



## **Summer 2013 Newsletter**

### **CHRISTMAS WISHES**

On behalf of Phoenix Therapies and the Hypnobirthing Centre WA I would like to wish all our clients and their families and friends a really happy, festive and safe Christmas. We thank you very much for supporting our business and we look forward to seeing you all throughout 2014.

All the very best from Vicki, Sarah, Kathy, Nicki, Abi and Courtney all from Phoenix Therapies and Micha from Kingsway Chiropractic.



### **CHRISTMAS / NEW YEARS OPENING TIMES**

Please be aware that we will be closed Christmas Eve, so the last day that you can get your gift vouchers is **Monday 23<sup>rd</sup> December 2013.**

Monday 23<sup>rd</sup> December – Open till 5pm with Nicki available for massage  
Tuesday 24<sup>th</sup> December – Closed  
Wednesday 25<sup>th</sup> December – Closed  
Thursday 26<sup>th</sup> December – Closed  
Friday 27<sup>th</sup> December – Open with Kathy & Nicki available for massage.  
Saturday 28<sup>th</sup> December – Open with Nicki available for massage.  
Monday 30<sup>th</sup> December – Open with Nicki & Sarah available for massage.  
Tuesday 31<sup>st</sup> December – Open with Sarah available for massage.  
Wednesday 1<sup>st</sup> January – Closed  
Thursday 2<sup>nd</sup> January – back to normal appointment times.



## **CHRISTMAS GIFT VOUCHERS**

Don't forget Christmas is just around the corner so one of the best things you can give is a gift of pampering with a Gift Voucher from Phoenix Therapies.

**PLEASE NOTE** - Vouchers can only be purchased up until **Tuesday 23<sup>rd</sup> December** and can be used from **2<sup>nd</sup> January 2013**.

### **Aromatherapy Massage Voucher**

\$75 (normally \$90)

### **Ion Spa Detox Therapy Voucher**

\$130 for 4 sessions (normally \$160)

### **Ear Candling with Energy Blanket**

\$70 (normally \$85)

### **Reiki or Energy / Chakra Balancing (1.5 hours)**

\$110 (normally \$140)

### **Aroma Pregnancy Massage Voucher**

15 minute consultation plus 60 minute massage

\$80 (normally \$110)

### **Hypnosis for Pregnancy & Birth (2 hours)**

\$150 (normally \$190)

### **HypnoBirthing Classes**

Series of 5 x weekly classes of 3 hours each

\$400 (normally \$550)



## CHRISTMAS GIFT HAMPER

Our lovely Christmas Hamper is valued at \$350 but is available for a heavily discounted price of \$250, and includes a one and a half hour aromatherapy massage of your choice.

This hamper is jam-packed full of pampering and relaxing goodies and is beautifully presented.

We only have two of these available so get in quick to purchase for that special person this Christmas.



## SUSPECT A STROKE?

Sometimes the speed at which you identify something can make all the difference to a person's wellbeing. If you even slightly suspect someone might be having a stroke it is so important to act **FAST!**

Use the word **FAST** to guide you as follows:

**F** = Face – Ask the person to smile (if it is you look in the mirror). If one side droops, it could be a stroke.

**A** = Arms – Ask the person to raise them. If one arm drifts downwards, it could be a stroke.

**S** = Speech – Ask the person to repeat a simple sentence. If the speech is garbled or strange, it could be a stroke.

**T** = Time – Call 000 (or the emergency number in your country).



## **ARE YOU ARRIVING ON TIME?**

Ideally it would be great if you arrived at least 5 minutes early for your appointment time as your therapy will need to finish on time so as not to inconvenience the next person.

This also allows you enough time to visit the toilet if you need to and to take off your jewellery (although we prefer that you not wear any jewellery when you come). If you are waiting in the reception area, this is the time to make your toilet stop or take off your jewellery and turn off your mobile phone.

Please be aware if you are late, this will reduce the time of your own therapy as we cannot add extra time at the end. You also need to be aware that if you are late, it is very difficult to perform an effective full body massage in less than an hour. Because of this, if you do request a full body massage we will leave out areas that may not need as much work such as your feet, hands, face and head so that we can spend more time on problem areas for you.

If you are late, just take a deep breath, have a glass of water and please be courteous to our therapists as they are doing the best they can with the time that you have given them.



## **SOUND MEDITATION GROUP**

Our Sound Meditation and Visualisation group will run for 10 weeks starting from Thursday, 23<sup>rd</sup> January 2014 through to Thursday, 27<sup>th</sup> March 2014.

The cost for the 10 weeks meditation group will be \$300 per person payable in advance to secure your place.

Sessions run from 6:30pm till 8:30pm.

Sound Meditation can be your personal time to relax, let go of stress and negative feelings, refresh your inner self and expand your creative ability. During these sessions you will learn deep breathing while listening to Vicki guide you through a visualisation along with crystal bowls, gongs and other relaxing, healing sounds learning to quiet the mind and relax the body.

As part of this group we also focus on positive affirmations, self-esteem and confidence.

Please email [Vicki@phoenixtherapies.com.au](mailto:Vicki@phoenixtherapies.com.au) to book and arrange payment as places are limited to 10 people. Please note that refunds are not given for missed sessions.



## **TAKING IT EASY**

With the warmer weather many of us increase our level of outdoor activities such as gardening and exercise and sometimes we can just push ourselves a little too hard. The result is often a few days of painful recovery time. So just a few tips to help you along so you can enjoy the great outdoors and reduce overdoing it:

### **Increase your activity gradually**

Pay attention to your body's signals so that you don't overdo things. Start slowly then gradually increase your activity over a couple of weeks. When muscle aches are experienced after exercise, you are feeling the effects of lactic acid, the substance formed as a result of incomplete breakdown of sugar by the muscle. When a build-up occurs it is best to continue your efforts at a lighter level so it will still allow your body to use up the lactic acid faster than if you cease all activity.

### **Warm Up**

Plunging into strenuous activity without warming up is usually inviting some kind of injury or discomfort. You can avoid possible strains and torn ligaments by increasing the blood and oxygen levels to all parts of your body by stretching and initially lower impact exercise. Just like your car needs to warm up a little before you start driving to prevent mechanical problems, so too is the case for your body.

### **Drink Plenty of Water**

Water helps to regulate body temperature, keeps fluid levels up to prevent dehydration and helps to remove toxins from your body.

### **Schedule Regular Massage**

Nothing feels better than working out all those kinks and sore spots after a day of gardening, walking or sports than a massage. Your massage will help to relax the muscles, relieve soreness and help you to function at your best mentally, physically and emotionally.

Furthermore, massage will help your recovery time after sports or injuries. For instance through the light squeeze and release of muscles, circulation is improved. This increased blood flow brings nutrients such as oxygen to your cells and carries waste away for disposal. Muscle elasticity and function can be greatly improved as well.

If you would like more information on warm up stretching, exercise or any other information about massage let us know at your next session.



## **HYPNOBIRTHING CENTRE WA**

For most of their lives, women have been inundated with the negative stories of other women's birth experiences. They have been conditioned to believe that excruciating pain is associated with labour; and because of this, women today hold fear of giving birth.

This fear creates tension of the muscles, which then creates pain that generates more fear, so this then creates a cycle that prohibits their body from performing a normal physiological function. The result is exactly what they feared most - long, painful birthing or unnecessary intervention.

Vicki Hobbs is a certified Hypnobirthing practitioner and says that this self-hypnosis birthing education program prepares women for childbirth without fear or stress, to allow her body to function and birth naturally.



During classes you will learn relaxation techniques so that you can give your baby a welcome that is calm, gentle, and safe.

Evidence also shows that good antenatal preparation helps with birth and parenting, so is it any surprise that HypnoBirthing® couples experience lower intervention, induction and caesarean rates in their birth, as well as substantially less pain relief administered than their peers.

HypnoBirthing® classes are taught over a five week period with each class being 3 hours each week. You will learn relaxation techniques so that you can give your baby a welcome that is calm, gentle, and safe.

Here are just a few things you will learn with HypnoBirthing®

- How fear affects women in labour and how to use hypnosis and relaxation to create positive birth outcomes
- Self-hypnosis techniques for labour & birth
- Relaxation and visualization techniques for labour & birth
- Breathing techniques to use during labour & birth
- How to prepare your birth preferences
- A simple explanation of what happens during labour & birth
- How you can breathe to minimise tearing during delivery
- Strategies to avoid an induction of labour

Our next classes start on **Sunday, 2<sup>nd</sup> February 2014 from 9:30am till 12:30pm** so if you would like to register for these classes or for more information please contact Vicki. We also now have a new website that has lots of information, videos and class details so please check there [www.hypnobirthingcentrewa.com.au](http://www.hypnobirthingcentrewa.com.au) and to download the enrolment form.

## **FACEBOOK**

Please share your experience under the “REVIEWS” section on our Facebook pages and we will give you 10% discount on your next treatment. Just go to one of our pages on Facebook:

1. **Phoenix Therapies Wellness Centre**
2. **Phoenix Therapies Pregnancy Centre, or**
3. **Hypnobirthing Centre WA**



Then scroll down the page and you will come to the “REVIEWS” section on the right hand side (you should see 5 stars in grey). Just click on the star rating (obviously you will give us 5 stars) and also leave a comment to let people know about your experience. That’s all you have to do!

## **DID YOU KNOW**

- Every day, the average heart beats 100,000 times and pumps about 7571 litres of blood.
- Over 200 muscles are used to take one step.
- Humans have an entirely new skeleton every 12 years due to the body's continual replacement of its bone cells.
- Nerve impulses to and from the brain travel as fast as 270 km/h.
- There are 72 kilometres of nerves in the skin of a human being.
- There are 97,000 kilometres of blood vessels in the human body.
- Though it makes up only 2 percent of our total body weight, the brain demands 20 percent of the body's oxygen and calories.
- The average human body contains enough: iron to make a 3 inch nail, sulphur to kill all the fleas on an average dog, carbon to make 900 pencils, potassium to fire a toy cannon, fat to make 7 bars of soap, phosphorous to make 2,200 match heads, and water to fill a 38 litre tank.



## **OUR MISSION**

The Mission of Phoenix Therapies is to help you achieve total wellness by providing a high quality and professional massage, natural therapies and pregnancy related services to enhance your physical, emotional and spiritual wellbeing.

**For more information about any of our therapies or to book an appointment, please contact Phoenix Therapies Wellness Centre  
Darch Plaza on Kingsway, 225 Kingsway, Darch WA 6065**

**Telephone: (08) 9303 9111**

**Website: [www.phoenixtherapies.com.au](http://www.phoenixtherapies.com.au)**

**Email: [reception@phoenixtherapies.com.au](mailto:reception@phoenixtherapies.com.au)**