



Jensen's Mobile Notes

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Reflexology and Foot Massage

Feet got you down? Sore, aching, too much shopping? I now offer the perfect solution - treat yourself or a special someone to a

Feet Retreat!

This special treatment includes reflexology, which is the practice of massaging, squeezing, or pushing on parts of the feet (or sometimes the hands and ears) with the goal of encouraging a beneficial effect on other parts of the body, or to improve general health. The massaging of feet is also used to diagnose and cure disease.

Reflexology is based on the belief that each part of each foot is a mirror site for a part of the body. The big toe, for example, is considered a reflex area for the head. As iridology maps the body with irises, reflexology maps the body with the feet, the right foot corresponding to the right side of the body and the

left foot corresponding to the left side of the body. Because the whole body is represented in the feet, reflexologists consider themselves to be holistic health practitioners, not foot doctors. Allegedly, the ancient Chinese and Egyptians practiced reflexology, and it is still very popular in Europe.

Practitioners of reflexology claim that they can cure a variety of aches and pains by massaging the correct reflex points on the foot. It is said by those

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I Listen -

I Care

Wishing you all a happy and healthy holiday season,

Deborah Jensen

Contact Information & Office Hours

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**Monday to Friday 10 a.m. to 7 p.m.
Saturday 10 a.m. to 6 p.m.**

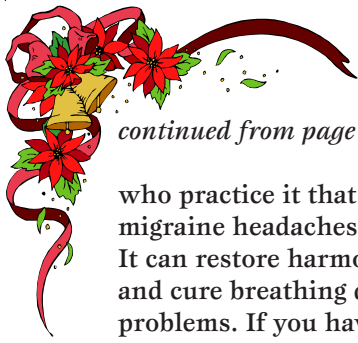
Brain	Stomach
Sinuses	Spleen
Voice	Liver
Pituitary gland	Gall Bladder
Neck and Throat	Adrenal Gland
Eyes	Pancreas
Ears	Kidney
Armpit	Ureter
Shoulder and Arm	Bladder
Lung and Breast	Colon
Heart	Small Intestine
Thyroid and Bronchial	Coccyx
Solar Plexus	Sciatic Nerve
Diaphragm	Peyer's Patches
Appendix	

This is an example of a reflexology chart, correlating areas of the feet with organs in the "zones" of the body.



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Reflexology and Information on "Feet Retreat" Massage for Seniors Bath Time



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who practice it that reflexology can cure migraine headaches and relieve sinus problems. It can restore harmony to hormonal imbalances and cure breathing disorders and digestive problems. If you have a back problem, a massage on the right spot on the right foot (which might be the left foot in some cases) can alleviate your suffering. If you suffer from circulatory problems or have a lot of tension and stress, reflexology promises relief. Some reflexologists deny that they diagnose or treat diseases, but claim they can restore "balance" to one's "energy."

Reflexology is often combined with other therapies and practices, such as acupressure, shiatsu, yoga, and tai chi, and it often involves the hands and other body parts or zones, not just the feet. Reflexology seems to be a variation of acupressure, with its notion that there are correspondences between special pressure points and the flow of chi to bodily organs.

Reflexology is also a safe and effective technique for infants and children, soothing their emotions and promoting sleep.

What is included in the "Feet Retreat"

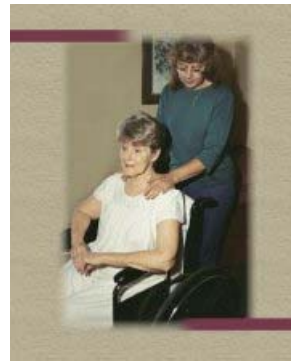
Your treatment will begin with a warm, relaxing foot bath. Your feet are then treated to a full reflexology session. Next your feet are given a paraffin treatment, which not only removes dead skin cells, but because it applies moist heat to your feet, it also eases the pain and stiffness of arthritis. This is finished with a relaxing massage with shea butter. Shea butter is known especially as a moisturizer and emollient. It is also a known anti-inflammatory agent and has been used for decades for rheumatism relief with amazing benefits. Total cost for the "Feet Retreat" is only \$100.



Massage for Seniors

The benefits of geriatric massage are numerous. Massage does the usual for seniors by encouraging circulation, decreasing muscular stiffness, and helping to decrease inflammation that may rest in the joints. However, it also treats so many of the typical conditions that arise with age - such as muscular stiffness, arthritis, skin discoloration, muscle and bone deterioration, tendonitis, bursitis, and respiratory problems such as asthma and emphysema.

Furthermore, the benefits of enjoying the simple pleasure of human touch and company for just a brief period of time is priceless for many lonely and depressed seniors.



Wheelchair-bound clients are especially able to benefit from seated massage. Photo by Evelyn Funderburk.

Careful massage can help provide the elderly with symptomatic relief and enable seniors to extend the vitality in their lives. Seniors massage doesn't differ much in technique compared to massage for regular adults. However the techniques used must keep in mind that an aging body requires a little extra tender loving care. Specially trained geriatric massage therapists are aware that an elderly body must be positioned carefully on a massage table, compared to a healthy 30-year-old body.

Great care is taken in the positioning of an elderly client, and once positioned on the massage table, a senior will rarely ever be asked to move, as is so typical with other types of massage.

Seniors massage sessions will typically range from 30-minutes to an hour. However, when mobility is an issue, for example the client is wheelchair-bound the massage therapist will be forced to adapt and the massage can take longer. For example, if the client is bound to a wheelchair, the massage therapist will administer massage to the client right in the chair.

Geriatric massage practitioners will often spend more time on the hands and feet of their clients - especially if the client does not walk or does not have full use of their hands. In cases such as these, a hand or foot massage can enhance body awareness, sensation and circulation in certain parts of an aging body.

Deborah Jensen has extensive experience caring for the elderly. Treat the senior citizens in your life to a gift of massage this holiday.

Bath Time - Create an Experience!

By Karrie Osborn

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A good soak in a warm bath is a wonderful wintertime ritual. Utilize some of Mother Nature's simplest gifts in the process, and you've got an "experience."

It really is hard to beat the relaxing, cathartic effects of lounging in a warm bath, where the mind can so easily find peace and calm. But add a handful of rose petals, several tablespoons of sea salts, or some sprigs of rosemary and see how the experience is enhanced. A sense of guilty pleasure will hopefully make way for the realization that you are entitled to these moments of indulgence, and all in the name of self-care.

The winter months can no doubt be harsh on our skin, regardless of our moisturizing regimens. But when done correctly (yes, there is a right way to bathe), a nice bath can not only hydrate your skin, but also your mind.

First, make sure your tub water is not too warm as that can further dehydrate your skin. Around 100 degrees Fahrenheit is where you want it. Secondly, don't skimp. If you're going to take the time for a bath, then do it right. Turn off the phone, turn on some soft music, and close the door to the day's problems. Finally, soak in your bath for a few minutes before adding any oil. This allows your skin to soften and absorb some moisture before the oil locks it in. When you do use oil, choose a good quality natural oil like almond or jojoba.



Now it's time to turn your bath into an experience, right in the comforts of your own home. Following are some suggestions how.

Chamomile -- Steep chamomile flowers in boiling water for 15 minutes (or brew two chamomile teabags), then pour the mixture into your bath. The flower's oil is anti-inflammatory and antispasmodic, and brings relief to a variety of skin disorders. Dorie Byers, author of *Herbal Remedy Gardens*, infuses 1/4 cup dried German chamomile blossoms with 1/4 cup dried lemon balm to create a bath made just for relaxing.

Oatmeal -- For soothing and rejuvenating the skin, put 3 tbsps. of oatmeal in a mesh bath bag and let the water flow through it. The addition of dried milk powder can make this a healing, milky treat.

Orange -- Twist some peels over your bath water as a way to warm and calm you this winter. Like all citrus fruit, the essential oil is held in the colorful peel of the orange, not the fruit.

Roses -- For a general sense of wellness, add slightly bruised rose petals to your warm bath for both a tactile and fragrant experience.

Salt -- Used in a variety of healing combinations, salt heals the skin and reduces the body's aches and pains. Dissolve 1 cup of Epsom salts in approximately 2 pints of boiling water and add to the tub.

Whether it be thyme, lavender, mint, or milk, there are hundreds of combinations for turning your winter bath into a peaceful, healing experience. Find out what best soothes your body and spirit, and enjoy.

Karrie Osborn is contributing editor to Body Sense magazine.

Call Deborah Jensen today at
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or e-mail SheHealsPain@yahoo.com
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minimum. Travel fee is
\$15.00 per visit to your
home.

New client introductory rate
(one time only): \$30.00 for
one hour.

Regular clients (twice a
month or more) receive a 30
\$10 discount on either a 30
minute or 1 hour massage.
Must be booked in advance.

Seniors: \$50.00 an hour.
Must be 65 or older and
booked in advance.

Jensen's Mobile Massage

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