

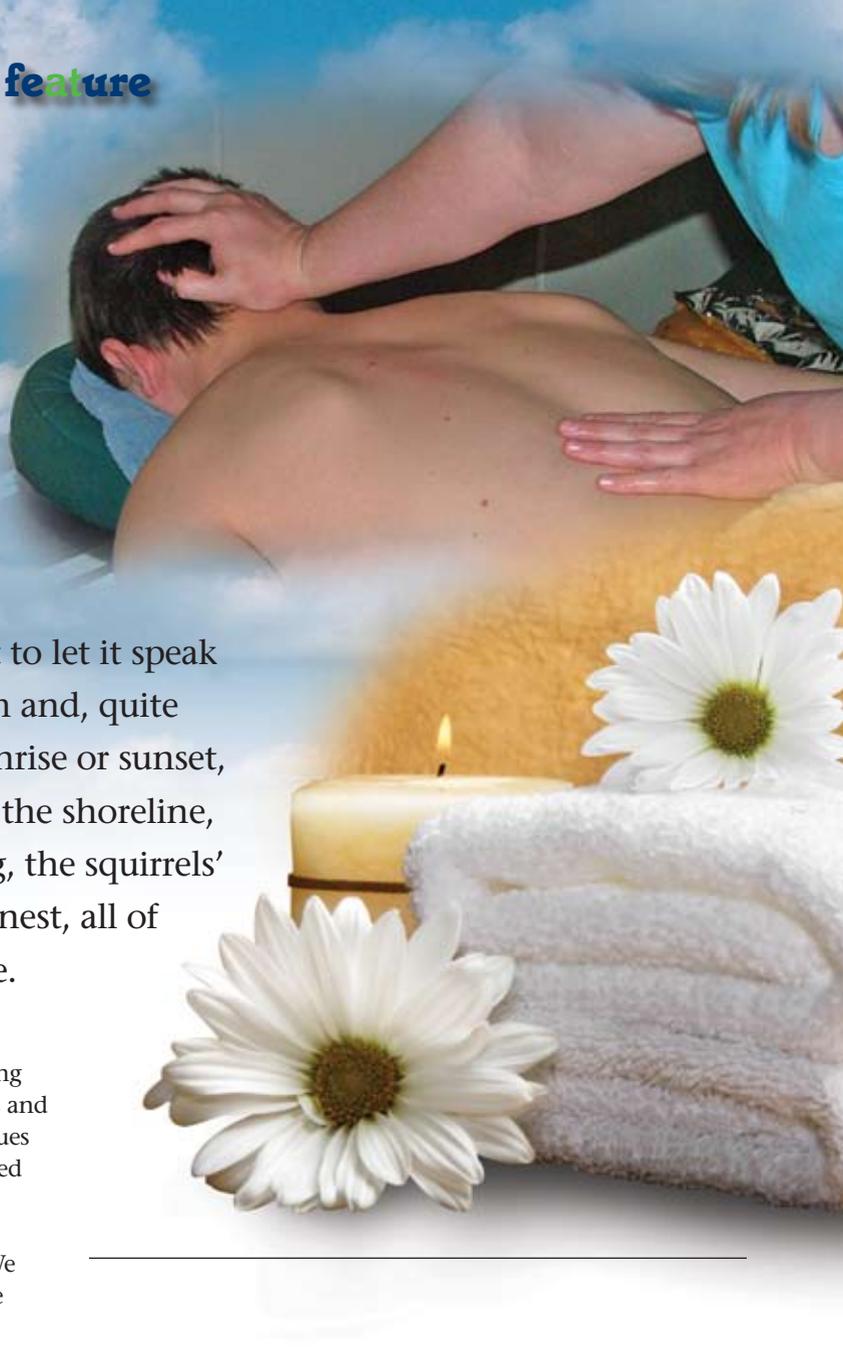
feature

# A Sense of Balance

... as in 'to bring into harmony.'

**N**ature, when we stop a moment to let it speak to us, will create a sense of calm and, quite often, awe. An inspiring sunrise or sunset, the sound of the water moving against the shoreline, the birds announcing a spring morning, the squirrels' chatter warning of an intruder to their nest, all of these can make us pause and appreciate.

Havre de Grace offers an extension of nature's balancing influence with its variety of services that include day spas and massage. Massage, aromatherapy, and relaxation techniques are nearly as old as humankind. Each of us has experienced the comfort of a friend's hug, a touch on our shoulder, or holding our hand during a stressful situation. All of this merely supports the value of touch and our well-being. We now know that even babies, who do not receive adequate touch as infants, often will not thrive.





### **Jodie Johannessen**

Jodie Johannessen of Bayview Reflexology is a certified reflexologist. This therapy can be performed on the feet, hands and, optionally, the ears. Having studied advanced reflexology; she incorporates meridian therapy in her sessions, which start with an aromatherapy foot bath. Whether battling stress or health issues, reflexology will assist the body in achieving its natural state of balance. As a retired registered

nurse who worked for many years in the operating room, Jodie brings a

caring spirit to her practice, which she operates out of her private and serene home office.

### **Rachel Knox**

Rachel Knox, who schedules sessions through Karen's Natural Market, is certified in at least a dozen varieties of massage practices including deep tissue, hot stone and Swedish massage, rain-drop massage therapy and reflexology. Combining her knowledge with that of owner Karen Dix, and you have a full service location to assist you in finding your personal sense of balance through massage, nutritional supplements, teas, herbs, and natural product



lines including organic household cleansers, clothing, and cosmetics. They also carry a great line of children's educational toys.

### **Par Excellence Day Spa**

At Par Excellence Day Spa, all of the mentioned massages are offered plus relaxing aromatherapy baths, body polishes and herbal wraps. In the beautiful setting of this Victorian day spa, Rosemarie Miller and her staff balance massage with the luxury of modern

accoutrements. Additional services include manicures, pedicures, waxing, and facial treatments.

The aromatherapy, soft music and gentle touch of a massage treatment bring one's body to the same harmony that you feel as you sit by the water. The audible sigh as you breathe deeply and slowly exhale, the dropping of the shoulders and the relaxation of the facial muscles as you relax at your favorite outdoors spot occurs during massage.

This balance, this harmony of body and spirit, are later enhanced by reserving a quiet room at an area bed and breakfast, a delightful meal in a local restaurant, or a pleasant walk through town, along the promenade or in your favorite park.

We encourage you to schedule an appointment for one of these personal services with your next visit to Havre de Grace. And remember: b-r-e-a-t-h-e and savor! 🧘

All photos taken on location at above highlighted businesses.