

# Rejuvenate with Christina

January Newsletter Edition 001



## New Year, New Things

Rejuvenate with Christina is excited to announce that we will begin a monthly Newsletter!!!

Newsletters will help keep you informed about updates, highlight monthly wellness tips and help remind you to schedule your monthly appointment.

## New Additions:

1

### NEW SHEETS

Super soft microfiber Comphy Company sheets have arrived!!

2

### CREDIT CARDS

Credit Cards are now accepted through the booking system

3

### RETAIL ITEMS

Himalayan Salt items now available for purchase



### 1. Comphy Co.

experience new, decadently soft, high-performance fabric Comphy sheets



### 2. Credit Cards

now offering convenient credit card processing with online booking



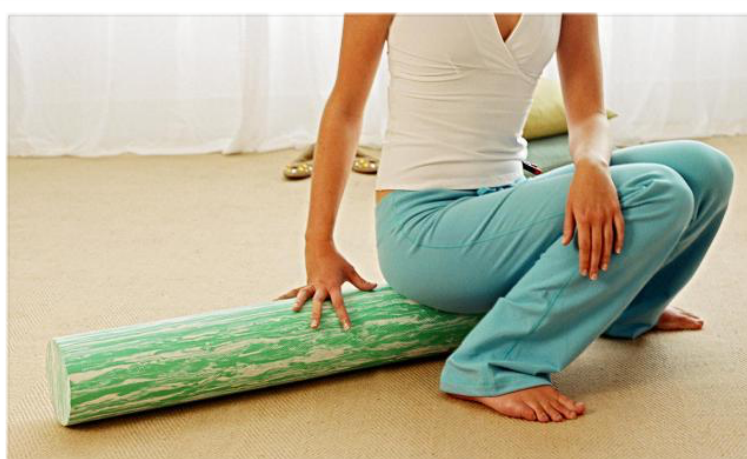
### 3. Himalayan Salt

himalayan salt lamps and more, ask Christina for more details

## Foam Rolling

You may have heard of foam rolling. You may have tried using one, or maybe you already own one... The most common questions I am asked are which one to buy, how to use it, when to use it, should it hurt, are they beneficial? In this edition I will cover which one to buy and the basics on how to use it.

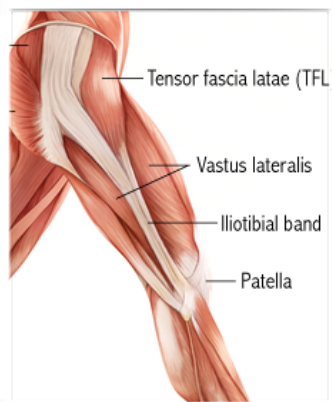
Every foam roller has a different density and size. The roller I prefer can be found on Amazon, refer to the link on the next page. I prefer this roller for its density and length. Your activity, or lack of activity, and areas of pain depend on the areas you should focus on while rolling. In this wellness tip I will cover a few basic exercises that everyone can benefit from.



Laying on your foam roller vertically is a spinal decompression and a great way to begin and end your exercises. Lay in this position for at least 2-3 minutes. While in this position you can loosen your hips and shoulders. Bring your arm up straight above your head and do a full range of motion circle. Do this 5 times clockwise and 5 times counter clockwise. Complete the same full range of motion, 5 times each way, circles with your legs as well.



Rolling your back and shoulders while in this position, is very beneficial. You may hear your spine adjust, or pop, this is okay. Relax and try to allow some movement in the spine. You can also get a different angle on the spots between your shoulders by bringing your elbows in towards your chin, forearms parallel with each other and focus on rolling in this area, move slowly, the slower you move the more beneficial.



A little anatomy goes a long way when it comes to rolling your IT bands. The picture to the left is a great visual as to what you are targeting. Starting by the knee, slowly roll up the iliotibial band, IT band, all the way to the tensor fascia latae, TFL. Then, while rolling down lighten up. Reposition at the knee, and continue to roll at least 3 repetitions, then do the same towards the vastus laterals or quad, on either side of the IT band, including some of the hamstring which is not labeled. Increase repetitions as you progress.





## Social Media

Expert foam roller? Email or post on Facebook (comment under the newsletter post) your favorite or most beneficial exercise you do with your foam roller. Participants may receive a prize!

New foam roller? No worries you can participate as well, take a video or write about trying out your roller! Everyone starts somewhere.

## Links

Recommended Foam Roller:

[http://www.amazon.com/OPTP-Pro-Foam-Rollers-Marble/dp/B002C9EX14/ref=sr\\_1\\_46?ie=UTF8&qid=1452311754&sr=8-46&keywords=foam+roller](http://www.amazon.com/OPTP-Pro-Foam-Rollers-Marble/dp/B002C9EX14/ref=sr_1_46?ie=UTF8&qid=1452311754&sr=8-46&keywords=foam+roller)

## Upcoming

The next edition, Edition 002, I will extend on foam rolling. In future Editions I plan to have essential oil education and highlight an oil each month. During your consultation you will get to smell the oil of the month and then it may be used during your massage if it is something your body is needing.

Watch for more retail items such as essential oils, bath salts and Comphy Co. sheets.

## Schedule Your Massage Today!

Don't forget to schedule your next appointment. Email at [RejuvenatewithChristina@gmail.com](mailto:RejuvenatewithChristina@gmail.com)

<http://www.vagaro.com/rejuvenatewithchristina>

I hope to see you soon,