

Self-Care

Self-care is essential to your personal and professional growth. There are many ways to take care of oneself. This includes, but is not limited to, using organic ingredients and handheld tools during sessions, taking vitamins and nutritional supplements, exercising and expanding your massage education.



THE PRESSURE POSITIVE COMPANY

The Original Backnobber II

This carefully designed, deep-muscle-therapy device can be used by hooking the device over a shoulder or under an arm and using its leverage to apply deep pressure to trigger points in hard-to-reach muscle areas.

- Contains a break-apart feature
- Constructed to be lightweight
- Intended to be ergonomic
- Marketed as durable and versatile

The Original Backnobber II costs \$39.95. Contact The Pressure Positive Company, (800) 603-5107 or www.pressurepositive.com

BIOPHARMA SCIENTIFIC, INC.

NanOmega3, Golden Flax & Vegan DHA with Synergistic Vitamins

This nutritional supplement is formulated to be great-tasting, easy-mixing, vegetarian and an environmentally sustainable whole-food based alternative to fish oil tablets and oils. It is available to licensed health professionals only (licensed massage therapists included). Free taste-test samples are available.



- 5 grams of organic flaxseed
- 1,000 milligrams of ALA
- 100 milligrams of DHA
- 2.5 grams of fiber
- 100-percent vitamins D and E plus B6, B9 and B12

NanOmega3, Golden Flax & Vegan DHA with Synergistic Vitamins costs \$20.95. Contact BioPharma Scientific, Inc., (877) 772-4362 or www.nanomega3.com/free



BACH FLOWER REMEDIES

Bach Emotional Eating Support Kit

This emotional-eating support kit comprises three Bach Flower Remedies specifically chosen to help deal with the most common emotions that contribute to emotional eating.

- Flower remedies can help manage the urge to overeat and put the consumer back in control
- The remedies are marketed as an all-natural healing system, providing a calming, positive energy

Bach Emotional Eating Support Kit costs \$23.95 for three 10-milliliter bottles. Contact Bach Flower Remedies, (800) 319-9151 or www.bachremedies.com



NUMI ORGANIC TEA

Numi's Collection

This collection contains 18 organic teas and teasans.

- Marketed as certified organic
- Does not contain added oils, artificial or natural flavorings
- Contains individually wrapped tea bags

Numi's Collection costs \$5.99. Contact Numi Organic Tea, (510) 534-6864 or www.numitea.com