

KEEPING IN TOUCH

CARRIE'S MASSAGE & SPA THERAPY NEWSLETTER

FEATURING NEWS, SPECIALS, AND MORE FROM



VOL. 1, ISSUE 1
SPRING 2008

Dates to Remember

April 15 - Tax Day

April 23 - Admin. Professionals' Day

May 1 - Putt FORE Kids!
(presented by United Way of Union County)

May 11 - Mother's Day

May 20 - Community Care Day
(presented by United Way of Union County)

May 26 - Memorial Day

June 15 - Father's Day

New Treatments

When you have a minute, stop by my website to check out my newest exclusive treatments for spring and summer.

The "Citrus Breeze Body Glow" is a gentle full-body exfoliation featuring the invigorating scents of mangos and mandarin oranges. And a highlight of the "Sunny Isle Escape" is targeted treatment of cellulite-prone areas with a seaweed-based firming body mud. Visit www.CarrieBLMT.com.

Receive an additional
**10 minutes
of massage**
at no extra charge
during your next
appointment!

Not valid with other offers • Exp. 5/31/08

READ ALL ABOUT IT!

I hope that 2008 has been a good year for you so far. I myself am excited to launch into my third year as a massage therapist. This is an exciting, rewarding profession in which I strive to continually grow and expand my services to best meet the needs of my clients - and not only in the massage room!

That's why I am pleased to present you with *Keeping In Touch*. This newsletter, sent out about four times a year, is designed to give you a "first look" at my newest treatment offerings, specials, and promotions, as well as keep you up-to-date on the latest news and trends within the field of massage and spa therapies. I hope you enjoy reading it as much as I enjoy creating it!



GET 'EM WHILE THEY'RE HOT



The evolution of massage never fails to amaze me. Tools and techniques are constantly developing to help massage therapists make our clients feel better faster and prolong the benefits of a massage session. And hot stone massage is no exception.

Tense, tight, overworked muscles literally melt under the warmth of smooth basalt stones and river rocks, which are used during these treatments, creating a feeling that simply has to be experienced to be believed.

Continued on back...

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GET 'EM WHILE THEY'RE HOT

...Continued from front

I received *my* very first hot stone massage just before I was to take a weekend-long class to learn how to actually *do* this type of massage. And all I can say is that it was by far the most relaxing massage I've ever received.



But don't just take my word for it! Here's what a few of my clients have said about this wonderful treatment:

That was so relaxing...I feel like melted chocolate!
~ *Judy M., Marysville*

You totally got rid of that "crick" in my neck that I've had for three weeks - I want the stones in every massage from now on!
~ *Sue C., Richwood*

My neck hasn't felt this good in so long! Thank you!
~ *Jennifer H., Marysville*

If you've never experienced hot stone massage, now is the perfect time to try it. Available as a soothing full-body treatment, or as a "spot" treatment for your specific trouble areas, it will be an unforgettable addition to your next session:

**FULL-BODY hot stone massage
(70 minutes).....\$85**

**ADD hot stones to any massage
or spa treatment*.....\$15**

*Stones will be used in two areas of your choice:
neck/shoulders, arms, hands, legs, feet, or back

WISH YOU WERE HERE?

Has it been awhile since your last massage? If so, I would love to invite you back with a special offer:

•••

If your last appointment with me was more than three months ago, simply call, email, or go online before April 30th to schedule your massage or spa treatment, and you'll receive \$10 off your session.

•••

Remember: Every "body" benefits from massage, so make your appointment today.

WEBSITE HIGHLIGHT

My website recently got a pretty major overhaul. (Many thanks to my phenomenal webmaster, Georgia, for all her hard work!) Check it out today at www.CarrieBLMT.com.

My goal was to create a site that would offer a wealth of information but that would still be easy to navigate, and I hope Georgia and I have accomplished this. Let me know if you see something we could be doing better!

If you haven't been to the website recently, here are a few of the recent changes:

- "What to Expect" is now presented in an "FAQ's" format to allow visitors to more easily find the answers they're looking for
- "Massage Services" and "Spa Services" each have their own page and provide detailed descriptions of available services, as well as pricing
- The "Gift Certificates" page now includes helpful "gift-giving" advice to assist you in choosing the perfect massage or spa therapy treatment for the special women in your life

NEWSLETTER NOTE

I dislike "junk mail" as much as the next person... and while I certainly hope you view this newsletter as a worthwhile publication, I also understand if you'd like one less piece of mail in your mailbox. So, if you would prefer to receive this newsletter via email - or not at all - please feel free to contact me via phone or email and let me know. Thank you for your continued interest in massage therapy, and I look forward to seeing you soon!