



AJI SPA NEWSLETTER

AUGUST 2007 EDITION

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Highlighted Treatment

Thahtat/Nohnhov Reflexology

25 minutes from \$65 to \$95 (feet only)
50 minutes from \$125 to \$145 (hands and feet)

Pressure points on the hands and feet are used to stimulate specific areas of the body. This treatment can aid in removing toxins from the body, improve circulation, reduce stress and leave you feeling revitalized and energetic! *Don't forget about Aji's Summer Special of buy one treatment and get a second treatment at half off! Combine our Reflexology Treatment with a facial or manicure and take advantage of this fantastic summer offer!*

Contact Info & Hours of Operation

5594 W. Wild Horse Pass Blvd.
Chandler, AZ 85226
[Get Directions](#)
Phone: 602.385.5759

Sun - Sat
6:00 AM - 8:00 PM

Appointments
8:00 AM - 6:00 PM



[Click Here for Our Summer Special](#)
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Meet The Aji Staff!



Meet Stephanie MacDonald

How long have you been with Aji Spa? A little over two years. I also have a private practice, and I was a Teaching Assistant at Arizona School of Massage Therapy, so I've been doing massage about 7½ years.

What is the best thing about being a Massage Therapist? I like helping people relax and feel better. I like working with people one-on-one and being able to be creative in therapeutic healing.

Tell me a story about a memorable massage that you gave. I guess my most memorable story is working with an older client who was paralyzed on her left side from a stroke. She just so looked forward to her weekly massages, and it gave her family a chance to have a little break. It was nice to give her an hour of positive touch and help her feel better.

What is your favorite treatment at Aji to provide? I just love providing the Aji Reflexology Treatments. Our Reflexology services include the 25-minute feet only massage or the 50-minute hands and feet massage. It's believed that there are points on your hands and feet that mirror points of your body both internally and externally. I like the Reflexology because it is so fun to introduce people to a new modality and a new treatment. I oftentimes explain to people that if they can't grasp the theory behind Reflexology, then they can just look at it as the best foot massage they've ever had!

Aji Spa Info

Thahtat is the Pima/Maricopa word for "feet" and is associated with our feet only Reflexology Massage. It is pronounced as written with emphasis on the first syllable. Note also that the "t" in the middle is strong: THAH-Tat. Nohnhov is the Pima/Maricopa word for "hands" and is associated with the hands Reflexology Massage. It is pronounced as written with emphasis on the first syllable: NOH-Nohv.

Fitness Tip

How should I breathe while lifting weights? The correct way to breathe while performing an exercise is to exhale while you are forcing the weight up and to inhale while you are lowering the weight down.

For example, if you are doing a bench press, you would exhale while you push the weight up and away from your body and inhale while you lower the weight down towards your chest. It's very important to breathe, as this delivers oxygen to your working muscles!

~ Submitted by Keri Dwyer, BS, CPT, LMT

