



Relaxation & Retreat Massages
of York, LLC
924 A Colonial Ave.
York, PA 17403
717-495-2802

*Located at the intersection
of Richland Avenue and
Country Club Road*

A Romantic Rendezvous

By Kevin Bruck

Imagine.....

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Imagine you and your lover in a nice cozy room isolated away from the cold blowing winter winds. The few lights in the room dimmed to create the perfect ambiance. Gentle music playing melodically in the background. The tranquil mood is further enhanced by the dancing shadows on the ceiling and walls from the flickering candles spread around the room. The subtle blending of their warm fragrances whiff through the air like an aromatic feast for the nostrils. Even the trickling water in the small fountain drips rhythmically as it plays out its lover's lullaby.

The two of you pull back the crisp, clean sheets and get snuggled in. You each breathe a deep sigh of relief as you let go of all the stress and tension of the hectic work week and focus on one another. You look passionately into each others eyes in anticipation of the moments to come. The time has arrived at last. The only things standing between the two of you now are the soft gentle sheets, the short distance of space and two massage therapists!

Oops, did I neglect to mention that I was having you visualize the great and wonderful sensation of having a romantic couples massage at R&R Massages. Forgive the oversight!

At R&R, we have the tremendous good fortune to have two therapy rooms large enough to accommodate side by side couple's massages. In either room, we are able to set two tables parallel to one another so that the couple can easily look to see how the other one is doing. Not that it happens often. After all, you will be too relaxed enjoying your own massage. On occasion, however, you will hear your partner exhale a deep

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moan as the therapist releases an area of bottled up tension and you'll feel tempted to look over and peak at their expression.

With Valentine's Day just around the corner, we will have lots of men calling to purchase gift certificates for the special women in their lives. Most will call (especially February 13th) and request a certificate for a one hour massage for their lady. It is a fabulous gesture, they know their partners will love it, and (on the surface) it appears genuinely romantic. A great idea for Valentine's Day.

(Female Readers...please move directly on to Page 3.) Men, as wonderful as a professional massage is, I doubt there are very many women that would truly consider a massage by a stranger as being extremely romantic. A massage from YOU is romantic BECAUSE it is you giving the massage. It is a shared experience. When BOTH of you are getting a couple's massage, it IS a shared experience and is VERY romantic. Women love it when a man pays attention to the "romantic" details. When a man can embrace a simple task like purchasing a Valentine's Day gift and turn it into a SHARED experience, now that is paying attention to details. (What do you mean, Kevin?) You have escalated from the mere acquisition of a materialistic gift (which she could make personally at any time) to the level of "as a couple" activity (which she can only have when you are available and willing to participate). She'll love you more for it because it is something you are doing TOGETHER. Just something to thing about!

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BIG Announcement !!

You might be wondering what kind of news is so important that we would sacrifice a whole page and use such a large font to publicize it.

R&R Massages is happy to announce that on Jan. 2, 2008, York Myotherapy and York Myostretching, both under the ownership of Nationally Certified Medical Massage Therapist Tracey Roberts, merged with Relaxation & Retreat Massages of York, LLC.

By blending the two businesses, R&R Massages can now offer an even broader spectrum of both medical and therapeutic services to our clients. Even though Kevin and Tracey both have similar medical massage training, their experiences, backgrounds and areas of specialization are vastly different. As a team of therapists, we're excited about working together and we know you will be too!

The other benefit of the merger is the ability to expand our hours of operation. Hopefully, we can find an appointment session that is timely and convenient for you.

Welcome to the **NEW** and **IMPROVED** Relaxation & Retreat Massages of York, LLC.

Myostretching^(R) for Fibromyalgia

By: Tracey Roberts

Have you ever had one of those mornings when you wake up and you feel as if you had been in hit by a truck and your whole body is achy, stiff, sore, tired, and if you try to move one muscle your entire body would rebel? These are some of the myriad of symptoms that people with Fibromyalgia live with everyday... all day. Fibromyalgia is a nervous system disorder that manifests itself within the muscular system and causes severe pain, muscle weakness, headaches, migraines, muscle cramps, and difficulty walking. Some other symptoms of Fibromyalgia include: irritable bowel & bladder, insomnia, restless leg syndrome, anxiety, depression, and mental confusion. Many people suffer with this condition for years before being properly diagnosed by a physician. In fact, the average amount of time to get a correct diagnosis is 5 years. After a person receives a diagnosis for Fibromyalgia they are usually recommended to walk 30 minutes a day and join an exercise class. One of the difficulties with this recommendation is that they are already in pain and increasing the amount of movement makes them hurt even more! Well the doctors were correct in recommending then to keep moving, but until now there wasn't a fun safe exercise program to help them feel better and get rid of the pain.

Myostretching is a revolutionary program designed for the specific needs of Fibromyalgia. *Myostretching* is a specialized technique of muscle movements that target the fascial system and allows the body to move more easily. Fascia is a three-dimensional web of connective tissue layered throughout the body. It separates, protects, cushions and supports our physical body. Fascia can become tight due to stress, illness or injury and as the fascia tightens we lose the normal flexibility that our muscles need to move properly. When our muscles can't move, they create a response referred to as pain. *Myostretching* helps restore that flexibility to our muscles and allows the body to move more easily and reverses the cycle of chronic pain. Everyone can benefit from *Myostretching*, but for people who suffer with Fibromyalgia, it can bring the peace and comfort they have been searching the world to find.

R&R Massages is pleased to be the only Authorized *Myostretching* Facility in Pennsylvania. If you are interested in hearing more about how *Myostretching* can help you, call our office today and ask for Tracey.

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(Women, continue your reading here.)

Sorry about the brief interlude ladies, we needed a male moment together and I couldn't find a men's restroom large enough to accommodate us all. As I was saying, R&R Massages' couple's massage makes a great idea for a Valentine's Day gift for both men and woman to get for their partners. It also makes a great anniversary (in case you are thinking ahead.)

The price for a couple's massage is based upon the length of time you request. An hour massage is \$125. An hour and a half session at \$185 is also popular, especially if you like being pampered.

On occasion, we have clients ask if a couple's massage can be done using separate rooms. The answer is "Yes!"



If you are interested in a gift certificate for a couple's massage (or an individual massage), feel free to contact our office anytime at 717-495-2802. We are even open on February 14th, just in case Valentine's Day sneaks up on you too fast and you still haven't found that perfect gift yet.

Client Testimonial

Mark P. from Red Lion says,

Two years ago, I was at my wits end. I had chronic neck pain that hurt 24/7. At times, the pressure inside my head was so intense, I would actually pass out. I had had two neck surgeries that didn't help. There seemed to be absolutely nothing I could do that would offer even the slightest relief. My doctors had me so heavily medicated for the pain that I walked around in daze half the time. Even worse, the pain, the meds, and the inability to work effectively just kept pushing me further and further down a slow spiral of depression.

That was when I met Kevin. He and I attended an activity at church together. He quickly noticed my pain and discomfort and walked over to introduced himself. As soon as he mentioned he was a medical something or other, I immediately thought "Oh know, another Quack doctor who thinks he can fix me." Kevin continued to ask me questions about when it all started, what all procedures had been done, and what surgeries I had received.

I told him, I thought it all went back to a time I fell backwards off my porch, but the doctors felt it all stemmed from a hereditary spinal stenosis condition that runs in my family. Kevin was persistent in inquiring further about my fall from the porch even though X-rays and MRI's had ruled out any kind of damage from the fall.

The activity commenced and so I went and found my seat.

After it was over, Kevin came back over and asked if I was willing to let him check something on me. I said "Sure." I figured I had nothing to lose and Kevin seemed to have a genuine interest in my condition.

He had me lay face down on a nearby couch. He started feeling around at the base of my spine which no doctor had ever done. I quickly reminded him that my pain was in my neck, not my lower back.

He simply responded, "I know."

What came next is something I refer to as my "Miracle!"

Kevin placed one hand on the back of my head and the other on the base of my spine and just held it there. Over the next few minutes, I felt virtually everything possible – I felt happiness, sadness, laughter, anger, hope, sorrow, the past, the present, the future, intense pain, dull pain, etc. I was on a wild roller coaster of feelings and emotions and strange sensations. Suddenly, I felt an uncontrolled rush of tingling starting at the base of my skull and moving slowly down my spine. That was when it happened! The pain just plain disappeared!!!!

As Kevin took his hands off of me, I sat up and felt like a completely different person. Absolutely every trace of pain was gone.....and has never returned.

Kevin later shared with me that he used a technique called cranio-sacral re-balancing. No matter what he calls it, I call it my miracle. My trip to church that day is one I will never forget. Kevin is a gifted healer and friend and I refer friends and co-workers to him every chance I get.

Thanks Kevin! You're a true life saver!



In an effort to keep our prices as low as possible, we are asking any clients or guests currently receiving our newsletter via regular postal mail and who have a valid email address, if you would please provide us with your email address. This action will help us to further minimize our printing and postage expenses. Thank you for your cooperation!

Congratulations

R&R Massages would like to express our congratulations to Cliff Mummert for being the winner of our Holiday Gift Basket Give-Away. A special “Thank You” to all our patrons who took the time to enter your name the give-away.



NEW THERAPIST ADDED



MEGAN STEINER

R&R Massages would like to welcome two new members to our therapy staff. The first is Tracey Roberts whom you have read about elsewhere in this newsletter. We will be writing a feature article about Tracey in our March Newsletter so we won't take up too much room here.

Our other new therapist is Megan Steiner. Megan graduated from the Baltimore School of Massage, Dogwood Campus in Maryland in 1997 and has been practicing massage in one form or another for over 10 years. She received her Reiki Level 1 training in 2001 from Reiki Master and Author, Margaret Lee Lyles. Megan plans to extend her Reiki training as well as add Infant Massage to her modalities practiced. Currently, she enjoys educating people through massage healing and aiding them in relaxation through the application of Swedish, Deep Tissue, Trigger Point Therapy and Reiki energy work.

Her experience as a massage business owner and varied community outreach events coupled with her warm, nurturing and outgoing personality offer everything you'll want in a massage therapist.



For our clients that have been seeing therapist Laura Laws, we must inform you that Laura had a family issue arise that has caused her to take a short sabbatical. We hope this situation is temporary and we hope to have her back soon. All of Laura's clients are presently being directed to Megan Steiner.

