

# Bodywork For Wellness

Manual Physical Therapy & Therapeutic Massage, PLLC  
Services Provided by Jennifer St. Denis, MPT, LMT  
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## Winter '08 Newsletter

Happy Holidays Everyone! I hope you have the opportunity to spend some time this season with the ones who mean the most to you. There are some exciting things on the horizon at Bodywork for Wellness so read on for more info.

**Gift Certificates** - Gift Certificates are a great way to give the gift of health and wellness, or introduce a friend or loved one to my work, providing them with pain relief and relaxation. This Holiday Season I am offering a gift certificate special:

**GC Package:** Purchase Three-One Hour Session Gift Certificates at full price and receive a FREE one hour massage Gift Certificate for yourself or to give as a gift.

**\*\*\*Also Gift Certificates can now be purchased by phone with a credit card and mailed to your home.** Gift Certificates are great for not only the holidays, but birthdays, or to share wellness with others. Make gift giving more convenient with ordering by phone.

**A Call for Testimonials:** First, thank you to all who have used my services and found relief. I would like to share with you the exciting news that I am working on a website, to be launched in Jan 09. Often people seeking a new service want to know that it's been helpful to others. Therefore, I am asking you to share your experience with my work. So if you haven't ever given a testimonial before it's very easy. You start by writing down the area or type of pain/ problem you had and how it limited/affected your life. Second, write about how the treatment at Bodywork for Wellness is different than other types of treatment you have had, *and* the results of our work together. Lastly, it is completed with your first name only and town you live in. You can email them to me at the address below or bring them into your next session. Thank you in advance for your feedback. Anyone submitting a testimonial by 12/19/08 will be entered in a drawing to win a 50% off session.

**Continuing Education Plans:** As you know I am always looking to expand my skills by learning new techniques. Dec. 10-14, 2008 I will be attending a Myofascial Seminar dedicated to Women's Health Issues, which will address pelvic floor pain and dysfunction, urinary concerns and adhesions. In Jan '09 I will be attending a course on Foot Structure and Orthotics assessment. March '09 I will be attending the 2<sup>nd</sup> Lymph Drainage Course that focuses on the deeper lymphatic pathways of the body.

**Wellness Tip: Sore in between sessions? Natural Remedy for temporary pain relief**  
**Arnica** (*Arnica montana*) has been used for medicinal purposes since the 1500s. Applied topically as a cream, ointment, or salve, arnica can be used as an adjunctive treatment to ease muscle aches, stiffness, and to help reduce minor inflammation. This herb comes from a European flower and it has natural anti-inflammatory properties. It can assist the healing of muscle stiffness and bruises. You can use topical arnica as an adjunct to ice, conventional pain meds, and manual treatment. It can be rubbed on bruises or sore muscles to help ease discomfort. For more info go to [www.umm.edu/altmed/articles/arnica-000222.htm](http://www.umm.edu/altmed/articles/arnica-000222.htm)

If you have a comment or question, or to learn more about Bodywork for Wellness please call or email:  
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