

Hello to all our Loyal Patrons,

July holidays have come and gone and so has the half way mark to this year. (Yikes , where has the time gone?) I had the privilege of witnessing Kate in action this past month as she presented to a corporate on the "Power of TOUCH"! Her topic had such a profound impact on me. I am after-all a therapist to the heart. I of all people know the power of touch but what I had forgotten is how social networking, smart phones and modern technology have impacted the quality of touch I have with my loved ones. I went home and made a conscience decision to change a few things that I knew I was a guilty of. I hope you enjoy her insert this month as much as I did.. and that you too, take some of it on board. Naturally it lends itself to our "POWER OF TOUCH" theme for August! We cannot wait to treat you to our sensory haven experience!

Have a blessed month and remember to make time for yourself... especially at MEG

THE POWER OF TOUCH... Kate Edwards

Stop, Look Up, Put Down Your Phone, Hit the Snooze Button and Cuddle Up with a Loved One.

Every minute of your day is allocated, so we rush from one thing to the next to make sure we aren't missing anything. You pass your partner while getting dressed for work, sometimes grabbing a kiss on the way but we barely touch each other. We are TOUCH DEPRIVED! More worried that we connect on social media rather than with your loved one on the couch next to you.

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Touch is the first 'language' we learn in utero, our first sensory perception of the world, a primal need. Studies suggest that humans can distinctly sense emotion through touch; maybe this is because there are times – during intense grief or fear but also in ecstatic moments of love and joy – when only the language of touch can fully express what we feel.

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Touch has a direct link to the release of Oxytocin, the love hormone or Velcro of life. The hormone that bonds us together, reduces stress and reduces blood pressure. Oxytocin is the polar opposite hormone to Adrenalin which we sadly have all begun to live on, and the body can only release one of these hormones at a time.

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The power of touch is undeniable, it improves growth in premature babies, decreases autoimmune diseases- increasing pulmonary function in asthmatics, reducing blood sugar levels in diabetics, reduces blood pressure, improves immunity, diminishes pain- in fibromyalgia and arthritis, improves alertness, productivity and general feeling of wellbeing.

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Go home and sit on the same couch as your loved ones, hold hands in the car, give extra long hugs, forget about your phone and the clock. Make time for the goodness in life which is our loved ones and cuddle them tight.

Yours in wellness,

Shana & MEG Team





Invest in the Power of Touch

Book two 1 hour massages and we will include an extra 30 minutes complimentary massage



T&C's apply, Valid from 01/08/2014-31/08/2014

"WE ARE THE CHAMPIONS"

Proud to say Rourke Croeser holds the South African Men's Elite title for the next 365 days.

Stuart Marais claiming 4th in the Elite Men's race
Travis Walker claiming a bronze medal in the hotly contested U23 race
William Mokgopo a strong 6th place
And our first year junior Marco Joubert holding onto 7th place.

WELL DONE BOYS!! MEG are proud sponsors of TEAM KARGO

