



# Cascadia Center for Massage

Will you be taking a "Stay-Cation" this summer?  
Escape to Paradise...Schedule your massage today!

## 3 reasons to keep your appointment Stay relaxed in the midst of the summer whirlwind

Between vacations, playing with the kids, community events and projects around the home, summertime is busy time. With massage, you can stay both deeply relaxed and grounded — like soaking in the warmth of the sun. But because you are so busy, you may forget to reschedule, or have to cancel your regular massage appointment.

### Three great reasons

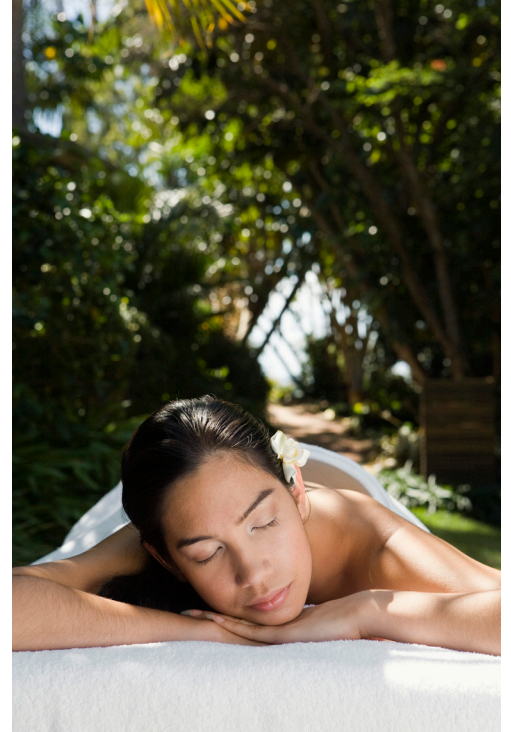
Why is it important to continue receiving massage?

1. Having the time to slow down, review your life and listen to your body can balance your mind and restore your energy.
2. Massage can knead away muscle tension and help maintain your flexibility, which can help prevent injuries from sports or gardening.
3. Traveling can be hard on the body. Long hours sitting in the car, or worse, the airplane, can restrict your blood flow and

cause uncomfortable tightness, especially in your legs. To compound this, standing in lines, or walking for hours on concrete can contribute to pain in the low back and feet. Massage improves circulation, and relieves pain in the back, legs and feet.

### Rearrange if you have to

Schedule massage when the kids are in swim lesson, late in the day or on Saturday mornings you are around the house. But make a point to keep your regular appointments, even if you have to adjust the time to fit into a hectic schedule. Massage may be just the ticket for a great summer! ❖



*Take time to slow down and relax in the midst of your busy summer.*



*Drink when you are thirsty, and drink extra when it's hot or after exercising.*

## Drink water for your good health Dehydration can be detrimental

It's always important to drink water, but our need for it increases with the temperature.

### Dehydration

You lose approximately 2 quarts of water a day through breathing, perspiration, and urination. So when it's hot outside, when you exercise vigorously or if you ignore your body's desire for thirst and don't replace that liquid, you can become dehydrated. Dehydration can make you feel tired and uncomfortable, and contribute to headaches. For the ill or elderly, the lack of moisture in the body can be even more detrimental.

### Do other liquids count?

Other drinks, including caffeinated drinks, and even watery foods such as fruits and vegetables also contribute to adequate hydration. That said, the best bet is to drink pure water when you are thirsty. If you are exercising, in a hot environment, ill or pregnant, you may want to drink additional water, even if you aren't particularly thirsty. ❖



## Self-care on vacation

### Five tips to relieve pain and tension on the go

From Las Vegas to the national parks, the best vacations should involve more fun than stress. Consider scheduling a massage *before* you leave in order to have something in place after you get home. While you are out on the road, in the air or on the trail, here are four ways to work out tension.

#### *For your neck and back*

Your neck and back may need attention when you are away. Try these stretches at least 3 times a day for the best benefit. You can even do these on a plane or in the car.

1. Release your neck and shoulders. Sit straight. Inhale and squeeze your shoulders up toward your ears. Hold tightly for several seconds and relax as you exhale. Repeat.



*Stretch frequently to work out the physical stresses of your vacation activities.*

2. Relieve back pain. Sit with your back straight. Pull your right knee toward you. Hold for 10 seconds. Release. Switch legs and repeat. Do this sequence 3 times.

#### *Relieve foot pain*

Whether you're walking in the woods or in the city, your feet and legs can take a beating. Here are two ways to revive them with water.

1. Bring along favorite essential oils such as lavender, peppermint and/or lemon. If you can buy Epsom or sea salts, add them plus 2 or 3 drops of essential oil to a basin or bathtub of very warm water. Soak for 20 minutes and dry your feet briskly with a towel.
2. If your feet get hot and achy when you are out hiking, biking or running, stop and plunge your feet in a cold stream or lake for as long as you can take. Afterward, let them dry in the sun and give each of them a quick massage. ❖



*Rest is not idleness, and to lie  
sometimes on the grass on a summer  
day listening to the murmur of water,  
or watching the clouds float across  
the sky, is hardly a waste of time.*

—Sir John Lubbock