

# Sojourn Massage Newsletter

Spring 2010

Member, Associated Bodywork & Massage Professionals

## Breathe Into Your Massage

### Mindful Breathing Enhances Bodywork Benefits

Cathy Ulrich

During her massage, Elaine was having trouble relaxing, continually talking about all of the stressors in her life. I took a deep breath and asked her to do the same. Suddenly, her body relaxed and I finally felt her respond to the work I was doing. So, what shifted with that simple suggestion?

#### In The Moment

Elaine was thinking about the stresses in her life instead of where she was at the moment. She was in a safe space, receiving gentle, supportive bodywork. And yet she couldn't relax. By simply asking her to be mindful of her breath, she immediately felt her body and became present with me in that space.

control labor pain. By consciously breathing during contractions, they learn to shift the feeling of pain to just sensation.

Elaine came to see me because she had chronic pain in her foot, knee, and hip. Often chronic pain sets up as a vicious cycle of muscle tightness, impaired blood flow, and more pain, even in areas distant from the original problem. When I asked Elaine to send her breath to the foot, she changed her feeling of pain to simply sensation and this opened a door that allowed me to change the holding pattern in her tissue.

Of course she couldn't physically breathe into her foot, but the imagery of

*The most beautiful things in the world are not seen nor touched. They are felt with the heart.*

-Helen Keller

#### Office Hours and Contact

**Sojourn Massage**  
**Rebecca Tokarz**  
**815-741-9741**  
**www.sojournmassage.com**  
**By Appointment**

#### In this Issue

**Breathe Into Your Massage**  
**The Art of Bathing**  
**High Time for Tea**



Mindful breathing brings an individual back into their body, facilitating presence and relaxation.

Many meditation traditions use the breath to quiet the mind. With mindful breathing, we're suddenly thrust into an awareness of our inner spaces and a feeling that we actually do live in a body.

#### Reduce Pain

One of the first things expectant mothers learn in natural childbirth classes is breathing techniques to help

sending warm, healing breath into her foot from the inside while I worked on it from the outside changed her relationship to the pain.

Try this simple technique yourself. As you tune into your breath, notice your body. Is there discomfort or pain?

Continued on page 2

Continued from page 1

Breathe in, and think of filling your lungs with healing oxygen. Now breathe out, and imagine sending this warm, healing oxygen directly to the place that hurts. Continue gently breathing into the area for a few minutes. What does it feel like now?

## Relieve Stress

When I worked with Elaine, I noticed that the more she talked about her stressful life, the shallower her breath became. She was breathing high in her chest in short, rapid breaths. Her mind had transported her back to her stressful life, even though she was in a place where she was supported and encouraged to take a break from that stress, putting her body into a fight-or-flight response.

One clear manifestation of this is rapid, shallow breathing. While stress can produce this breathing pattern, the good news is that we can consciously change the breathing pattern and reduce the stress. It works both ways.

As I asked Elaine to slow her breathing and take deeper breaths, the tension in her face softened. Her body relaxed on the table as if she were sinking into the padding. Her feet became warmer, a sure sign that her circulation had changed and that her nervous system had switched from fight or flight to the calming mode of rest and digest.

Try this for yourself. The next time you're feeling stressed, stop for a moment and notice how you're breathing. Is your breath high in your chest? Is it fast and shallow? Now, gently invite your breath to slow down. Start to pull breath into your lungs by letting your belly relax and expand as you inhale. Spend a few moments with yourself and your breath and look at the stressful situation again. Does it seem so bad now?

## Your Massage

Receiving a massage does involve participation on the client's part. While the practitioner is the expert on the bodywork, the clients are the experts on their bodies. In our culture, the client/therapist relationship is often a check-your-body-at-the-door affair. But so much more can happen when the client works with the therapist.

The next time you go for a massage, try these suggestions to achieve mindful breathing and enhance the benefits of your session:

- As you settle onto the table, feel the weight of your body on the table and begin to notice your breath.

- Feel your breath moving of its own accord. Where is it most noticeable? Bring into the spaces that feel less full (without effort--just invite).

- When your therapist starts working, notice the pressure and rhythm. When your practitioner lets up on the pressure, breathe in. When she/he applies pressure, breathe out.

- If your practitioner comes to a tender area, pay special attention to your breath. Work with the tenderness on the exhale, imagining that you're

breathing out the pain.

- As your therapist works on different areas, imagine your breath moving there to meet her. Send your breath wherever she is working. Let her work on the outside, you work on the inside.

- Notice the changes as the massage progresses. Notice your thought patterns. Notice your comfort level. Notice your stress (and how it melts) as you send breath to the various areas of your body.

- When your session is complete and you sit up, notice how your breath feels. What do you notice about your body, the room, the light?

Why not use the lifegiving force of breath to make your next massage an even more beneficial experience. Just breathe.



Being actively aware of your breath during a massage enhances the benefits of your session.

# The Art of Bathing

## Simple Recipes to Soothe Mind and Body

From bubble baths to essential oils to Dead Sea salts, prepared bath products are designed to enhance a bathing experience, but they can be expensive. Instead of spending the extra money on special bath products, try one of these natural, simple bath recipes with ingredients you probably already have in your cupboard or refrigerator.

### Epsom Salts

**ADD 2 CUPS EPSOM SALTS TO BATH WATER.**  
Magnesium sulfate, or Epsom salts, has been used for centuries as a folk remedy, and research now confirms its numerous benefits. The second most abundant element in human cells and a crucial component for bone health, magnesium is also needed for muscle control, energy production, and the elimination of toxins. Magnesium eases stress, aids sleep, and improves concentration while reducing inflammation, joint pain, and muscle cramps. Sulfates help to flush toxins from the body, prevent or reduce headaches, and even improve brain function.

Most American diets are deficient in magnesium. However, one of the best ways to boost dietary intake is by bathing in Epsom salts, which are readily absorbed through the skin.

### Milk

**ADD 2-4 CUPS MILK OR BUTTERMILK TO BATH WATER.**

Rich in calcium, protein, and vitamins, milk replenishes the skin, while lactic acid found in milk acts as a natural exfoliant. A member of the alpha hydroxy acid family, lactic acid breaks the glue-like bonds between the outer layer of dead skin cells. Soak in a milk bath for 20 minutes, then gently scrub skin with a loofah or washcloth.

### Honey

**ADD 1/4 CUP HONEY TO BATH WATER.**

A fragrant, natural humectant, honey helps skin attract and retain moisture. Its antibacterial and anti-irritant properties make it an ideal cleansing and soothing additive to a warm bath.



Turn your home bath into a spa experience.

---

# High Time for Tea

## Discover the Healing Properties of Taking Tea

The health research is enough to make you forego the latte for strong brewed tea instead. Name your color -- black, white, green, even red -- teas are packed with disease-preventing antioxidants (more than some fruits and vegetables) and contain vitamins, minerals, and at least half the caffeine of coffee.

Fortified with free radical-fighting polyphenols, tea drinkers have a reduced risk of many different cancers, in particular stomach, colorectal, and even skin cancer. Tea drinkers also have a lower risk of heart disease, stroke, and high cholesterol. Containing anti-inflammatory and arthritis-preventing properties, tea also helps stimulate the immune system and protect the liver against toxins.

But you have to drink up. Most research points to five or so cups of brewed tea each day to reap the health benefits. Decaf tea loses some but not much of its health punch, due to extra processing.

All traditional tea -- white, green, oolong, and black -- is derived from the leaves of an evergreen tree called the *Camellia sinensis*, and all contain the health-promoting polyphenols. White tea is made from young tea leaves, dried in the sun without fermentation or processing. Green tea is dried with hot air after picking, so it retains its color but is not fermented. Oolong tea, sometimes referred to as "brown" tea, is fermented but not processed to the point of black tea. Black tea, on the other hand, is fully fermented, which

accounts for the color of the leaves and its stronger flavor.

Rooibos, or red tea, is naturally caffeine-free and from the *Aspalathus linearis*, a shrub that grows only at high altitude near Cape of Good Hope in South Africa.

Herbal teas are made from a variety of plants, roots, bark, seeds, and flowers and are technically herbal infusions rather than tea. Though they don't contain the same antioxidants and haven't received the same research-based accolades as traditional tea, the herbs in these infusions have certain healing properties that have been used for centuries to treat many common health issues.

*Always be a  
first-rate  
version of  
yourself, instead  
of a second-rate  
version of  
somebody else.*  
-Judy Garland

HAPPY SPRING!!

Springtime symbolizes renewal, rebirth and new possibilities. Trying new things keeps you in tune with this, so come in and try a different type of massage this spring. If you usually get a Swedish massage try out the Chakra Balancing Massage or add Aromatherapy to your regular massage. If you can't go without your Deep Tissue Massage try a Hot Stone Massage or Polar Stone Massage using hot and cool stones. If you haven't tried any yet, the Spa Treatments are great alone or added to your massage!  
Enjoy this season's newsletter.

As always I look forward to seeing you soon.

Sincerely,  
Rebecca Tokarz  
815-741-9741

---

Rebecca Tokarz

1623 Oneida St  
Joliet, IL 60435



**Member, Associated Bodywork & Massage Professionals**