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Caring Hands for Life!

Self Care During Dark Days

March 2024: We have certainly had more than our fair share of dark days this winter. Self care is one of the ways you can beat the winter blues!



What Does Self Care Mean to You?

Self care can be as elaborate or as simple as you want. Perhaps getting a haircut, a massage, or enjoying a meal out can help boost the spirit. In contrast, self care doesn't have to cost a thing or take a lot of time. It could be as simple as sleeping in, going for a walk, listening to a podcast, meditating, or even savouring a tall glass of water. Interested in ways to feel better this dark and dreary season? Read this article from Body Best on [How to Cope with Seasonal Affective Disorder](#).

It's Cold and Flu Season Too!

Have you been hit with multiple colds and flus this season - or is just me and our germ-infested toddler? HA! Here's Nolan enjoying a dip in the pool. Oh, he's a busy boy!

Want to give your immune system a boost? There was a preliminary study done that focused on immune function in normal individuals after a single massage session. The study showed an increased level of lymphocytes - which are cells that help fight harmful substances in the body. Give the study published in the [Journal of Alternative and Complementary Medicine](#) a read! Referring back to self care, here's an article explaining [5 Ways Massage Impacts the Immune System](#).



(Please note: Massage is not recommended when you are feeling ill, so please stay home, reschedule your appointments and rest.)

Coming Back Late April: Online Booking

I am working out the details on a new online booking program. Once it is up and running, I will share more on how the process works. If you are a regular RMT client and want to secure your time/spot, please book ahead now by [emailing Emily](#). It doesn't hurt to book yourself for the rest of the year, if you can. Remember, the early bird catches the worm! Book your appointments today.

Gift Certificates Are Available Online!

Not able to stop by the office to pick one up? No problem! You can purchase one anytime online here. <https://squareup.com/gift/MLCTDTQQ2BVNJ/order>. **Mother's Day is Sunday, May 12.**



Massage Services available:

- Therapeutic/Relaxation Massage
- Hot Stone Massage
- Indie-Style Face and Scalp Massage
- Pregnancy Massage

Head over to my website for all the delightful details <https://www.emilyberridgermt.ca/>

Last Minute Massage Club

Last Minute Massage Club emails offer cancellations that may have the perfect time for you! Not on the list? You can subscribe anytime here: <https://bit.ly/3SmfeRE>

Direct Billing

Direct Billing for Insurance is available at my new location. If you are not already signed up, send me an email and I can set you up for your next appointment. Email: emilyberridgermt@gmail.com



Social Media: Instagram

Please [follow me on Instagram](#). I will be providing updates on this platform. I have posted stretches and exercises that you can do at home like neck and shoulder exercises, breathing exercises, how to master the cat/cow pose. Is there something you'd like to see? Let me know during your next appointment.

Questions?

Should you have any questions or concerns please contact me: emilyberridgermt@gmail.com

Need an appointment? Email me to book your next treatment!

Contact:

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