



ITS AUTUMN AND OUR SECOND BIRTHDAY

We would love to thank you for looking after us over the last two years and with great gratitude celebrate our birthday with offerings of sumptuous pampering:

AROMATHERAPY BIRTHDAY PACKAGE

Enhance the therapeutic effect of your massage by choosing your personalized aromatherapy blend from our *Young Living* essential oil menu.

Receive an additional 15min blissful hand or foot massage

AND

leave with a beautiful ceramic pure beeswax candle

1hr massage **\$80**

90 min massage **\$110**

AUTUMN RESTORE PACKAGE

Enjoy a 90 minute Remedial Massage

60minute Reflexology

30 minute Detox Foot Spa

\$200

Both *Aromatherapy* and *Autumn Restore* packages available until 30th May 2009

THE NATURE OF AUTUMN

As we approach Autumn we can feel the heat of summer being gently dissipated by the cooling winds of change. Autumn is a time in nature when everything is reaching its mature fullness. This is the time to be more focused, gather your spirit and energy, and embrace your natural state of inner peace and calm.

Autumn is traditionally the harvest season, and internally we are gathering or harvesting our energy for the colder months ahead.

From the Yellow Emperor's Classic of Medicine (the first official text of Chinese Medicine).

"In the three months of autumn all things in nature reach their full maturity. The grains ripen and harvesting occurs. The heavenly energy cools, as does the weather. The wind begins to stir. This is the changing point when the yang, or active phase turns into its opposite, the yin, or passive, phase."

THE METAL ELEMENT

Autumn is ruled by the element of metal, which in Chinese medicine is associated with the lungs. The westerly winds of Autumn may affect the lungs, and health manifestations may result in alternating chills and fever. Emotionally the lungs are associated with sadness and grief.



AUTUMN DRYNESS

The strong drying winds of Autumn coincide with the shedding of leaves of trees and the cooling of the weather. The lungs in Chinese Medicine are related to the skin and the opening and closing of the pores. If the lungs are strong so will be our defensive qi or wei Qi. If the Wei Qi is weak the wind will be felt internally as the wind targets the lungs, and externally as the wind dries our skin. Key focus areas for care in Autumn are lungs, skin, liver and the intestines.

Dryness in the body is most likely to affect the lungs and large intestine. Symptoms of Autumn internal dryness include dry lips, dry skin, itchiness, wrinkles, a dry throat, a dry cough and constipation.

To enhance our wellbeing and to correct this dryness in the body, focus is placed on balancing the dryness with foods that are moistening.

MOISTENING FOODS

In Autumn, it is best to consume fewer salads than you did in those hot summer months and increase your intake of soups. The watery medium of soup, nurtures yin energy. A culinary focus on steaming foods is also highly beneficial at supporting the predominant yin energy at this time of the year.

Moistening foods to focus on in your diet during Autumn include: *tofu, tempeh,, spinach, barley, pears, apples, millet, persimmons, loquat, seaweed, mushrooms, almonds, pine nuts, peanuts, sesame seeds, milk, eggs, clams ,chicken broth, crab or pork*. Dairy products can be added to your diet as they are nutritious, and moistening, although it is best to consume these in small amounts only, to limit any creation of damp and mucus in the body.

THE PUNGENT FLAVOUR

Pungent flavors in foods and herbs are yang (active) and ascending, and are important for lung health as the chi energy of the body can move up into the lungs to open and clear them. Pungents are expansive in nature and are excellent at clearing wind from the body as they encourage movement and flow. In doing so, they can remove other potentially disease causing aspects.

Pungent foods are: *bay leaves, capers, caraway seeds, cardamom, chives, cinnamon, cloves, thyme, turmeric, watercress, wheat germ, cabbage, turnip, ginger, horseradish, pepper, onion, garlic and chillies*.

THE EMOTION OF GRIEF

The emotion of grief is housed in the lungs. Repressed grief sits in the body and over time, can cause the lungs to contract, leading to an insufficient distribution of chi energy and oxygen around the body.

This impairs our body's resistance to disease. If grief is ongoing, it can lead to vulnerability and feelings of detachment. It may manifest physically as asthma or chronic coughing unrelated to a cold. Any energetic imbalance in the large intestine, manifesting as a health issue, may also be attributed to holding onto grief.



To balance the lung chi and assist in releasing grief from the body it is highly beneficial to engage in deep breathing, meditation, counseling and exercise. Natural therapies such as massage and acupuncture are highly effective also. Adding pungent foods to your diet will also help. The lungs are our body's advisor. They help to regulate the flow of chi, gather and maintain the strength of our immune protection. Strong lungs help us to manage our lives efficiently and purposefully while maintaining an expansive outlook.

ESSENTIAL OILS

Experience our beautiful range of superior quality Young Living Essential Therapeutic Oils. You can enhance the effect of your massage treatment by choosing an oil from the selection we have at Kansha, or by visiting our website, to view the menu prior to your treatment www.kansha.com

ACCEPTANCE - promotes feelings of strength and confidence whilst soothing a troubled heart. This blend stimulates the mind by encouraging greater openness, making it easier to accept new ideas in life and to reach a higher potential. It may also help overcome procrastination and denial.

Rosewood, Frankincense, Sandalwood, Geranium, Blue Tansy, Neroli.

FORGIVENESS - is a soothing and uplifting blend that enhances the ability to release negative memories and transform emotional barriers. This has the power to facilitate the process of growth, forgiveness and letting go.

Melissa, Geranium, Frankincense, Rosewood, Sandalwood, Angelica, Lavender, Lemon, Jasmine, Roman Chamomile, Bergamot, Ylang Ylang, Palmarosa, Helichrysum, Rose.

SARA - Is an empowering blend designed to soothe deep negative impact. It assists in deep relaxation and enables the release of the traumatic memory of physical or emotional abuse.

Ylang Ylang, Orange, Rose, Geranium, Blue Tansy, White Lotus, Lavender, Cedarwood.

A RESTORATIVE TREATMENT

Massage treatments are deeply nurturing on all levels; physical, mental, emotional, spiritual, and can profoundly assist in releasing feelings of grief and sadness. Autumn is the time to allow these feelings, if present, to arise and be transmuted by our restorative range of healing treatments.

Acupuncture is very effective at balancing any excessive wind, heat or damp energy especially during the Autumn months. Specific points can be used to release feelings of grief and sadness and assist in a feeling of overall wellbeing. Why not add an essential oil to your massage treatment and experience the multitude of benefits of aromatherapy.

The team at Kansha are here to support your health and wellbeing through these drying Autumn months and beyond!

With Gratitude from the Team at Kansha Natural Therapies