



Bodies in Balance

Brought to you by Julie Snyder

What mothers really need...

Making the gift of bodywork work for you

What better gift for a hard-working mom than massage or bodywork? Whether you are a mom, or have a mom, here are some reasons mothers need support to receive nurturing touch on Mother's Day.

- Mothers worry.
- Mothers have to multi-task whether they like it or not.
- Most mothers work. Hard.
- Mothers are always on call.
- If mama ain't happy, nobody's happy.

Take time to be nurtured

If you're a mother, you may want to ask for a Mother's Day gift of your favorite bodywork. Whether it's therapeutic massage, reflexology, hot stone massage or your massage therapist's latest healthful offering, you can expect relief from tension and pain. But even more important, your bodywork session can be a nurturing and healthful time out.

Sound delightful? An opportunity (for once) to do absolutely nothing? It can be, especially if you follow these tips.

Make the most of your gift

1. Let the people around you know that you need their support while taking time from your responsibilities. For example, child care may need to be covered.
2. Make sure you have time afterward to take it easy (see number one above). Don't rush off to pick up kids or start dinner. Take a walk, or lie down on your back for a few minutes once you get home. If that turns into a nap, so much the better.

The bodywork experience supports your mental and physical health and, in a very real way, extends to the well-being of your whole family. To make the most of your gift, remember to ask for support to let go of your responsibilities for the time it takes to really benefit.



When you take the time to really let go of your worries, the benefits can extend to the whole family.



Who is a mother?

You may have more than one

Everybody has a mother. But sometimes it's not what you expect. Some people are mothered by another "mother" in addition to or in place of their own — that is, another caring and supportive older woman. "In many African-American communities an adult woman is called mother as a sign of respect and love," wrote the Rev. Patricia Hunter, a minister at Mount Zion Baptist Church in Seattle. "It makes no difference whether she is your mother or has birthed any children at all."

Mother's Day can be a reminder to thank all the "mothers" in your life.

Think about the different women who have helped you along, paid attention, and expressed their interest in what you were doing. Who were those women? A teacher, neighbor, aunt, grandmother — a nanny or older sister? Maybe she is someone who became so close she feels like your dearest friend. Or maybe she is someone who sees you infrequently, but always remembers to ask about what's important to you.

Mothers aren't always biological ones. This Mother's Day, feel the appreciation you have for all your mothers, and, if you can, express that gratitude. Even a simple "thank you" can mean a lot to those who helped nurture you.

Aromatherapy for women

Essential oils soothe during PMS and menopause

Since ancient Egypt, women have had an affinity for aromatic herbs and flowers. Today, aromatherapy offers pure essential oils distilled from these plants. They can help soothe and harmonize when the endocrine system is challenged, such as during PMS and menopause.

Four essential oils for women

Massage therapists often use essential oils in their sessions. Oils can also be inhaled or used in baths. The following four oils are particularly recommended for women.

Cypress. A "woody oil." Soothing and relaxing. Recommended to balance the female reproductive system, it can help relieve menstrual difficulties as well as hot flashes.



Some fragrant essential oils are particularly suited to women's needs.

Geranium. A universal oil. Helps in skin care, and is said to smooth wrinkles. A positive effect on the adrenal glands helps relieve both nervousness and depression, making it good for both menopause and PMS.

Lavender. The most versatile oil of all. Calming to skin, it reduces inflammation and puffiness. Effective against acne and headaches. Good for impatience, irritability and insomnia. Massage into the abdomen to relieve menstrual pain.

Rose. Next to lavender in versatility. Used widely in skin care, it is moisturizing for all types of skin. Has a positive influence on the heart and circulation. It regulates menstruation and is an emotional aid during menopause. Spiritually uplifting.

Women's body blend

Combine 10 drops lavender, 6 drops lemon and 5 drops cypress. For massage, add to 1 ounce pure vegetable oil, such as almond or grapeseed. To inhale, use in a spritzer, adding the blend to 3 ounces of distilled water. Or use in a commercial diffuser.

The experience of aromatherapy can be soothing, but remember essential oils are powerful. Use caution, experimenting with only a few drops of any new oil. If you are pregnant or nursing, seek the advice of an aromatherapist before using essential oils.



*The phrase "working mother" is redundant.
—Jane Sellman*

Julie A. Snyder, CMT
5554 S. Prince St. Suite #102
Littleton, CO 80120
720-934-5424