



Newsletter

What are the benefits of massage?

Receiving massage does more for you than just take the stresses of the day away. Massage feels good and it aids the body in healing.

The Touch Research Institute (TRI) of the Miami University School of Medicine has completed many studies on the benefits of touch. One study showed bi-weekly massage reduced stress hormones and blood pressure in hypertensive adults. The participants also experienced less depression and hostility. Experts estimate that 80 percent to 90 percent of disease is stress-related.

- Reduces stress and tension.
- Increases endorphins - the body's natural pain killers.
- Alleviates chronic and temporary pain.
- Massaged tissues become oxygenated and stretched.
- Scar reduction (in certain types of scar tissue)
- Relief of spasms and cramps.
- Improvement in range of motion, in-

creasing flexibility.

- Similar physiological effects as exercise, which makes massage a valuable addition to a regular workout program.
- Increases activity in the sweat and oil glands.
- Lubricants used in massage moisturize the skin, while essential oils provide nutrients the body can absorb through the skin and into the circulatory system.
- Improves injury recovery.
- Reduces fatigue and gives you more energy to handle stressful situations.
- Relief from certain repetitive motion injuries, such as carpal tunnel syndrome.
- Strengthening the immune system.
- Stimulates the flow of lymph, the body's natural defense system, against toxic invaders. For example, in breast cancer patients, massage has been shown to increase the cells that fight cancer.
- And "It feels good."

Fitting Massage into your Schedule and Budget

You may feel tempted to trim your wellness budget in these difficult economical times. And the last thing any one of us want is to get sick, be in pain, have to take time off from work, and pay medical bills.

Massage reduces the risk of stress-related illnesses, it also boosts the immunity, and helps you fight colds, flu and other viral infections.

"Approximately 75% to 90% of all visits to primary care physicians are for stress-related complaints."
American Institute of Stress

Scheduling your massage can easily be done with a quick text message, email or phone call. Convenient hours are available, seven days a week. The time spent in a massage will greatly decrease the time spent at the doctor's office or sick in bed.

Massage is an excellent value. Purchasing a package adds to the value giving you substantial savings.

NEW OFFICE!

Very convenient location!

Plenty of parking!

Private bath!

Quiet office!

Same therapist! :)

100 N. Missouri Ave.
Clearwater, FL 33755
(MM29822)

Life isn't a matter of milestones, but of moments.

~Rose Kennedy~

Karen (Robinson) Salisbury
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Multiply Your Benefits!



Buy three 1-hour gift certificates and get a fourth at no cost.

Special*

Purchase before 11/15/2012. Get one for yourself and give three to your family and friends. Great gifts!
*Limited to two special price purchases.

Gift Certificates

for birthdays, weddings, anniversaries and holidays or "just because ..."

Gift Certificates are transferable and do not expire.

Your friends and family deserve the opportunity to improve their health while experiencing a relaxing session designed just for them. Give the gift of health and well-being.

Purchase a gift certificate by texting, 727.244.3964 or emailing: aMassageByKaren@yahoo.com

Karen (Robinson) Salisbury, LMT, CNMT, MA30750, MT4358, may be reached by calling, texting or emailing. While working on clients she is unable to answer the phone. Karen will either call or write a response back within 24-hours.

727.244.3964

Contact Karen via E-Mail

100 N. Missouri Ave., Clearwater, FL
MA30750, MT4358, MM29822

Save up to \$860!

Pre-Pay Packages are Available

Lock in the rate! No expiration!
Transferable! Refundable!*

**Review Policy posted on my Website*

Success Story

I was running up a flight of stairs at work and tripped on the step landing that spun me into a brick wall. Within a few days I couldn't walk.

When I arrived at Karen's she had to undress and dress me for I couldn't bend over. I was in bad shape! After the first visit I was much better (also following her instructions that she gave me to do at home). On the next visit she had me walking. WOW!!!

Karen has saved my body many times, also my husband's. I have been to many Massage Therapists before I moved to Florida and never—never— has any one handled the problem like Karen!!! I know that all of Karen's clients *know exactly what I mean!*

Karen's ability to navigate the body with her hands, find that problem that you have had for years is her "power of touch"!! Thank you Karen for your incredible know- ingness!! Love ya babe!!!

~~~BH, Clearwater~~~

**Old Prices Soon to Depart**



Be smart and lock in today's prices for tomorrow's mas- sage. Purchase a pre-pay package at the current prices by midnight December 31, 2012.

|                          | Old Price: | New Price: | Effective 01/01/13 |
|--------------------------|------------|------------|--------------------|
| Service (based on 1 hr): |            |            |                    |
| Relaxing/Therapeutic     | \$65       | \$70       |                    |
| Aromatherapy             | \$70       | \$75       |                    |
| Breast Decongestion      | \$70       | \$75       |                    |
| Deep Tissue/Sports       | \$75       | \$80       |                    |
| Salt Scrubs              | \$75       | \$85       |                    |
| Body Wraps (Infrared)    | \$90       | \$100      |                    |
| Hot Stone                | \$100      | \$125      |                    |

**Pre-Pay Packages**

|                      |         | <b>SAVINGS</b> |
|----------------------|---------|----------------|
| 44 one-hour sessions |         |                |
| @ \$45.45/hr. ....   | \$2,000 | \$860          |
| 20 one-hour sessions |         |                |
| @ \$50.00/hr. ....   | \$1,000 | \$300          |
| 10 one-hour sessions |         |                |
| @ \$55.00/hr. ....   | \$ 550  | \$100          |
| 5 one-hour sessions  |         |                |
| @ \$60.00/hr. ....   | \$ 300  | \$ 25          |