

I am a registered member of the MTI and a graduate of the Sheffield Centre for Massage Training and I am now selling cushions for massage therapists.

Some time ago during my training a fellow student was unable to find anything that was suitable for placing under the clients heads, which would also stay firm when used frequently. So with instructions as to what was needed regarding size and thickness I went home and made a 'stay firm' cushion which proved to be very popular!

'Carol's Cushions' evolved from this single cushion.

During my time as a therapist I have often felt the need for equipment that is not easily available or not too expensive, so with the suggestions and ideas of what was needed from fellow therapists I now make and sell 'stay firm' cushions, bolsters, scapula lift cushions and hygiene sheets.

Recently I was invited to run a stall at the 2011 MTI conference in Sheffield and the cushions and supports proved to be very popular.

I would be happy to send a set to your establishment so that therapists and students can see and feel the cushions before ordering.

I have included details of the cushions and their prices.

I hope my tailor made supports and cushions will be of interest.

Carol Spence

## ***Carol's Cushions***

### **ESSENTIAL CUSHIONS FOR MASSAGE THERAPISTS**

#### **STAY FIRM CUSHION**

**38 cm square that will not flatten with use.**

**A comfortable thickness for placing under your client's head when he is lying on his back.**

**Gives good access to your client's neck and shoulders.**

**Removable, washable cover.**

**Price £7.00**

#### **BOLSTER**

**66 cm long, diameter 19cm**

**Useful for lifting your client's knees or ankles in place of a pillow.**

**Gives the therapist much better access when working on the legs.**

**Useful for resting the clients head on when massaging him on his**

side  
Removable, washable cover.  
Price £9.00

**SCAPULA LIFT CUSHION**

25 cm/ 10 cm cubed, stay firm, foam cushion.  
Useful for lifting the clients shoulder so that the therapist has two  
hands free to work on the scapula.  
Removable, washable cover.  
Price £7.00

**HYGIENE SHEETS**

92 cm X 66 cm sheet  
Useful for covering your couch between clients  
Much easier to launder than a towel or couch cover.  
Price £2.50

A set of all 3 cushions for £20.00  
1 bolster + 2 stay firm cushions £20.00  
These prices do not include postage and packing

[www.sheffieldmassage.org](http://www.sheffieldmassage.org)