



# The LadyBug

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## RATE INCREASE

We would like to announce changes to our pricing schedule, effective August 1st, 2006.

### New rates for Massage Therapy

90 minutes - \$100.00  
60 minutes - \$70.00  
45 minutes - \$55.00  
30 minutes - \$45.00

### New rate for Reflexology

60 minutes - \$70.00

### New rates for Hot Stone Therapy

90 minutes - \$105.00  
60 minutes - \$75.00

### New rates for Aromatherapy

90 minutes - \$100.00  
60 minutes - \$70.00  
45 minutes - \$65.00  
30 minutes - \$45.00

Clients over 60 receive a discount of \$5.00 off any treatment.

We continue to offer direct billing services for those with eligible extended health benefits. 6 % GST is included in all prices.

## New Summer Hours

Jessica: Monday - Thursday

12 pm - 8 pm,  
Friday  
9 am - 6 pm

Elke: July & August

Monday  
9am - 4pm,  
Wednesday  
1pm - 8pm,  
Friday

10am - 8pm  
September

Wednesday & Friday  
10am - 8pm

## Keeping Your Cool This Summer

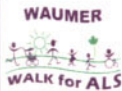
Summer is just beginning and already we've been feeling the heat! If long-range forecasts hold true, we could be in for another hot, dry season. Console yourself with memories of slush, wind-chills, freezing rain.....and a refreshing beverage. For those of you who come directly from work for your massage and find yourselves a little worse for the wear in the dust and heat, may we suggest a quick shower before your treatment? Our spacious clinic bathroom is equipped with a shower stall, which we are more than happy to make available to you. There is no extra charge for this, just allow yourself some extra time when you arrive so you don't shorten your actual massage time.

\*Here's a handy self-care tip to keep in mind when the muggy weather is getting you down, or any time you need a caffeine-free pick-me-up: a cool arm bath. Fill a deep sink or washtub with cold tap water and submerge your arms up to the level of the mid-upper arm for up to 30 seconds or until a tingling or cold sensation is felt. Shake off excess water and allow your arms to air dry, or pat dry lightly if necessary (do not rub dry as this will counteract the cooling by creating friction). This is nice if done in the early afternoon to relieve mental or physical fatigue, or whenever you feel tired or overheated. It will also provide relief from tendonitis pain, workout aches and long hours spent at a keyboard. For those with circulatory or sensory problems (ie. Raynaud's phenomenon), use cool rather than cold water, and submerge arms only for a very brief time. Try it this summer!

## FROM THE SPORTS PAGES...

We are proud to announce the addition of a new sponsor to the Cobourg girls minor soccer league - us! The LadyBug team of nine and ten year old girls is coached by Tom Cole, a long time client of Jessica's. His daughter Cheyne is proud to be playing in a LadyBug jersey. Come on out and cheer them on. Games are held on Wednesday nights at 6:30pm at the corner of Alexandria Dr. & D'Arcy St. Although their season got off to a slow start, we have complete confidence in these young ladies because, as everyone knows, ladybugs can FLY!

## ROADSHOW UPDATE



As reported in our previous newsletter, we were pleased to extend our services to the Waumer Walk for A.L.S. in April. Over \$51,000.00 was raised to help in the struggle against this devastating disease. Congratulations to the Wamsley family and all of the dedicated volunteers for making this happen, and thanks to all of you who walked or sponsored a walker.



## FROM THE RETAIL CUPBOARD: GARDENER'S DREAM CREAM

One of our all-time favorite products, this stuff has an amazing range of uses, especially in the summer. Made from an aromatic blend of 7 essential oils, vitamins A & E, anti-inflammatory arnica extract and natural vegetable oils, it is a cooling and soothing first-aid kit in a jar. We've used it to tame the itch of poison ivy and insect bites with great success, cool sunburn and sooth dry chapped skin. Some massage therapists have been known to use it in treatments for sore muscles and joints, and it's safe for your pets if they suffer sore foot pads, rashes or 'hot spots'.

We carry Dream Cream in 60, 125 and 250 ml tubs, and usually have sample-sized pouches for you to take home. And best of all, it's made in Canada!

## YOU ASKED....

How long did you go to school to become a Massage Therapist?

In Ontario, those hoping to practice massage therapy must graduate from a college course offering a minimum of 2200 hours of training in various subjects, then pass a standard written exam and a rigorous multi-station practical exam set by the province. This means that each M.T. in Ontario has passed exactly the same exams, regardless of where they went to school. Many colleges cover the 2200 hour curriculum in 2 years, others in 3 (adding in many hours of valuable business training). In Elke's case it was jammed into 18 months of non-stop educational fun – an option known as 'fast-tracking' which is still available.

Now, the reason we say "in Ontario" is that massage therapy is not a regulated profession in all of Canada's provinces. At this time, only British Columbia and Newfoundland have regulations in place governing massage therapists. An Ontario M.T. wishing to relocate to either of these provinces would need to meet their standards to become registered to practice, and vice-versa. There is also the matter of paying yearly registration fees to the appropriate governing body and carrying the required amount of insurance coverage.

In this province, the organization that oversees all massage therapists is the College of Massage Therapists of Ontario (C.M.T.O.). It ('the College') is one of 21 health regulatory bodies legislated by the Regulated Health Professions Act. The C.M.T.O. exists to protect the public interest and to regulate the massage profession by ensuring safe, ethical care for our clients. In the unlikely event that you should have a complaint about your treatment by any M.T., this is where you would direct it. The C.M.T.O. is easy to reach on the internet, or by phone at (800) 465-1933, for more info.

## THE SHELTER VALLEY FOLK FESTIVAL



If you are looking for something extra special to wind up your summer, consider a visit to this wonderful event. Created by local musician Aengus Finnan and an inspired group of friends, the festival celebrates its third year this Labor Day weekend, on the picturesque Henkel family farm east of Grafton.

In addition to the finest in folk and blues music, you can enjoy an artisan's village, great cuisine, wellness booths, sustainable living displays, and a fabulous children's area.

Since 2004, Jessica has used her organizational skills to bring together the wellness and sustainable living area, while Elke has provided massage treatments to festival guests. Camping is available, or you can come and go with a weekend pass. Day passes are also available for those who can't commit to the entire weekend. Check out their website for all the details: [www.sheltervalley.com](http://www.sheltervalley.com). This year's main attraction is Canadian legend Murray McLaughlan on Friday night.