



The LadyBug

Jessica Westbrook R.M.T., C.R.

Elke Van Meer R.M.T.

905-377-0264

1040 Division Street, Unit 10 Cobourg, ON K9A 5Y5

PARK IT!

At LadyBug Massage Therapy, our mission is to provide you with the best massage and related therapies in a superior facility. Our consideration for your comfort begins even before you walk through the door, as we have gone to great lengths to ensure that parking is always available for our clients as close to the door as possible. On your next visit, please take advantage of the parking spaces immediately to the front of the clinic, next to the building. For those of our clients who are less mobile, the 'handicapped' space and ramp are closest to our door.

Spring Hours

Jessica: Monday - Thursday

12 pm - 8 pm,

Friday

9 am - 6 pm

Elke: Tuesday, Thursday,

alternate Fridays

9 am - 3 pm,

Wednesday

1pm - 8 pm

Upcoming Holidays:

The clinic will be closed on

Good Friday - April 14th

Easter Monday - April 17th

and Victoria Day - May 22nd

Put a 'Spring' in Your Step with Reflexology!

Reflexology is a natural healing art based on the principle that there are zones and reflexes in the feet, hands, and ears that correspond to every part, gland, and organ of the body. These reflexes are 'reflections' of body areas. The physical image of the body is mapped onto hands, feet, and ears in a logical, anatomical pattern.

Reflexology works by stimulating the nerve endings of the feet, through application of pressure and touch. Reflexology improves blood and nerve supply to all areas of the body, stimulates the lymphatic system which boosts immunity, improves circulation to aid in elimination of waste products and fluids, increases oxygen delivery from the lungs to all tissues, and promotes the natural function of the body.

During a reflexology treatment the client is seated comfortably in a semi-reclining position on the table. The treatment begins with a gentle cleansing of the feet using a witch hazel solution. The reflexes in the feet are then worked for approximately one hour. The pressure may be intense at times, but is always adjustable to the client's preference. During and after the treatment you will feel more relaxed, and your body will be in a state where it can rest and repair itself.

Clients who experience regular reflexology find that they are healthier, more relaxed and have more energy. Next time you're in ask Jessica if reflexology is right for you!

GIFT CERTIFICATES AND BASKETS

Just a reminder...

Sunday May 14th is Mother's Day, and what better way to show your appreciation for that special Mom in your life than with a gift of relaxation and well-being? We always have gift ideas available, and would be happy to put together something unique for you.

Check out the lovely basket of goodies at our reception desk. From April 17th to May 12th, all clients who come in for a treatment will be entered in a draw to win it! Enjoy it yourself, or pass it along to your favorite Mom.

CONGRATULATIONS TO US!!!!

As of May 3rd, we have been open for business for a full, action-packed year. Business is thriving, and we would like to take this opportunity to thank all of you for making it so.

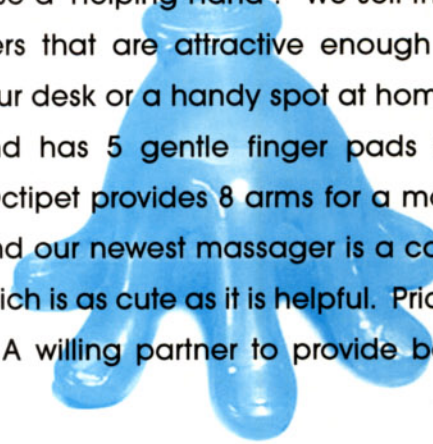


YOU ASKED.... "DO YOUR HANDS HURT FROM DOING MASSAGE?"

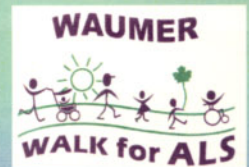
We hear this question a lot, and the answer is more complex than just yes or no. As with most occupations, massage therapy is a repetitive activity, and as with most repetitive activities the risk of strains and other injuries is very real. As part of our training we are taught to take care of ourselves to minimize the risk of injury, and also to treat those injuries should they occur. Many of the methods we employ are applicable to your job as well-varying your technique or position, taking regular breaks, and applying appropriate hot or cold hydrotherapy throughout the day and at home.

FROM THE RETAIL CUPBOARD:

Could you use a 'Helping Hand'? We sell them! These are self-massagers that are attractive enough to deserve a space on your desk or a handy spot at home. The original Helping Hand has 5 gentle finger pads to sooth your aches, the Octipet provides 8 arms for a more aggressive massage, and our newest massager is a colorful wooden Ladybug, which is as cute as it is helpful. Prices range from \$5.00-\$9.00. A willing partner to provide back rub is not included.



WELCOME TO... "THE MASSAGE THERAPY ROAD SHOW"!



Catch us at Cobourg's Victoria Park on Sunday, April 30th for the 5th annual Waumer Walk for ALS. The 5km walk begins at 11am, and is followed by festivities, including a barbecue and mini massages by Jessica and Elke.

To date the Waumer Walk has raised over \$160 000.00 for the ALS society, money which helps fund research



and supply equipment to those afflicted with ALS, also known as Lou Gehrig's Disease. We will be accepting donations at the clinic until the day of the walk.

More information and pledge sheets for the walk are available at the clinic, or you may contact: Julie Wamsley 905-372-8119, Sharon Wamsley 905-342-5583 and Michelle Cane 905-373-8346
Hope to see you there!