

Health & Vitality Report—Aug/Sep 2025

**☀️ Summer Diffuser Blends – Summer in Every Breath! 🌴**

**❤️ Summer Loving**

**Bright and happy — perfect for sunny afternoons.
2 drops Bergamot
2 drops Lime
2 drops Grapefruit 🍊**

**🍦 Mint Creamsicle**

**Sweet, cool, and oh-so-refreshing!
4 drops Citrus Bliss®
3 drops Spearmint 🌱**

**🌼 Summer Garden**

**A blooming bouquet with a citrus twist.
3 drops Bergamot
2 drops Geranium
2 drops Basil 🌸**

**🌊 Ocean Inspired**

**Breezy and calming — like a day at the shore.
2 drops Lavender
2 drops Bergamot
1 drop Eucalyptus
1 drop Rosemary 🌾**

**💡 Tip: Use 100% pure doTERRA essential oils in a clean diffuser for the freshest, longest-lasting scent. Experiment by adjusting drop counts to fit your space and preference.**

**Frivolously Funny Corner!**

**Q.** **Why don’t August picnics ever get tense?**A. Because they always *ketchup* with old friends.

**Q. What’s a watermelon’s favorite summer workout?**A. Seed-interval training.

**🗝 Therapist’s Insights – From My Table to You**
*By Richard Oliver, LMT, Yin and Yang Massage*

After 20+ years of working with thousands of clients, I’ve learned that the real magic of massage isn’t just what happens during your session — it’s how you prepare before and care for yourself afterward.

Here’s something most people don’t realize: Your body doesn’t instantly “lock in” the benefits of massage. Think of the session as opening a door — what you do next determines how far you can walk through it. Breathing deeply, moving gently, and giving your nervous system a little quiet time afterward tells your body, *“Yes, we’re staying in this relaxed, healing mode.”*

And if you ever feel a “good sore” the next day? That’s your muscles thanking you for the attention — and a gentle reminder to hydrate, stretch lightly, and maybe even schedule your next visit sooner rather than later.

Every session is a conversation between your body and me. The more you listen to it and share what you notice, the more we can tailor each massage to create lasting change, not just short-term relief.

**Community Spotlight**

**Business Spotlight: Diamond Plate Electrical Services - Reliable Electrical Services in Sky Valley & Beyond**

At Diamond Plate Electrical Services, we’re proud to serve Sky Valley as a trusted, family-owned business based in Gold Bar, WA. Owners Chris and Allison Mesa are dedicated to delivering honest, high-quality electrical work that keeps your home safe, energy-efficient, and running smoothly. Whether you're building a new home, need routine maintenance, or are upgrading panels and meters, our team is ready to help.

We’ve built our reputation on integrity, safety, and exceptional customer care. As your local electricians, we offer everything from GFCI installations and panel upgrades to emergency repairs and standby generator setups. Our fully trained technicians follow strict safety procedures, ensuring each project minimizes hazards and meets code.

Electrical maintenance plays a key role in protecting your home from potential fire risks while keeping your systems running efficiently. We stay current with industry trends and partner with trusted suppliers through affiliations like BNI and the Sky Valley Chamber of Commerce, allowing us to offer top-tier products and services at a fair price.

When emergencies strike or power issues arise, we respond quickly—including on weekends—to keep your life running with minimal disruption.

Let us help you keep your home powered, protected, and efficient. Contact Diamond Plate Electrical Services today at
(425) 344-9262 or fill out our online contact form to schedule a service @https://www.diamondplateelectric.com/contact/.

**Tips to get the most from your massage….**

*(Because you deserve to feel amazing long after you leave our table)*

🌟 Before Your Massage

* 🚶‍♂️ *Warm it up!* – Take a short walk or a warm shower to loosen muscles before your session.
* 🧘 *Check your headspace* – Stress shows up in your body. Let us know if life’s been tense so we can target it.
* 👕 *Comfy clothes* – Wear something soft and loose to keep that post-massage bliss going.
* 🍏 *Snack smart* – Light bites are fine but save the big meal for later.

🌿 During Your Massage

* 🌬 *Breathe with us* – Deep, steady breaths help your body relax faster.
* 🌊 *Picture it melting away* – Imagine tight muscles turning to warm butter or flowing water.
* 🔥❄️ *Goldilocks comfort* – Ask if you’d like the table warmer, cooler, or just right.

THINGS TO DO AROUND TOWN

08/19- Getting Back to Health with Dr. Rod Dahlinger, 6:00pm at Healthy Family Chiropractic

08/21-26 Evergreen State Fair at Evergreen State Fair Park

08/22- Movies under the Moon, Dusk at Lake Tye Park

08/23- Fair Days Parade, 11:00am-1:00pm at West Main Street

08/26- Getting Back to Health with Dr. Rod Dahlinger, 6:00pm at Healthy Family Chiropractic

08/26-09/01 Evergreen State Fair at Evergreen State Fair Park

09/02- Getting Back to Health with Dr. Rod Dahlinger, 6:00pm at Healthy Family Chiropractic

09/06- Swifts Night Out, 4:00pm at Wagner Performing Arts Center

09/07- Color Walk/Run, 8:00am at Sky River Park

09/07- R/C Unlimited Model Boat Races, 8:00am at Lake Tye

09/09- Getting Back to Health with Dr. Rod Dahlinger, 6:00pm at Healthy Family Chiropractic

09/13-14- Seattle Spartan Trifecta, at Meadow Wood Equestrian Center

09/16- Getting Back to Health with Dr. Rod Dahlinger, 6:00pm at Healthy Family Chiropractic

09/23- Getting Back to Health with Dr. Rod Dahlinger, 6:00pm at Healthy Family Chiropractic

09/24- Farmer’s Harvest Market, 2:30-6:30pm at Galaxy Theatres

09/26- Spaghetti Dinner Fundraiser, 5:00pm at Monroe Community Senior Center

09/30- Getting Back to Health with Dr. Rod Dahlinger, 6:00pm at Healthy Family Chiropractic



**Tips, Tricks, and Recipes for Better Health**

**☀️** After Your Massage

* 🛋 *Don’t rush off!* – Give yourself 5–10 minutes to savor the calm before heading back into the world.
* 🐢 *Go gentle* – Light stretching or a walk is perfect. Save the gym for tomorrow.
* 💧 *Hydrate + minerals* – Add a pinch of sea salt or sip coconut water to replenish.
* 📅 *Book your next one!* – A follow-up in 1–2 weeks can help make the results last.

**Client Success Stories**

“When I first came to Yin and Yang Massage, I could barely turn my neck without pain shooting into my shoulder. Richard listened, tailored each session, and gave me simple stretches to do at home. Within three visits, my range of motion was back, and I was sleeping through the night again. Now I book every month to keep it that way!" – **Samantha T.**

*We’d love to hear your success story! Email us at* *yinandyangmassage9@outlook.com* *or leave a review on our website!*

**Social Media**Follow us on Facebook & Instagram!

https://www.facebook.com/yinandyangmassagemonroewa/

https://www.instagram.com/yinandyangmassage/?hl=en

04/02 Getting Back to Health with Dr. Rod Dahlinger, 6:00 pm at Healthy Family Chiropractic

04/03—04/07 Spring Inaugural Hunger Jumper Show, Evergreen State Fairgrounds

04/05—04/07 Evergreen Spring RV Show, 10:00am—5:00pm at Evergreen State Fair Park

04/06 NASCAR Season Opener, Evergreen Speedway, 6:00pm

04/09 Getting Back to Health with Dr. Rod Dahlinger, 6:00 pm at Healthy Family Chiropractic

04/12—4/14 NW Model Hobby Expos, 9:00am—3:00pm at Evergreen State Fairgrounds

04/16 Getting Back to Health with Dr. Rod Dahlinger, 6:00 pm at Healthy Family Chiropractic

04/19 doTerra class with Staci Cahill, 6:00 pm -6:45 pm at Healthy Family Chiropractic

04/19 Sound Baths with Staci Cahill, 7:00 pm—8:30 pm at Healthy Family Chiropractic (registration required)

04/20 Superhero Bingo!, 5:00 pm—10:00 pm at Monroe Senior Center

04/20—04/21 Oddmall Emporium of the Weird “Sprung”, 10:00 am –4:00 pm at Monroe State Fairgrounds

04/23 Getting Back to Health with Dr. Rod Dahlinger, 6:00 pm at Healthy Family Chiropractic

04/26 Arbor Day Celebration, 12:00 pm—2:00 pm at Lake Tye Park

04/26—04/28 Evergreen Spring Home Show, 12:00 pm—6:00 pm at Evergreen State Fairgrounds

04/30 Getting Back to Health with Dr. Rod Dahlinger, 6:00 pm at Healthy Family Chiropractic

**Client Success Stories**

*We’d love to hear your success story!*

*Email us at yinandyangmassage9@outlook.com.*

**Tips, Tricks, and Recipes for Better Health**