



Optimum Health for Life

Another Special Newsletter 4 U

TOUCHING BASE IN HOPES OF TOUCHING YOU!

My hope and prayer is that you have made your graceful transition from living in a bubble to venturing out and about more freely and in stellar health! And with that current status and freedom, we all have realized how fragile life is, and how we are truly not in control of a great deal!

That being said, after a meeting of therapists with the owner of Howard County Holistic Center where my office was located, we found out that Dee is choosing to retire in Phase 2 of this historic junction. This decision on her part has required me to choose a location to move my Optimum Health for Life clients, after much research and desiring the best for you.

The economics of wellness force me to be aware of all that now goes into an office setup, and how to best serve my clients in the realm of safety and health, with Covid 19 in the background. One temporary office space would be my home, in the lower level. This will reduce the germ pool of a rented office space, of many people walking in and out, being in a small, closed-in room, while enabling me to be more in control of all the factors of safety and new sanitary methods. My choice is closer to Laurel, 8 minutes south of my old office at the junction of Route 29 and Route 32 and embraces a new relaxing entrance within my home. Upon parking in the driveway behind my car, you will walk to the right, toward the rose garden, and down to the back of my house toward the fenced-in pool and enter the back of the house. This peaceful entrance can be a welcoming start of your time here to relax as I personally will meet you to walk you around.

This fresh beginning for us all will begin slowly, as I will only see a few people per day, 2-4 days in the beginning, and not so tight to each other, offering me all the time I need to clean and disinfect all surfaces, doorknobs, table, head piece, desks, chairs, etc. Your first massage will require a good bit of paperwork to fill out regarding your health. You will also have the option of laying on the contour body pad as before, with a new, specially-made additional cotton barrier in the face rest, instead of a face covering. Or you may choose to lay flat on the table, on the face rest (extended off the table), wearing a face covering. We both should wear face covering during our time together.

In regards to our healing Young Living essential oils that are conduits for healing, and catalysts for change, during the massage, this will have new parameters too. During the time we go over your intake forms that you can download on my website and bring in, I will make a massage oil for your treatment. After listening to your concerns, and muscle testing your needs, I will add essential oils to a container that I will use, and that will go home with you. This enables me to not touch 5-10 bottles during the massage, and empowers you to have exactly what your body/mind/soul may require on that day. A slight price increase will result from this. And to stay hydrated, you will also drink from a bottle of water, and that will also go home with you.

The parameters that I must now meet regarding cleaning protocols and details for daily upkeep come from the CDC, EPA and my professional

*Now my journey
continues - of recreating
how I can best be of
service to you, my client,
during these challenging
times!*

(continued)



Like us on Facebook <https://www.facebook.com/OptimumHealthForLife/>

SHOP NOW
<https://oily.life/wealthofhealth/>



organization, ABMP. I hope that you understand this recent significant change ensures the highest standards for safety, cleaning and purified air, all remaining compliant. Here are just a few links for you to see to educate yourself in regard to these new standards for us all:

From the CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

From ABMP:

<https://www.abmp.com/back-to-practice/treatment-room-office-readiness>

My growth during these last few months has resulted in me teaching and taking courses on Zoom like most of you! So following this newsletter I think it's best if we can see each other if you would like, for an OHL Zoom moment for you to ask any questions, or voice concerns, while enabling you to feel comfortable should you desire to return to relax in July or August. My heartfelt desire is that you feel confident, comfortable, and safe during your massage treatment. Please join me if you can on Wednesday, July 8th @7:30 pm and if for any reason you prefer to call me or have a private Zoom, I am open to that as well.

Hope to see you soon!

To Your Amazing, Robust Health!

With Love and Gratitude,

Linda

Author, Wellness Catalyst, LMT

<https://oily.life/wealthofhealth/>

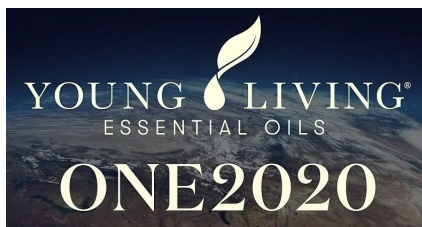
301 802-7745

Read Linda's Latest Article!

Relax, Reset ~ <https://bit.ly/2XZahQT>

**Check Out the Latest from
Young Living Essential Oils**

<https://oily.life/young-living-convention-recap/>



YOU ARE INVITED!!

OHL Client Gathering

Hosted by:

Linda Penkala, Author, Wellness Catalyst, LMT

Time: Wednesday, July 8, 2020 07:30 PM

Eastern Time

(US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/7557872713?](https://us02web.zoom.us/j/7557872713?pwd=TjNHOWpudkpDdkw1TnhNc2xFbEFhUT09)
[pwd=TjNHOWpudkpDdkw1TnhNc2xFbEFhUT09](https://us02web.zoom.us/j/7557872713?pwd=TjNHOWpudkpDdkw1TnhNc2xFbEFhUT09)

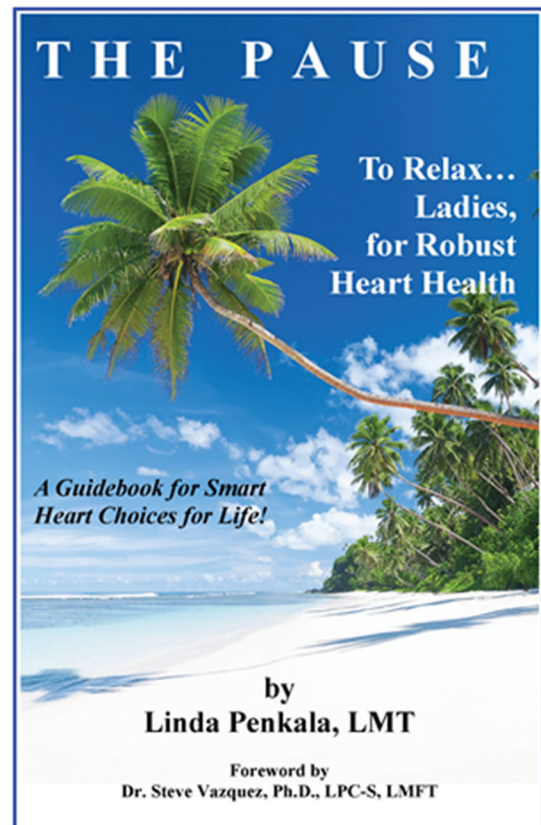
****Meeting ID: 755 787 2713**

****Password: 723257**

****One tap mobile**

****+13017158592,,7557872713#,,,,0#,,723257#**
US (Germantown)

+19292056099,,7557872713#,,,,0#,,723257#
US (New York)



www.lindapenkala.com



Like us on
Facebook <https://www.facebook.com/OptimumHealthForLife/>

SHOP NOW

<https://oily.life/wealthofhealth/>

