



Caring Palms Massage and Reiki Newsletter

October 2007

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Greetings!

Welcome to the October issue of the Caring Palms newsletter. Here we are with another late newsletter. We'll see if that can be corrected next month. :) Expect the next one in a couple weeks.

This month, we have an updated Reiki class schedule and a couple articles for you.

I hope you like what we have here.

Modality of the Month

Reiki

Although Reiki is not massage (as the muscles of the body are not manipulated), it is a very relaxing yet powerful method of healing. In the simplest form, Reiki is the laying on of hands. It is guided, positive energy brought in from the universe by someone that knows how to 'tap into' it, and passed into someone in need of healing.

[read more](#)

Reiki Class Schedule

The following is a list of currently scheduled Reiki Classes. Each class (unless otherwise marked) currently has a status of 'Scheduled'. This means that a date has been set, but no one has signed up for it yet. Once a deposit has been received for a class, the status will be 'Confirmed'. The current schedule is as follows:

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Reiki 1

- October 20 (Saturday) 11am - 5pm
- November 17 (Saturday) 11am - 5pm

All classes are open to anyone wanting to learn this unique method

of hands-on healing. The cost for each class is \$100 no matter what level of Reiki the class is for. A 50% deposit (\$50) is required a minimum of seven (7) days prior to the class date (or permission of the instructor) to reserve a space in the class. Classes with no deposits received by the deposit deadline will be cancelled. All class statuses may be viewed on the Reiki side of the web site under 'Class Scheduling and Schedule of Classes'.

Note: We don't schedule Reiki classes in December as people are usually doing other things during that time. If someone desires, a class can be scheduled at any time.

Caring Palms - Where a 1-hour massage is actually 60 minutes

Many places claim to give one-hour massages, but what they promise is a one-hour session. In that one-hour session, they allow five minutes to talk with their client, to see what work is needed. Then they allow five minutes at the end of the massage for the client to get dressed, and to change the linens on the table. They actually only give 50 minutes of massage. This allows them to schedule massages hourly.



At Caring Palms, a one-hour massage session includes a full 60 minutes of massage (just as a 90 minute massage is a full 90 minutes). When a client comes in, any problems or health related information is discussed, and possible styles are suggested based on what we feel the client needs. This can be anywhere from five to 15 minutes. There is no charge for this consultation. It is part of the service. We schedule our one-hour massages at 90 minute intervals so we have time to do this. It is because we care about meeting the client's needs that we do things in this manner.

Some people will go to a therapist that advertises a really low price, but when they find out that they don't get a full hour of massage, they see that dollar for dollar they are paying the same amount per minute as they would coming to Caring Palms (and may not be getting the same quality nor someone with as much experience).

So the next time you are shopping around for a massage therapist, ask how long the sessions are and how much of that is massage.

What Makes a Healer?

by Brian Dean

I was working on my client yesterday when she told me something. She told me "You're a very gifted healer." This got me to thinking of something a friend and I had been talking about the other day: what is the difference between a massage therapist and a healer?

[read more](#)

In November, Caring Palms will begin its annual holiday Gift Certificate Sale. This is where one can buy four gift certificates, and get a fifth one free. Sale starts soon.

Client Education a Must

by Brian Dean

At Caring Palms, we believe in educating the client so that they know what to expect during their session, and that they have rights to make any changes needed. Basically, we set expectations. We want to avoid surprises, and make sure that the client is comfortable.

Compliance. Ever heard of that word used to define a situation? Well, most people haven't. It happens when a client or patient (as this does not only apply to massage therapy) feels uncomfortable with what is being done to them, but allows it to happen because they feel that the person working on them knows more than they do. This happens with clients of doctors, chiropractors, massage therapists, and any other healthcare related industry.

[read more](#)

May light continue to illuminate your path. Take care.

Sincerely,

Brian
Caring Palms Massage and Reiki