

## Awareness

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Awareness—staying in touch with the flowing nature of whom and where we are in our world, noticing changes as they occur and making adjustments, noticing options and possibilities. Not always possible or even necessarily desirable, but a fun and worthy task in my opinion.

As a massage therapist that kind of awareness is part of my work, a fact I feel very lucky and grateful about. Moving with awareness through my day as I work with such a variety of people and physical challenges is a source of amazement and joy for me.

Later this month (Friday, 10/28) we'll be celebrating Massage Therapy Awareness Week at Carr Chiropractic with some snacks and *free massages*. Come on over to the office at 414 Highland Ct. in Iowa City and *enjoy heightening your awareness regarding the benefits of massage*. Beginning on that day we will offer a very special Special:

**10/28/11 to 12/28/11**

**Buy 3 massages (gift or self-care/60 or 90 minutes) Get 30 minutes free**

**Massage Awareness Tip:** One of the qualities of a good “deep tissue” massage is that it is nearly pain-free. When the body experiences pain, muscles naturally tighten. As those muscles contract they form a barrier to the deep tissues. With greater pain more muscle fibers become involved in the contraction and the wall hardens between the therapists hands and deeper tissues of the body.

To effectively massage deep tissues a therapist must first facilitate softness in the superficial tissues, going deeper only as the body allows.

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As the season spins us into cold and darkness I find myself thinking about warm baking smells, fires in the fireplace, and crafts—both solitary and with my family. Little colored lights all over the house make it festive, helping me feel better about long hours with no sun.

I hope you find just the right things to help you feel good about where you are.