



Taking care of yourself while having fun in Paradise!

Courtesy of Angels Touch Massage of Kauai

www.kauaikeepsakes.com/AngelsTouchMassage/

Everybody wants to **stay healthy** while on vacation. May I suggest you take some effort to take care of your body so you can get the most from this time you have set aside for your renewal.

I. Stretching before and after exercise, activities or golf: I suggest using 10 repetitions each:

A. Neck:

1. Stretch head forward at the neck until chin touches chest, and then stretch back as far as possible without discomfort.
2. Twist your head to the right, look down towards the floor behind you, turn head back to center, then twist your head to the left, look down to the floor behind on the left. Then turn your head & eyes back to center. Do 10 reps on each side.
3. Repeat number 2 except look up to sky or ceiling instead of floor.

B. Arms:

1. Do shrugs slowly so it feels like you're trying to put shoulders in ears going up and shoulder clear to floor going down.
2. Rotating whole arms, focusing on shoulders, 10 times each way.
3. Swing and stretch arms across, and back.
4. Stretching whole arms, seeing finger tips up to sky & then down to Earth.

C. Hands:

1. Pressing palms together and release 10 x.
2. Stretching elbows apart while holding fingers. First one direction, then the other.

D. Back:

1. Bend down to touch toes 10x
2. Twist to left side of feet, then right side of feet. (When stretching your back, it works your abdomen as well.)



E. Hips:

1. Twisting from waist to right, then to left to loosen hips (must keep hips facing forward.)
2. While sitting on derrière, cross legs, knees almost to chin level. Hold top knee with opposite hand. Then use other hand to go behind you to touch opposite elbow. (excellent Kung Fu stretch)

F. Legs:

1. Squatting 10 to 20 times slowly. Remember the biggest muscles in your body are your thighs. Be sure they are warmed up!
2. Running in place for 5 to 10 minutes.

G. Feet:

1. Stretch toes down and up 10x each way.
2. At ankle, stretch and rotate all around 10 x each way.

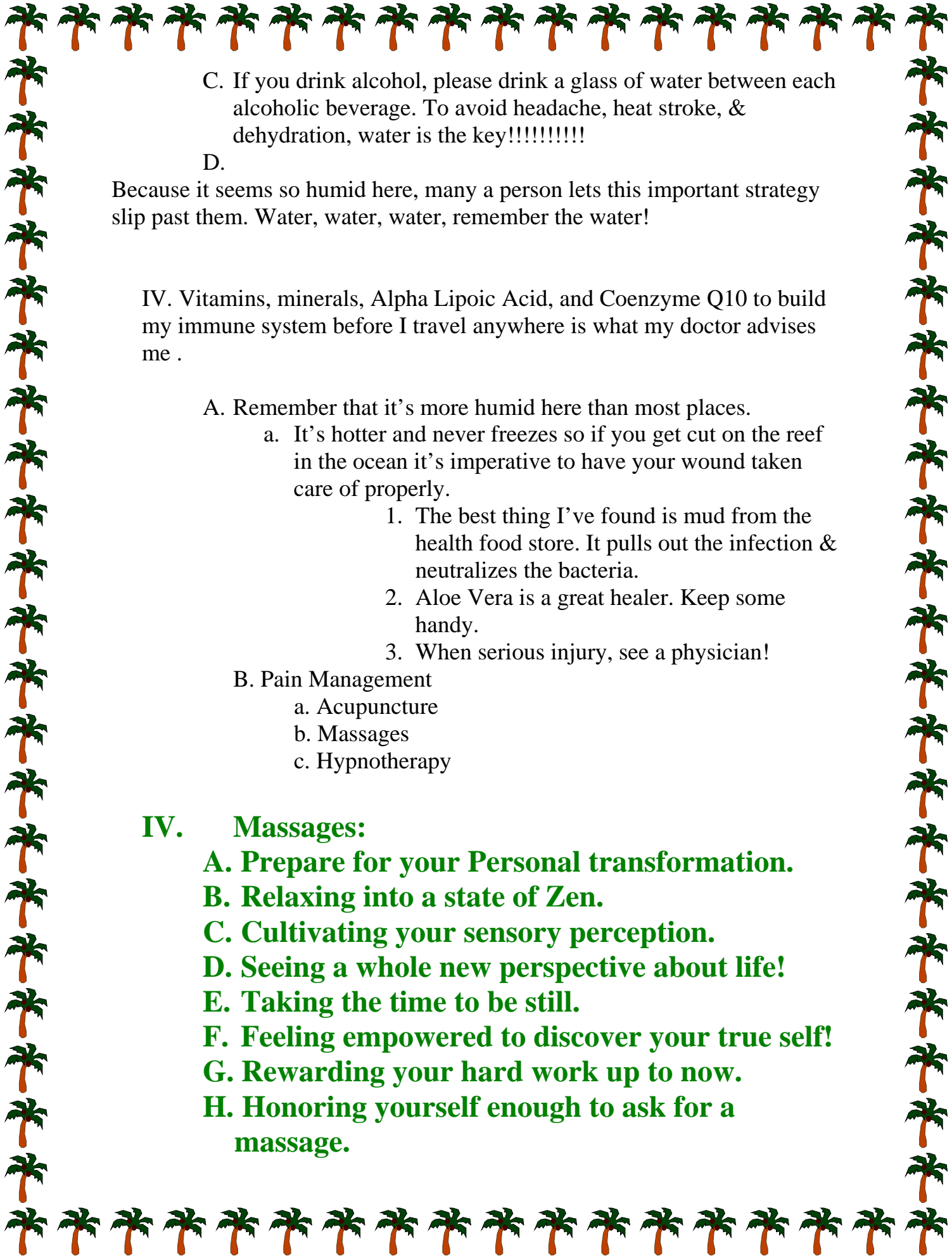
Know the importance of warming up your body for your new exertion just like a racer would prepare for the five mile run.

II. Protect your skin and your hair.

- A. Most important is a **hat with a large bill** on it so you prevent wrinkles, protect scalp and permed and color treated hair. Kauai is close to the equator. The sun is extremely strong between 11AM and 3PM. Sometimes even 10 minutes is plenty of sun. One hour is extreme. So please cover up between 11AM and 3PM.
- B. Second is a t-shirt or torso cover! If you feel hot during or afterward being in the sun, apply Aloe Vera hourly, jump in cold water in pool or tub, and then stay out of the sun for at least 3 days. Don't underestimate the power of the u-v rays.

III. Water:

- A. Drink at least a gallon of water a day.
- B. May I suggest taking a pinch of Hawaiian Sea Salt daily to keep the water in the liver long enough to cleanse the liver.



C. If you drink alcohol, please drink a glass of water between each alcoholic beverage. To avoid headache, heat stroke, & dehydration, water is the key!!!!!!!!!!!!

D.

Because it seems so humid here, many a person lets this important strategy slip past them. Water, water, water, remember the water!

IV. Vitamins, minerals, Alpha Lipoic Acid, and Coenzyme Q10 to build my immune system before I travel anywhere is what my doctor advises me .

A. Remember that it's more humid here than most places.

a. It's hotter and never freezes so if you get cut on the reef in the ocean it's imperative to have your wound taken care of properly.

1. The best thing I've found is mud from the health food store. It pulls out the infection & neutralizes the bacteria.

2. Aloe Vera is a great healer. Keep some handy.

3. When serious injury, see a physician!

B. Pain Management

a. Acupuncture

b. Massages

c. Hypnotherapy

IV. Massages:

A. Prepare for your Personal transformation.

B. Relaxing into a state of Zen.

C. Cultivating your sensory perception.

D. Seeing a whole new perspective about life!

E. Taking the time to be still.

F. Feeling empowered to discover your true self!

G. Rewarding your hard work up to now.

**H. Honoring yourself enough to ask for a
massage.**