NIRVANALAND ESSENTIALS ARNICA BALM
GotYourBack | Arnica is known for its ability to help relieve muscle aches and pains. This balm's formula combines arnica with boswellia, sage, capsicum, camphor and other essences to get one up and going. It is designed to be paraben-free and petroleum-free, with no synthetic fragrances.
Nirvanaland Essentials Arnica Balm costs $4.99 for a 0.5-ounce tin. Contact GotYourBack, (800) 677-9830 or www.gotyourback.com

FOUR SEASONS COLLAGE POSTCARDS
Natural Touch Marketing for the Healing Arts | These massage marketing postcards are designed to remind clients of their practitioner's care and concern. They can be used to announce events or to promote upcoming specials and discounts. Each of the four postcards features a design expressing a warm sentiment for the corresponding season. They can be personalized, and practitioners may mix and match titles. Free samples and quantity discounts are available.
Four Seasons Collage Postcards cost $17.50 for 50 postcards. Contact Natural Touch Marketing for the Healing Arts, (800) 754-9790 or www.naturaltouchmarketing.com

C. SHELL MASSAGE TRAINING KIT
York Massage & Bodywork | These lightweight seashells allow massage therapists to harness the healing energy of the ocean. The shells' polished-glass texture and design are intended to offer clients a special massage experience. Kit includes an instruction manual and DVD demonstrating 150 different techniques as well as a complete collection of seashells.
C. Shell Massage Training Kit costs $135. Contact York Massage & Bodywork, (207) 351-5335 or www.shellmassage.com

JOURNEYS: STORIES OUR BODIES CAN TELL
New Leaf Distributing | Author James Nemec, an Upledger craniosacral therapist and L.A. playwright, says he wrote JOURNEYS "to deepen the massage or spa experience," and "to take readers on a journey beyond traditional medicine." He offers detailed techniques for addressing neck and low-back pain, migraines, scoliosis, TMJ, asthma and depression. He also strives to articulate prismatic case histories in craniosacral therapy to prove the body, not just the mind, has stories to tell.
JOURNEYS: Stories Our Bodies Can Tell costs $19.95. Contact New Leaf Distributing, (800) 326-2665 or www.craniocean.com
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