



### Letter from the Editor:

Yea! It's spring/summer time! I love this time of year, even though summer in Florida is usually more of a sauna than a cool summer breeze. We, at A Better Massage, are always finding ways to enjoy our wonderful Gainesville and manage the not so fun parts. So be sure to ask us next time you're in for a visit for some of our handy tips. From where to find good music festivals to how to find the best organic U-pick blueberries, to how to heal a muscle strain from that new exercise program you started to fit into your bathing suit! We love to help our community and love knowing about the great things around town. So if you know of anything fun going on, please let us know. We will pass along the info. We love being part of this great town. Have a great, enjoyable and safe summer! - *Marlena*

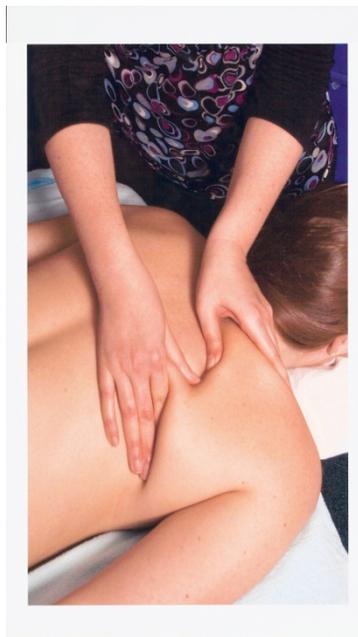
### To our New Clients:

Call us at 352-379-2948 with questions regarding whether A Better Massage can help your specific aches and pains. We are a friendly bunch. Our hours of operation are Mon-Sat. 10am-7pm. We look forward to seeing you in our office!

## Welcome to A Better Massage!

If you decide to hit the gym again, or start a new workout routine be sure to book your massage for a day or two after your workout. Deep tissue massage can detox muscles and reduce lactic acid buildup, stretch and relax your body so it's ready to get back to the gym sooner and with a reduced risk of injury. Who hasn't started their workout with a vengeance only to end up so sore they could barely get out of bed, let alone walk a few steps? We can help keep you on track so you don't injure yourself while trying to fit into your summer clothes.

For those who have achy areas or are finally ready to address those chronic areas, now is a great time to start. We can help your body move and feel better.



### Healing your Skin

Our skin can take a beating in the summer months, so it's good to know what to do quickly so your relaxing days don't leave you irritated. Badger balm has all sorts of healing salves, from sleep and stress balms to cuticle care to sore muscle relief. Come check out the Badger balms at A Better Massage. Our clients love them!

If your skin feels like it needs a refresher try an Epsom salt scrub next time you're in the shower. Get in the shower with the shower off, put half cup of Epsom salts in a bowl, add a few drops of water until the salt clumps then gently scrub your skin. Be sure to get your underarms for the best detox. (It's best to avoid the delicate skin of your face.) After you scrub a few times rinse the salt off with water and shower as usual. Your skin will feel refreshed and smoother.

If your skin is dry rub some olive oil on your skin after your shower.

### Poison Ivy/ Poison Oak

The health food stores carry a homeopathic remedy for poison ivy and poison oak that I have found to work like a charm. (Just look in the homeopathic aisle under poison ivy/poison oak.) If you use the pills or pellets at the first sign of a rash you can avoid an outbreak. I have also found that using New-Skin (found at drugstores) to cover over the itchy or blistered areas helps so the rash doesn't spread. Really helpful if you scratch in your sleep! This stuff stinks like nail polish so use in a ventilated area. You can also cover the areas with a band-aid to deter spreading and scratching.