

Body Sense

massage, bodywork & healthy living

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Editor's Note

Smiling In the Mirror

I was visiting recently with a new friend when I noticed her fidgeting, primping her hair, and eyeing her already perfect nails. I assured her she looked great, but she shook her head and responded, "Well, thanks, but I'm 52 now and I don't recognize the woman in the mirror anymore. Then I look at my 23-year-old daughter and I don't know where all the years have gone."

Oddly enough, the previous week I was trying to select a professional portrait of myself and I didn't like any of the options. Then I had an epiphany: perhaps it wasn't the photographer's fault! This is what 47 looks like for me.

I'm really good at finding the silver lining when friends balk at milestone birthdays. I'm amused that the trepidation is the same whether the occasion is #30, #50, or #70. So, when I trip, I reprimand myself and start concentrating on appreciating how I am at this point in time. How appropriate that the focus of my career right now is on my best allies in aging—massage, bodywork, and skin care.

It seems that when some individuals realize they're aging, they disconnect from their bodies at the very point when they should be reconnecting. Massage helps us stay centered in our



body. In opening ourselves to a massage we are honoring our body and allowing it to be the best it can be, no matter where we are on life's calendar. Bodywork—from yoga to stone massage to structural integration—enables us to move and adjust to life's flow.

This autumn/winter issue of *Body Sense* is designed to help you bask in the world of massage. Educate yourself on the breadth of the profession, its specific applications, and how you can further integrate massage into your

lifestyle. Your practitioner is your supportive partner on this journey.

As you travel, accept praise for taking care of yourself. Now look into the mirror. Does that amazing face look familiar? If not, smile, introduce yourself, and start to learn more about each other.

—Leslie A. Young
Editor in Chief