

Newsletter



Welcome to River Rock's first quarterly newsletter!

We're so excited to share what's happening inside River Rock Massage Therapy Clinic and to keep you connected to the people, services, and stories that make our clinic so special. Whether you're here for healing, wellness, or just some well-deserved relaxation, this is your go-to space to stay in the loop on new services, seasonal tips, and staff highlights.

A note from Jenn

If you had told me in 2013 that this little clinic would turn into a full-fledged wellness hub, I would've smiled and said 'that's the dream!' And here we are, living it—one massage, one client, one connection at a time. This newsletter is our way of staying in touch, celebrating our incredible team, and maybe even teaching you something new along the way (yes, even about fascia and red light therapy!).

Grab a cold drink, find a sunny spot, and enjoy our Summer Edition. Here's to good vibes and better posture.

With gratitude,

Jenn x



In this newsletter...

WHAT!? a Newsletter?

FREE Nutrition Webinars with Sandee & Elizabeth

Summer Food & Drink Recipes

Clinic Happenings

The Benefits of Epsom Salts

Take Charge of Your Health From Within



Meet Sandee & Elizabeth!

Did you know that both Elizabeth and Sandee are well versed in all things nutrition, hormones and wellness? Elizabeth's main passion is helping parents work with their children to create meal plans that work for all parties, while Sandee's main passion is helping women balance their daily lives with helping to create simple routines that are sustainable.

Check out our upcoming **FREE** educational webinars and Q and A's in the fall, starring Elizabeth and Sandee below!

UPCOMING WEBINARS



September 15 @ 6:30PM

Creating Healthy Habits



October 20 @ 6:30PM

Understanding your Hormones



November 17 @ 6:30PM

Healthy Habits to Manage Stress

All webinars are over Zoom
(link provided upon registration)

To register for one, or all of our **FREE** Webinars, please email

Sandee@rrmtc.ca
OR
Elizabeth@rrmtc.ca

5 Healthy BBQ tips to help you stay on track this summer.

#1 Don't arrive starving - this is a secret I use often, I will usually have a small snack before heading out to an event so when I see the food I am not wanting to eat one or two of everything on the table.

#2 Survey the scene before you load your plate - This lets you see what all your options are and what you are dying to try and what you can leave behind. (If there is a perogy on the table you know its going on my plate!)

#3 Prioritize Protein - Make it the star of your plate. Protein will make you feel fuller longer and will help reduce your urge to graze the snack table later on in the evening.

#4 Be mindful of Liquid Calories - Try to stay away from the Coke, Pepsi, Sweet Iced Tea and the Mike's Hard Lemonades. These are very sugary and significantly up your overall calorie intake. Choose water, sparkling water, unsweetened iced tea and if you are going to drink, choose seltzers such as Truly or Cottage Springs.

#5 Eat Mindfully and Savour what your eating - Slow down while you eat, we hear this all the time but rarely do it. Slowing down and savouring what we eat allows us to not only enjoy our food more, it makes it so we actually eat less because it allows our body to hear the "I'm full" cue and for us to listen to it.

Enjoy the summer and don't worry if you have a patio drink here and an appetizer afternoon there. Acknowledge that they are going to come up and keep it in your mind that staying on track 80% of the time allows for 20% of the summer unknowns that come up.

Sandee & Elizabeth x



Summer Sips

Summer means more late nights followed by early mornings. There is also going to be way more "fun" being had. Think evenings around the bonfire and drinks with friends. All these things add up, so here's a little **Sleepy Time Mocktail** to help you to rest soundly over these summer months

- 1/2 lime, juiced
- 1/4 cup tart cherry juice
- 1/4 teaspoon magnesium citrate powder (or magnesium glycerinate)
- 1/4 cup sparkling mineral water (I like using lime for that added flavour)
- 1/2 cup ice (optional)



Simple BBQ Skewers

Skewer Ingredients:

1 lb (450g) boneless chicken breasts, cut into 1-inch cubes
1 red bell pepper, chopped into chunks
1 yellow bell pepper, chopped into chunks
1 red onion, cut into wedges
2 tbsp olive oil
2 tbsp BBQ sauce (see recipe)
Salt and pepper to taste
Wooden skewers (soaked in water for 30 minutes)

BBQ Sauce Ingredients:

1/4 cup ketchup
2 tbsp soy sauce
2 tbsp rice vinegar
2 tbsp molasses
1 tsp paprika
2 tsp garlic powder
2 tsp onion powder
1 tsp chili powder
1 tbsp maple syrup



Instructions:

MIX together BBQ sauce ingredients in a bowl. (There will be extra, store in the fridge for your favourite recipes.)

MARINATE chicken by combining olive oil, BBQ sauce, garlic powder, paprika, salt, and pepper. Add chicken and mix well. Let it marinate for at least 30 minutes in the fridge.

ASSEMBLE skewers by threading chicken, bell peppers, and onion alternately onto the skewers.

GRILL on medium-high heat for 10-12 minutes, turning occasionally, until the chicken is cooked through and lightly charred.

In Other Clinic News



Ancient Healing in Modern Medicine with Andrea

Acupuncture can provide many benefits including:

- Pain Relief for various condition such as back pain, neck pain, headaches, TMJ dysfunction and more.
- Improve sleep quality and quantity, which can lead to overall better health.
- Helps with rehabilitation of overuse injuries such as bursitis and tendonitis.
- Helps with musculoskeletal issues such as sciatica, shoulder and knee dysfunctions etc.



More Than Just Reflexology with Sihem

Did you know that Sihem is not only our resident Reflexologist, but she also does facials? She is trained in not only your classic facial, but is also able to do lymphatic, hot stone and cupping facials as well.

Book with Andrea or Sihem

◆ Call 204-642-3755 OR

◆ OR Scan the QR code to book online





Did You Know?

You can use our Infrared Sauna for Red Light Therapy on it own?

While the sauna itself needs to be "on", it can be set just to room temperature if you are only wanting to do Red Light Therapy.

Contact the clinic to find out more or to book your session.

The Many Benefits of Epsom Salts

Epsom salts are an under utilized secret weapon in the health industry. It is full of healing properties from the magnesium levels that are within it. Here's a few of the benefits of Epsom Salts.

Relieve Muscle Pain - When dissolved in water, they release the compound magnesium, which help promote relaxation of the muscles and the mind.

Skin Cleanser - They act as an amazing skin cleanser because it clears out the pores of the skin and allows the water to wash out all the dirt and oil that have been trapped there.

Relieve Foot Pain and Odor - Leaving feet to soak in Epsom salt bath can help to remove splinters, treat athlete's foot, and get rid of toe fungus. It can also soothe irritated and sore feet and combats foot odor.

Fight Cold and Flu - Studies show that Epsom salts help increase the body's white blood cell count, which boosts the body's ability to fight infection.

Body Scrub - After a warm shower, rub Epsom salts gently over the body to exfoliate the skin. Doing this once or twice a week will remove dead skin cells and leave the layer soft, clean and glowing.

Promotes Better Sleep - A warm Epsom salt bath increases magnesium levels in the body which helps to relax the muscles and stress levels.

Chapped Lip Treatment - When epsom salts are mixed into a light moisturizer, the mixture gently exfoliates and relieves skin irritation.

Hair Volume - Adding salt to your hair conditioner helps to get rid of excess oil, which relieves some the weight on the hair and helps to give it more volume.

Detox Bath Soak

2 cups Epsom Salts
5 Tbsp. Ground Ginger
2 cups Baking Soda
2 cups Sea Salt
1 cup Vinegar



Available at our
Clinic Boutique!



Combine all dry ingredients, storing in a closed container.

At bath time, add 1 cup of dry ingredient mix and 1 cup of vinegar to hot running water.

Optional: add several drops of your favourite essential oil!

About the Clinic

River Rock Massage Therapy Clinic (RRMTC) opened its doors in April 2013 as Gimli's first clinic specializing in Remedial Massage Therapy.

Our Mission & Values

Our mission is simple yet powerful:

- ◆ To provide a **safe, comfortable, and healing environment** for the people of Gimli and the Interlake region.
- ◆ To focus on **assessment, treatment, rehabilitation, and relaxation**, helping our clients live well and move freely.



We're Growing!

In addition to Massage Therapy, we also offer:

- ◆ Reflexology
- ◆ Osteopathy
- ◆ Clinical Counselling
- ◆ Infrared Sauna & Light Therapy
- ◆ Holistic Nutrition

... and so much more on the way!

Contact

 1 - 7th Avenue, Gimli MB

 204-642-3755

 wellness@rrmtc.ca

 www.riverrockmassagetherapyclinic.ca

We're Social!

