

MAY

# HUSTLE FOR THE MUSCLE



## UPCOMING CLASSES

**Sun. May 22nd 10-2 PM**

Basic Life Support & O2  
CPR for Healthcare Workers (Hybrid) 2  
Year Certification  
Hosted by: Elite Massage & Fitness  
Location: Elite Massage Edu. Center

**Sat. June 11th 10-2 PM**

Basic Life Support & O2  
CPR for Healthcare Workers (Hybrid) 2  
Year Certification  
Hosted by: Elite Massage & Fitness  
Location: Elite Massage Edu. Center

**Sun, Jun 12th 9-5 PM**

Reiki ART /Master Training and  
Certification  
Hosted by: PNW HEALING ARTS  
EDUCATION  
Location: Elite Massage Education Center

**Sat. June 25th 9-2 PM**

Fusion Hot/Cold Stone Massage Therapy  
Himalayan, Basalt, Jade, & Marble  
Hosted by: Elite Massage & Fitness  
Location: Elite Massage Edu. Center

**Sun, Jun 26th 3-5 PM**

PNWHA Reiki Share  
Hosted by: PNW HEALING ARTS  
EDUCATION  
Location: Elite Massage Education Center

# DIM ENVIRONMENT MAY BE CAUSING EYE STRAIN!

WRITTEN BY  
TODD VALENTINE

Do your eyes hurt, burn, itch, feel fatigued or heavy during or after providing a massage? Have you felt like you were going to fall asleep on your client? Is it difficult to concentrate on your work? Do you finish the day with headaches?

These could be symptoms of eye strain, most likely coming from poor lighting.

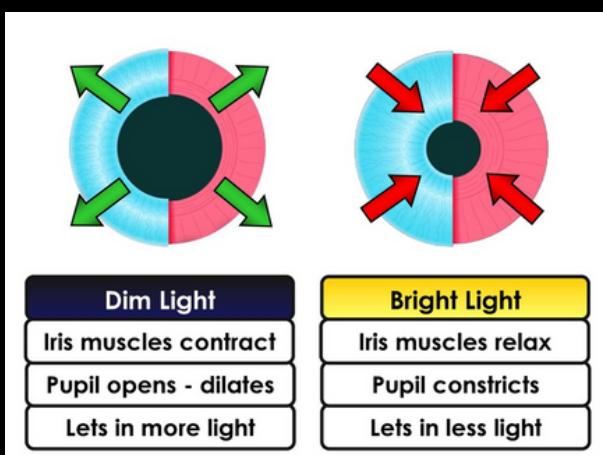
Working in a dimly lit environment can be just as uncomfortable as working under bright lights. Dim lights can cause eyestrain and make your eyes feel tired faster.

## WHY IS THIS HAPPENING?

When the light is bright in the room your body's response is to limit the amount of light entering your eyes by contracting the pupil and relaxing the iris. When the light is dim your body has the opposite response; your iris contracts and the pupil relaxes opening your eyes wider and larger, ironically allowing MORE light to enter your eyes.

When you have dilated pupils and light is shining on your pupil; your iris is constantly contracting and relaxing with the different reflections of light entering your eyes. This makes your eyes work harder and leads to fatigue and then eventually sore and dry eyes. When you have chronic sore/dry eyes and are constantly using the muscles around your eyes, that can lead to a sinus headache.

If you have blue or light-colored eyes, you may experience eyestrain and sensitivity problems more intensely than those with dark eyes. People who have darker eyes have more pigment in the layers of their eyes, which helps protect the eyes from the effects light.



# WHAT CAN I DO TO HELP PREVENT EYE STRAIN AS A MASSAGE THERAPIST?

The good news is that your job will not make you go blind! By doing some of the following, you can actually help prevent the dry and sore symptoms you may be experiencing.

## During Your Massage

01.

Blink frequently to keep your eyes moist

02.

Briefly for 5 seconds stare at your light source (lamp or candle) this will bring in more light to your eyes and relax the muscles of your eyes.

03.

While massaging you can do a minute worth of eye exercises called "flexing"

### -Four corners and nose exercise

1. Keep your head forward, stare with just your eyes to the top left corner, and hold for 10 seconds.

2. Then top right corner for 10 seconds

3. Bottom left corner for 10 seconds

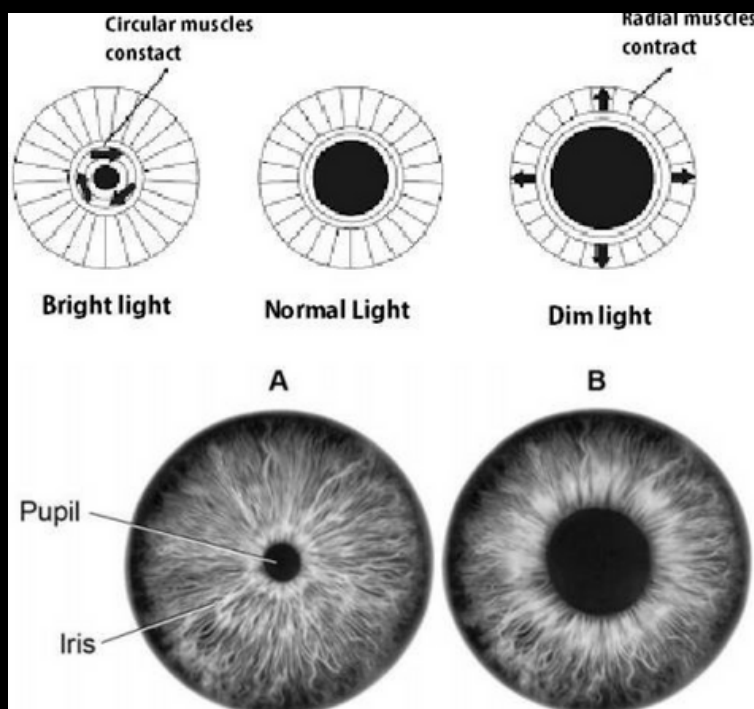
4. Bottom right corner for 10 seconds

5. Then stare at the point of your nose for 10 second, blinking quickly afterwards for 10 seconds.

This will stretch your eye muscles and flush them to help with the dryness. This can be broken up so when you are working on one leg do the first exercise and then the next leg do the second exercise...etc until completed

04.

Close your eyes for 10 to 30 seconds (like blind fold massage). This will keep the light out of your eyes and help let the eye muscles relax during this down time.



## After Massage

01.

Take a break and do an exercise called "Palming"

Close your eyes completely and gently place your palms over your eyes to completely block out any light. When you first do this you may see objects, shapes, colors, lines, etc. This is just your brain processing what was being seen, it will eventually turn to solid black and darkness. When you have reached the black and darkness, remove your palms and slowly open your eyes. This helps to relax and reset your eye muscles as well as remove tiredness from the eyes, allowing you to feel rejuvenated. Before you start you can also generate heat by rubbing your hands together for 5 to 10 seconds to further aid the relaxation of your eyes.

02.

Blink...about 20 times. Blinking washes your eyes with naturally therapeutic tears. A long gap between blinking leads to dehydration in the cornea & causes a burning sensation & itchiness and leads to dryness.

03.

Take a break in a brighter lit room or hallway, away from your treatment room to rejuvenate your body and eyes.

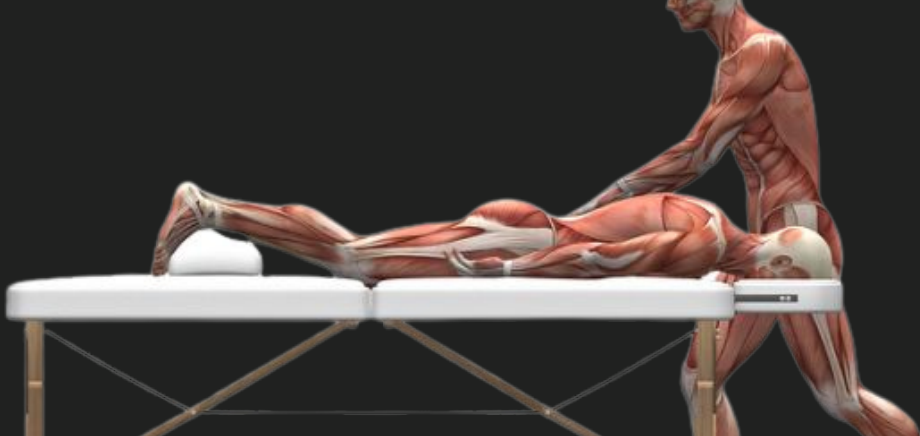
04.

You can place a warm wet compress over your closed eyes for a minute or two.

05.

Use over the counter lubricating eye drops to prevent dry eye...stay away from the ones that use tetrahydrozoline because it may sting the dry eyes.

Overall dim lights will not make you go blind, but they do tend to cause eye irritation/dryness which can lead to eye strain. To reduce these symptoms, keep your eyes moving and blinking.



# THANK YOU FOR JOINING US!

WRITTEN BY: CIONNE BUTCHER  
COMMUNITY & OUTREACH DIRECTOR

Welcome to the Elite Massage Community! We are so excited to share everything that we have been working on.

In this Newsletter you will find health tips, CE's, workshops, things going on in the community, and so much more!

Massage Therapy is our passion and we want to be apart of your journey!

Over the years we have been growing our continuing education center ([Elite Massage Education Center](#)) with more classes, new instructors, and more workshops.

Now we want to inspire new Massage Therapists as well.

We will be opening [Elite Massage School \(EMS\)](#) on July 11, 2022. This will be a school focused on Medical Massage.



ELITE MASSAGE SCHOOL  
SUCCESS BEGINS HERE

## UPCOMING WORKSHOPS FOR FUTURE STUDENTS OF ELITE MASSAGE SCHOOL

Tuesday May 17th  
7-9pm

Sunday May 29th  
1-3pm

Sunday June 5th  
1-3pm

FOR MORE INFORMATION ON CLASSES  
& OUR NEW SCHOOL VISIT:

ELITE MASSAGE EDUCATION CENTER

[ELITE-MASSAGE-SCHOOL.COM](https://elite-massage-school.com)

[ADMIN@ELITE-MASSAGE-SCHOOL.COM](mailto:ADMIN@ELITE-MASSAGE-SCHOOL.COM)



CONTACT US TO  
RESERVE A SPOT!

