

WELCOME TO LR THERAPIES

MONTHLY NEWSLETTER



HELLO & A VERY HAPPY NEW YEAR TO ALL MY LOVELY CLIENTS!

I HOPE EVERYONE'S CHRISTMAS & NEW YEAR WERE LOVELY! MINE WAS BRILLIANT & BIGS NEWS, ME & COREY GOT ENGAGED!

THIS MONTHS NEWS LETTER IS ALL ABOUT MASSAGE.

AS SOME OF YOU KNOW, I AM NOW BACK OFFERING MASSAGE IN THE COMFORT OF YOUR OWN HOME.

↓
IN THIS NEWSLETTER YOU WILL FIND:

LATEST UPDATES, TREATMENTS, HELPFUL INFORMATION & MORE. KEEP READING!

MESSAGE FOR.....



ASTHMA IS A COMMON RESPIRATORY DISEASE AFFECTING 339 MILLION PEOPLE WORLDWIDE & CAN RANGE FROM MILD TO LIFE THREATENING. WHEN HAVING A FLARE UP OR ATTACK, THE AIRWAYS CONSTRICT & PRODUCE MORE MUCUS THAN NORMAL, LEADING TO BREATHING DIFFICULTY.

PEOPLE WHO RECEIVE 30 MINUTES OF MASSAGE THERAPY BEFORE BEDTIME SHOWED AN IMPROVEMENT IN BREATHING FUNCTION AS WELL AS INCREASED PEAK FLOW AND PULMONARY FUNCTION.

AS SYMPTOMS CAN BE TRIGGERED BY STRESS, IT IS POSSIBLE THE DECREASE IN THE STRESS CHEMICAL CORTISOL EXPERIENCED DURING A MASSAGE HELPS TO IMPROVE PULMONARY FUNCTION. IT IS ALSO POSSIBLE THAT MUSCLE RELAXATION AND IMPROVED POSTURE RELIEVE PRESSURE FROM THE LUNGS AND RESPIRATORY TRACT.

MIGRAINES AFFECT 1 IN 5 WOMEN & 1 IN 15 MEN IN THE UK. NOT ONLY CAN MIGRAINES & HEADACHES BE INCREASINGLY PAINFUL, THEY CAN ALSO STOP SUFFERERS FROM GOING ABOUT THEIR DAILY LIFE. THE CAUSE FOR SUFFERERS CAN BE DUE TO A NUMBER OF REASONS, HEREDITARY, ENVIRONMENTAL OR DUE TO LIFESTYLE FACTORS .

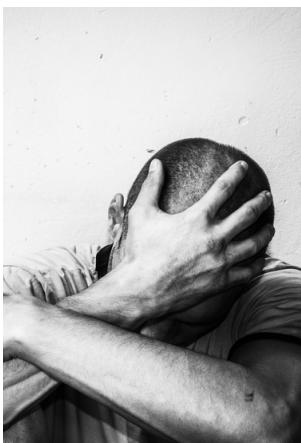
RESEARCH SUGGESTS THAT EVEN A SHORT MASSAGE OF 30 MINUTES CAN IMPROVE HEADACHE PAIN. THE MOVEMENTS FROM THE TREATMENT NOT ONLY RELAX & EASE TENSE MUSCLE, (A COMMON REASON FOR HEADACHES) THEY ALSO HELP CIRCULATE THE BLOOD TO THE HEAD & NECK THEY ALSO RELAX SUBOCCIPITAL MUSCLES SPASMS WHICH ARE A BIG CONTRIBUTOR TO HEADACHES.



DEPRESSION IS ON THE RISE & AT AN ALL TIME HIGH SINCE 2020, WITH 720 MILLION BEING AFFECTED WORLDWIDE. MENTAL ILLNESS IS THE SECOND LARGEST SOURCE OF BURDEN OF DISEASE IN ENGLAND.

MASSAGE HAS BEEN PROVEN TO BE AN EFFECTIVE PART OF TREATMENT FOR DEPRESSION, SUPPORTING INDIVIDUALS TO CREATE A SENSE OF RELIEF, EMPOWERMENT & MIND-BODY CONNECTION.

WHEN ON A SET PROGRAMME TO IMPROVE YOUR MENTAL WELLBEING, HAVING ONE -TWO HOURS LONG MESSAGES A MONTH NOT ONLY IMPROVE STRESS LEVELS, THEY ALSO HELP TO RELEASE SEROTONIN, THE HAPPY HORMONE, WHICH LIFTS MOOD & IMPROVES WELLBEING.



MASSAGE FOR.....

CANCER. MASSAGE IS OFTEN A WELCOME RELIEF. IT AFFECTS THE ENERGIES FIELD SURROUNDING EACH PERSON & WE AS THERAPISTS CAN ACT AS A CHANNEL OF HEALING.

MANY PEOPLE WORRY THAT MASSAGE WILL ENCOURAGE CANCER CELLS TO SPREAD TO OTHER PARTS OF THE BODY. WHILST RESEARCH HAS NOT FOUND ANY EVIDENCE OF THIS, MASSAGE THERAPISTS WILL OFTEN AVOID ANY AREAS AFFECTED BY CANCER, SUCH AS TUMOUR SITES OR LYMPH NODES. CONSENT IS OFTEN NEED FROM THE INDIVIDUAL'S CONSULTANT TO GO AHEAD WITH A TREATMENT ONCE THEY ARE IN REMISSION.

THE THERAPEUTIC TOUCH GIVES THE INDIVIDUAL THE VALUABLE SUPPORT THEY NEED.



STRESS & INSOMNIA INSOMNIA HAS LONG AFFECTED MAY BRITS, WITH NUMBERS INCREASING FROM 1 IN 6 TO 1 IN 4 SUFFERING DURING THE COVID-19 PANDEMIC, WHILST STRESS IS AT AN ALL TIME HIGH, WITH MORE PEOPLE THAN EVER SUFFERING FROM ENVIRONMENTAL & PERSONAL STRESSES.

THE HORMONE CORTISOL, KNOWN AS THE STRESS HORMONE, IS OFTEN HIGH WHEN AN INDIVIDUAL IS SUFFERING FROM STRESS. THIS LEADS TO, YOU GUESSED IT, INSOMNIA. MASSAGE THERAPY CAN DIRECTLY INFLUENCE OUR BODIES PRODUCTION OF SEROTONIN, THE HAPPY HORMONE, & THE CREATION OF MELATONIN, THE SLEEP HORMONE. THIS THEN HAS INCREASED POSITIVE AFFECTS ON INDIVIDUALS SUFFERING WITH INSOMNIA & STRESS.

MASSAGE THERAPY CAN DIRECTLY INFLUENCE THE BODIES HORMONE LEVELS, WITH IT BEING PROVEN THAT A SINGLE MASSAGE TREATMENT CAN LOWER CORTISOL LEVELS BY 30% & INCREASE SEROTONIN & MELATONIN BY UP TO 28%.



ARTHRITIS IS A COMMON CONDITION WHICH CAUSES THE JOINTS IN THE BODY TO BECOME INFLAMED & STIFF, MAKING MOBILITY FOR A SUFFER UNCOMFORTABLE TO ALMOST UNBEARABLE.

MASSAGE HAS BEEN PROVEN TO DECREASE PAIN & HELP WITH MUSCLE STIFFNESS & SORENESS ASSOCIATED WITH ARTHRITIS. THE BLOOD FLOW IS INCREASED TO THE JOINTS WHEN A MASSAGE IS BEING GIVEN, THUS IMPROVING CIRCULATION, WHICH IN TURN HELPS TO IMPROVE INFLAMMATION.

ENHANCED BLOOD FLOW TO ARTHRITIC JOINTS IMPROVES THE MOBILITY & DECREASES PAIN, MAKING THE INDIVIDUAL MORE COMFORTABLE & MOBILITY BECOMING A LOT EASIER. IT ALSO HELPS TO DECREASE THE ANXIETY SUFFERS FELT WHILST TRYING TO GO ABOUT THEIR DAY TO DAY ACTIVITIES.

FEBRUARY OFFER!!



WANT TO TREAT YOUR LOVED ON (& YOURSELF) FOR VALENTINES DAY?

GET **TWO** BESPOKE FULL BODY MASSAGES IN THE COMFORT OF YOUR OWN HOME FOR £90!

(ORIGINAL PRICE £120, CANNOT BE USED WITH ANY OTHER OFFER. OFFER ENDS ON 29TH FEBRUARY 2024)