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MARCH MADNESS NEWSLETTER

March is the time for coming out of hibernation and coming back to life. March is the time for a MASSAGE, to get the kinks out, restore flexibility and reduce pain. March is the time for spring cleaning, toning, and restoring your vitality. This March why not try a therapeutic stretch massage where I would massage and stretch your arms, hands, fingers, legs, feet & toes, neck & back. You will feel renewed, refreshed and relaxed at the same time and getting all the kinks out of your muscles so you feel limber and loose. This will help to increase your circulation, flexibility and movement. A therapeutic massage is so important for your overall well-being by improving your physical, mental and spiritual health that you should not overlook its benefits. It really is not an extravagance but a necessity. It will improve your health.

If you get manicures with acrylic nails, you know that you need to keep up with it regularly or they chip and fall off, and you need to touch up your grey roots to make yourself look beautiful on the outside. But, you may go through this every 2 - 4 weeks and still feel crappy in your body, or still be stressed out. You rush into these places, and they rush to get you out. It stinks in there and it's noisy. When do you get a real reprieve from all the stress of the week? When you come into my office, you get an hour of uninterrupted care that surpasses all other services alone! It's quiet, it smells wonderful, the music is soft and relaxing, the table is warm the room is inviting and you are special because it is your hour to heal and escape the madness and you don't have to talk. Just RELAX!

I invite you to take advantage of this offer to take \$20 off your massage for March Madness. You will become addicted to this wonderful pleasure that competes with none other. I will guarantee that you will love it or your money back! Yes, your money back. I stand behind what I do because your health and comfort are my business.

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