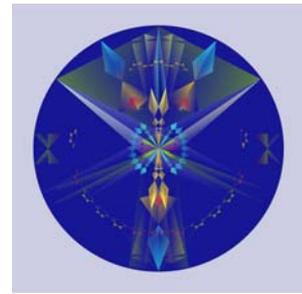




BALANCED
ENERGY.
Beauty Spa+
Health Clinic



BE Zine March 2011:

Metal Element Offer/ Celebration of Beauty Party/ Monthly Prize Draw/ New Studio Membership/ Therapists Tips/ Birthday Special Offer

Autumn the Time of Metal

As we approach autumn we enter the time of year attributed to the Metal Element by Traditional Chinese Medicine. Metal rules the lungs, skin and large intestine, three organs responsible for “breathing” substances into and out of the body. The emotion relating to Metal is sadness or grief (particularly about letting go) and many right now are affected by this emotion due to the recent events in Christchurch. The Balanced Energy blend of flower and crystal essences for Metal is called “Wings of Joy”. This helps with grief and brings in lightness of being. If you know anyone directly affected by the recent earthquake who could benefit from this essence or our Heart Beat of the Mother blend (which helps in situations of trauma, anxiety and shock) these usually cost \$44 a bottle and we are offering to send a bottle directly to them for a small donation to cover postage and materials. Please contact Catherine on 09 428 2932 to arrange.

Happy Birthday to us!

BALANCED ENERGY Beauty Spa + Health Clinic, Whangaparaoa is now officially one year old! The time has gone so fast, the last year was such a busy one! We are really enjoying the Whangaparaoa Peninsula and to celebrate this auspicious occasion we have some great special offers this month, plus we would like to invite you to our birthday Celebration of Beauty on Friday 8th April from 6pm-8pm

Celebration of Beauty

Friday 8th April 6pm -8pm

Showcasing our lovely new skincare range, Janesce, this fun evening is dedicated to the art of naturally gorgeous beauty. Learn our therapist’s secrets for keeping your skin healthy and beautiful without expensive, cosmaceutical treatments. There will be refreshments, fun and competitions as well as spot prizes, discounted items and surprises galore!

Book now for the sake of your skin: 09 428 2931

Tickets are \$20 per person 50% will be donated by Balanced Energy to the Christchurch Relief fund.



Autumn Health

Angela Van Trijp Balanced Energy Wellness Consultant

Autumn is a time of maturity and harvest. Seasonal foods are abundant, leaves change colour and start to fall, days become shorter and cooler and flus and colds start to appear. Now is the time to nurture your immune system to help keep sickness at bay. **Eating seasonal fruits and veges** will increase your vitamin intake as the time between harvest and eating is shortened. This is very important for the Vitamin C content. The longer the fruit or vegetables are stored the less nutrients they will have...*continued on p2*



Continued from p1: **Shopping at the local farmers market** can be a fun morning out, you get to meet the grower and produce is as fresh as you can buy. If you have your own vegetable patch or fruit trees, even better. **Eating a variety of different colours and species**, provides different nutrients, for example orange vegetables and fruits contain high levels of Vitamin A which is an essential vitamin for skin and eye health. **Eat berries!** These are anti oxidants that provide a whole package of goodness and great taste. **Supporting your lungs through nutrition** enhances immunity. In Traditional Chinese Medicine, foods that support the lungs are white foods such as onions, garlic, mushrooms, apples, pears and leeks. **Aromatherapy** is a great way to stimulate the immune system using inhalations of essential oils. In a bowl of hot, steaming water add 2 drops lemon or 1 drop eucalyptus or 2 drops Manuka essential oil, place a towel over your head and the bowl and breathe normally for a few minutes, the vapours will go deep into the lungs promoting overall health (if you have problems with your lungs please consult your doctor before doing this). At Balanced Energy Clinic we provide genuine organic essential oils and our Aromatherapist can create a blend tailored for you.

Hydrate, Hydrate, Hydrate!

Kavita Reddy, Balanced Energy Beauty Consultant.



Skin reflects emotions; it changes constantly and, because of its location, is vulnerable to damage.

Men and women alike cherish the idea of perfect skin, glowing with health and vitality, free from tension, lines and wrinkles. Genes and a certain amount of good luck often determine good skin, but the most important factor is the correct care from its owner! There are four basic skin types and one of them is 'dry skin.' This may be caused by environmental conditions, lack of sebaceous gland activity, hereditary reasons or that the water-holding capacity of the skin has been disrupted.

To maintain healthy balance for all skin types it is important to be aware of products that affect the acidic mantle (PH). Keeping your skin hydrated is very important. By making the right choices in the foods that you eat and keeping up your water intake you will be rewarded with healthy, glowing skin. The secret to a healthy skin routine is to "wet the skin and lock it in". Soaking your skin with water and plant essences gently rinses away the impurities, encourages direct skin hydration and increases your skin's ability to absorb all the active ingredients. Spritzing your skin with a hydrating mist while skin is still damp provides it with a soothing and hydrating boost. While the skin is still damp, by applying a concentrated moisturiser, you will find that your skin feels, smooth, refreshed and radiant all the time.

To hear more about skin health and to experience this for your self, book a place at our Birthday Celebration of Beauty on Friday 8th April. \$20 50% of proceeds goes to the Christchurch Relief Fund

Living in Natural Time with Nia

With Sally Cook, Balanced Energy Nia Consultant

Birthdays are special times and we have three of them in our house this month, plus numerous friends, which means we are always very busy. Parties to organise and presents to buy can be stressful but this year I am feeling so relaxed. I have been focusing on living the Nia principle of "Natural Time", time which is measured by the moon and seasons rather than the minutes on a clock! I am aware of the importance of taking time out and of acknowledging myself for jobs I *have* done (rather than stressing over those still on the list), of knowing that all will be achieved in the perfection of "Natural Time". Why not try giving yourself the challenge of living in Nia "Natural Time" for a 24-hour period this month? Spend a day and a night listening to the rhythms of your body and the world around you. Let the sensations of your body lead your actions and see how you feel. Enjoy. Here is a message from a Nia student ' After the Nia class on Tuesday, I woke up the next morning with so much energy and enthusiasm that I took the whole day off, no phone, no email and spent the entire day in the garden. It felt fantastic.'

You can enjoy Sally's Nia classes on Mon 11.15 am and Wed 6pm at the Balanced Energy Studio.

Special Birthday Offer:

Book and pay for any one hour treatment at Balanced Energy during March or April and receive a Birthday Beauty Gift of one, luscious Genoma Night Cream or Eye Cream valued at \$69.90.

While stocks last

Managing Stress

Dionne Greening Balanced Energy Naturopathic Consultant

Stress is a fact of life and, though stress, for a large proportion of people is something that they are relatively unaware of, it is not necessarily negative. As a positive influence, stress can help compel us to action. It can result in a new awareness and an exciting new perspective. However, constant stress can affect the body's innate ability to heal and restore physical, emotional or mental balance.

Stress triggers a number of changes within the body. These changes are predominately controlled and regulated by the adrenal glands, which produce cortisol in response to stress. Often, when stress is ongoing, the adrenal glands can become exhausted. Some of the most common causes of stress are emotional upsets, health conditions, hormonal, environmental, physical, social, and financial or other changes in your life. What is distressing for one person may not be for another. It has been found that many illnesses are related to unrelieved stress. The main aim of the naturopathic approach to stress is to replenish and support the adrenal glands and support the person through their period of stress that they may be experiencing by using the following:

1. Learning meditation techniques to relax the mind, become aware of your stressors in order to reduce the intensity of your emotional and physical reactions to stress, and recognize what you can change.
2. Learning to moderate your physical reactions to stress through exercise, Yoga, Tai Chi or Dance moves.
3. Maintain a well-balanced nutritious diet and use nutritional and herbal supplementation to support adrenal function and nutritional needs such as B complex vitamins.

4. Using flower essences and herbs can assist with things like insomnia, anxiety and adrenal burnout

Balanced Energy has many supplements, herbs and remedies to assist with the effects of stress in our dispensary and classes in our studio. You are welcome to visit us to have a free 10 minute chat with one of our qualified Health Consultants at the Balanced Energy Clinic to see what we can do to assist.



Embrace the Tree Posture

Henri Venturini Balanced Energy Wellness Consultant

Autumn is a time to prepare the body for the rigors of winter and hibernation. The body's energetic system slows down in many ways and one of these functions is the immune system. Over the spring and summer months we build up strength in the immune system, so in winter when we slow down we can remain protected from the elements and pathogens that may harm us. An exercise that will contribute to rebuilding and keeping the immune system strong is a qigong (chee kung) posture called "Embracing the Tree" or "Standing Post". It is one of the most popular and ancient meditation postures in China, it is also one of the most difficult, as it challenges both body and mind. The Posture is performed by standing as a post rooted to the ground, knees slightly bent, arms rounded and held in front of the chest at heart level, elbows relaxed, finger tips about one hand's length apart, palms facing the body. The breathing is slow and abdominal. Start by standing for 5 minutes 2 times daily then increase after 3 days to 10 minutes 2 times daily. After 1 week try to stand for 15-20 minutes at a time.

This posture stimulates the lymph nodes in the groin, armpits and back of knees, as well as stimulating the thymus gland, which is responsible for the production of T cells which help protect the body from pathogens. Deep abdominal breathing helps to move fluid through the lymph. The posture stimulates the meridian system along the spine and opens the 12 primary chi channels that lead to the organs of the body. At the beginning the legs will hurt, however with perseverance the chi will flow and the posture will become much easier to hold.

Henri teaches Tai Chi classes at the Balanced Energy Studio on Mon 4.15pm and Tues 6.30pm

It's free to sign up as a VIP, receive newsletters and updates by post or email and be in the draw to win monthly prizes

Monthly prize draw winner: Congratulations to D Nicholson who is our VIP monthly gift winner. She has won a bottle of Genoma Eye Cream worth \$69.90! This eye cream promotes skin firming and moisture retention to reduce fine lines, eliminate puffiness and stimulate collagen production using only the highest quality natural herbal extracts with no synthetic fragrances or preservatives.

Balanced Energy Studio News:

Baby Massage Classes

Come to our free seminars on Wed 13th April at 11am and Tuesday May 3rd at 10am

Discover the skills of infant massage and join other parents in a safe, warm and friendly environment. Learn different techniques to stimulate, soothe or calm. Baby massage is an amazing way to be able to feel confident with your baby if you are a new parent, and to have a little time out together connecting if you have other children. It is magic for colic, sleep problems or birth trauma, settling baby and allowing eye contact and loving communication to develop.



We are very excited to be introducing these classes with Lee Tempest, Reflexologist, Massage Practitioner and Internationally Certified Infant Massage Instructor. Classes are suitable for parents with newborn to crawling babies and include time to ask questions and to connect with other parents.

Each course runs for 5 weeks 10am Tues mornings \$60 for 5 classes

First course begins Tues 10th May.

Second course begins Tues 14th June.

Yoga for Christchurch

Orewa Beach (in front of surf club on grass)

Sunday 27th March 9am – 10am, bring something to practice on

Natasha Rainger, owner of Yoga Orewa and one of our Balanced Energy Yoga Consultants, is facilitating a mass community Yoga class, in an effort to send much peace and a contribution to the people of Christchurch. Natasha says: "A little Yoga could go along way, if we all practice together we can donate a small \$10.00 to go to the people in need, the people who are without homes, water and loved ones. My request to you is to let all your friends know in hope we will have a mass community class! All are welcome - no yoga experience is needed to participate. Bring the family along, the more the better! If you are able to volunteer for collections and helping with the set up and flyer distribution Please contact me."

All contributions will go directly to RED CROSS - www.redcross.org.nz/donate

For more details contact Natasha by email: orewayoga@gmail.com 021 735 327

BE Studio programme and prices:

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tai Chi	4.15 - 5.45	6.30 - 7.45pm				
Yoga	9.30-10.45am Vinyasa/Yin		11am-12pm Lunchtime Vinyasa Flow			9 -10.30am Fusion
Pregnancy Yoga						11am-12pm Inc. tea
Mums and Bubs Yoga			10-10.40am Inc. tea			
Meditation				6-7pm		
NIA Dance	11.15-12.15		6-7pm			
Buggy Boot Camp					10-11am	

Please note: prices and times can be subject to change so please call us to check if you are a new client

Casual Class \$15

Four Class Pass \$52 (\$13 per class)

Term Pass \$120 (\$12 per class)

Group Term Pass, min 2 people \$100pp (\$10 pp per class)

New Balanced Energy Studio membership, pay \$19 per week to attend as many classes as you wish and receive a 10% discount on all beauty and health treatments in the Balanced Energy Clinic.

Balanced Energy Beauty Spa + Health Clinic 09 428 2931