



flourish

massage * bodywork



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Happy March to everyone! Spring is just around the corner but there is still a chill in the air.

We are discounting our Hot Stone treatments this month to warm you until Spring arrives!

Come check out some of our fabulous free essential oil workshops and try a free drinkable citrus shot too.

10% Discount off Hot Stone Treatments throughout the month of March

Hot Stone Massage is wonderful for anyone interested in deep relaxation and deep muscle work, without the intensity of Deep Tissue Massage. The therapist uses hot basalt stones to massage and relax your muscles. This treatment is 75 minutes and

highly recommended to anyone who enjoys the heat. If you find that typical massage does not relax your muscles, this is a treatment you should try.

This treatment can be combined with other services as well

[Book Now](#)

Free Citrus Shots during the month of March

Flourish will be offering drinkable shots for your health! We wanted to start it off by offering free citrus shots this month which are great for internal cleansing!

We will have a menu to choose from starting next month to help with Allergies, Infectious Disease, Pain/Inflammation, General Health & Wellbeing!



This Month Choose from:

- Lemon - Liver Cleanser
- Wild Orange - Digestive Tonic
- Lime - Decongestant
- Grapefruit - Metabolism Regulator

\$20 Discount - Welcome Flourish's Newest Therapists - Alonso & Kelsey

We are pleased to welcome **Alonso Velez, LMT** and **Kelsey Jordan, LMT** to the Flourish team of expert Massage Therapists.

Flourish Massage & Bodywork is offering a **\$20 Discount during the month of March** to Clients who book with either Alonso or Kelsey.

Upcoming Workshops at Flourish Massage & Bodywork

March

Wednesday, March 11th 10:00 - 11:30 am
FREE Essential Oil Class - Learn the Basics

Wednesday, March 11th 7:00 - 8:30 pm
Essential Oils 101

Wednesday, March 18th 6:00 - 8:00 pm
Energy Balancing for the Home

Sunday, March 29th 3:30 - 5:00 pm
The Chemistry of Essential Oils

April

Wednesday, April 1st 7:00 - 8:30 pm
Weight Loss, Cleansing and Everyday Health with doTERRA!

Tuesday, April 7th 6:00 - 7:30 pm
The Oils of Health

Sunday, April 12th 3:30 - 5:00 pm
FREE Essential Oil Class: Medicine Cabinet Makeover

Wednesday, April 15th 7:00 - 8:30 pm
FREE Essential Oil Class - Natural Solutions

Thursday, April 23rd 6:00 - 7:30 pm
Digestive Distress

Sunday, April 26th 3:00 - 4:30 pm
DIY Natural Cleaning with Essential Oils

[Register for our FREE workshops here!](#)

Essential Oils Bring Natural Health Solutions by Brie Hiudt

As choices in natural health care expand, the use of essential oils for healing is growing, as well. Despite a history spanning more than 1,000 years, many people still view them with skepticism and even resistance. It's useful to look at the basic of essential oils to understand their benefits and risks.

Synthetic laboratory-created molecules dominate modern medicine, and as a result, our major organs can be fooled into believing that we are getting the care we need from these synthetic concoctions. On a cellular level, pharmaceuticals may be rejected by the tissues being targeted-this is our body's natural protective system at work. Our liver can also suffer as it rejects the toxic, synthetic molecules, which may do more harm than good, that we ingest daily.

The natural chemistry of essential oils allows a much greater impact on our body's cells because it is more similar to our own. Our cells invite these natural molecules in, making harmful results less likely. However, if specific essential oils are used in high doses, placed on unsuitable areas of the body or ingested improperly, they are capable of creating adverse conditions that are not conducive for healing.

It's important to understand that essential oils are 50 to 70 times more potent than the plants from which they originate, so care and knowledge is critical when using them in therapeutic ways. Essential oils are not regulated for purity in the U.S., which means they are readily available. But that also means that knowing what to look when buying and using essential oils is critical, including understanding their purity and therapeutic grade or whether they are chemically enhanced or reproduced in a lab. Safe practices are paramount when growing, harvesting and sourcing essential oils to insure the highest quality and safest product for our health.

Brie Hiudt is a licensed massage therapist at Flourish Massage & Bodywork,

Thank you for being part of the Flourish community.
We appreciate you and hope that your March is the luckiest ever.
Until next time. . . .

Sincerely,

Kristin Worley
Owner
Flourish Massage & Bodywork

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