



HAPPY HOLIDAYS!

December 2008

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Decrease Holiday Stress with a Massage

Massage has many benefits that you can tap into to stay healthy and relaxed through the upcoming holidays.

Some of the known benefits include stimulation of the lymphatic system, important for removing toxins from the body. Other massage benefits include stimulation of endorphins, naturally occurring substances that act much like opiates to provide pain relief and relaxation.

Learning ways to manage stress is essential for disease prevention. Stress contributes to heart disease, enhances depression, and influences every aspect of our lives. Stress management, through massage, translates into well-being for the holidays as well as year long.

A short massage can alleviate fatigue, and provide more energy to accomplish needed tasks such as holiday shopping, decorating, house cleaning and baking goodies for your loved ones.

Why not give your loved one a gift certificate for a relaxing HarmonyWorks massage? **This month, One Hour Gift Certificates Available at \$10.00 off!**



The Law of Giving

The universe operates through dynamic exchange . . . giving and receiving are different aspects of the flow of energy in the universe. And in our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives.

I will put the Law of Giving into effect by making a commitment to take the following steps:

1. Wherever I go, and whoever I encounter, I will bring them a gift. The gift may be a compliment, a flower, or a prayer. Today, I will give something to everyone I come into contact with, and so I will begin the process of circulating joy, wealth and affluence in my life and in the lives of others.
2. Today I will gratefully receive all the gifts that life has to offer me. I will receive the gifts of nature: sunlight and the sound of birds singing, or spring showers or the first snow of winter. I will also be open to receiving from others, whether it be in the form of a material gift, money, a compliment or a prayer.
3. I will make a commitment to keep wealth circulating in my life by giving and receiving life's most precious gifts: the gifts of caring, affection, appreciation and love. Each time I meet someone, I will silently wish them happiness, joy and laughter.

Dear Friends:

I am truly blessed. I have a wonderful husband, four beautiful, amazing children, two awesome grandchildren and friends like you. I have a job that I absolutely love because it allows me to give to others, using the gifts that I have been blessed with.

Thank you for another wonderful year of Harmonyworks!

May you experience all the wonders of Love and Joy this Holiday Season.

In Light and Love,

Jacqueline Deschamps
Harmonyworks



About Harmonyworks

Harmonyworks is a way to keep your body, mind and spirit in balance. I would love your feedback on my services or articles! Please feel free to email me at harmonyworks@massagetherapy.com or call me 401-749-8145.

Also please visit my website: www.harmonyworkstherapy.com

Harmonyworks

29 North Main Street
Attleboro, Massachusetts 02703

**DECEMBER'S
SPECIAL TREAT!**

**ASK FOR A HOT PARAFFIN DIP WITH YOUR
MESSAGE TO WARM UP YOUR HANDS!**

Offer Expires: DECEMBER 31, 2008