainly there is no shortage of learning opportunities to keep us on our toes throughout our careers. Recently, Jessica has become certified as an Infant Massage Instructor, and has already graduated her first class of eight gurgling, drooling 'students' and their very grateful caregivers. Watch for more classes to be offered in the future. Jessica, Elke and Tracey all upgraded their Hot Stone Massage certifications, and are now fully qualified to provide this most relaxing treatment. Finally, Jessica will be adding a little more to her repertoire with an upcoming Introduction to Aromatherapy course. We offer essential oils for therapeutic benefits or simple enjoyment at no extra cost with your massage.

So next time you're in, feel free to admire our growing collections of certificates, proudly displayed on the walls. We're always happy to share what we've learned!

## You Asked...

### How is business these days

Generally, the summer is a quiet time of year for us here at the LadyBug. Many of our faithful regulars are on holidays, feeling less stressed or just travelling far away, resulting in a bit of a lag in business. This past summer, however, we noticed that our supply of blank case history forms was chronically low, and the pile of used sheets and towels was chronically high. So we looked back through the appointment book and discovered that we saw a lot of new clients in the summer of 2009 – 31 in July and 22 in August, to be exact. Wow! Does this mean the recession is over? Well, maybe not, but it's still a very positive sign for us! We ask all our new clients where they heard about us, and the majority seem to say that someone they know told them about our clinic.

Thanks to all of you who help spread kind words about us, and by all means .... keep passing it along!