

exploring today's touch therapies

# MASSAGE

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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  
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Handheld Massage Tools  
Make a Session Better

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**SMALL BUSINESS LOAN**



SEAN RIEHL ON  
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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](http://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](http://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](http://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](http://www.auracacia.com)*

