

Your Blissful Connection

A warm almost mid year aloha to everyone. Yes it has been ages since I sent out a newsletter but alas I am still here and blissing away with Lomi Lomi massage. I hope 2010 has been a fun and rewarding year for you so far. Keep warm to fend off any unwelcome winter colds or flu.

Happy reading of my latest newsletter.
Kylie.

Winter Warmer Special:
1.5 hour Lomi Lomi massage

now \$100.00

Includes a winter warm up with Hot Rocks placement stones
+ free blissful bath salts to take home
valid until 31 July 2010

Did you know about: Himalayan Salt Lamps

For those of you that have been to my home and/or massage room, you may have noticed the glowing orange lamps and wondered what they are made of. These lamps are actually made of pure salt.

A salt lamp releases healthy negative ions from its surface as the lit bulb warms up the salt. This cleanses and improves the quality of the air you breathe and the beautiful glow creates an atmosphere of tranquillity which makes them the perfect accompaniment to any room—home or office.

Our modern day environment is dominated by technology of 'conveniences' from mobile phones, computers, televisions, office machines, microwaves, air conditioners, heaters and more. These conveniences emit excessive amounts of positive ions into the air we breath, which can result in mental and physical exhaustion.



Have you ever noticed that your feeling of well being is intensified in pure mountain air, at the seashore, or after a thunderstorm. This is due to the higher concentration of negative ions in these surroundings—same with using a salt lamp.

Place a salt lamp or two in any moisture-free room, to softly light up and energise a dark corner of the house. The salt for these lamps are pure and sourced from the Himalayan mountains.

Himalayan salt contains the 84 natural elements needed

by the body. Many health therapists (including myself) recommend you do away with supermarket processed table salt and use salt which still contains all natural mineral elements which are very beneficial to your complete health.

This pink mineral rich salt is used for many things including skin care, diet, baths and much more. It may improve your health and well being. Look for it next time you are at the grocery store.

Introducing Jacinta of Light Symphony



I introduce to you Jacinta as my colleague in healing therapies. Jacinta is a trained psycho-therapist and energy alignment therapist. I have had several sessions with Jacinta and each time I have walked away with a fresh perspective of myself in relationship with the life I have created.

Her sessions are amazing in simplicity yet powerful. Jacinta works with crystals, angel cards and spot on intuition to help you tap into your very own potential.

For those of you interested in an experience unlike any other to rid of your old ways of being, and or realign your energetic body I personally recommend Jacinta's services to you.

Available Treatments:

- Body Psychotherapy
- Energetic Alignment
- Angel Card Reading
- Angel Card reading + Intuitive Healing

Further information and contact details can be found on Jacinta's website:

www.lightsymphony.com.au

Email: jlmakim@gmail.com

Benefits of choosing ina bliss for your next massage

Lomi Lomi is the rolls royce of all massage styles | one flat payment per session, not per hour
availability after hours and weekends | quiet and tranquil location
free bath salts with each session | unlimited free street parking

ina bliss

hawaiian massage therapy

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an holistic healing massage service dedicated to helping you connect with your serene state of being