

Tranquility Time Massage Therapy

From: Tranquility Time Massage Therapy [Jim@TranquilityTime.com]
Sent: Thursday, March 26, 2009 11:43 AM
To: Jim@caddells.us
Subject: The Tranquility Times April massage newsletter
Attachments: image001.gif; image002.gif; image003.gif; image005.gif

Dear James,

The Spring ***Tranquility Times*** formal newsletter is at Newsletter.TranquilityTime.com. I recently realized that although the PDF format is slick and printer-friendly, it is really just one more hurdle for my clients to jump over. Next month the newsletter will all be html/email format (what you're reading now). The slick PDF newsletter with guest writers will appear less frequently.

In the Spring Issue:

- ☉ **A Cornerstone of Health** (because massage will get you through times of no money better than money will get you through times of no massage.)
- ☉ **Nature's Nutritional Wonder** (No, it's not steak!)
- ☉ **Flax Facts** (high fiber truthiness!)

April Coupons:

April's money-saving coupons are at Coupons.TranquilityTime.com. New this month:

- ☉ **\$10 Off Massage Gift Certificates** when ordered by phone.
 - ☉ Everyone loves the gift of touch! With Mother's Day and Father's Day coming up soon, you'll find that massage gift certificates are always appreciated. Now you can get Mom a \$70 one-hour massage for only \$60 when you order your gift certificate by phone or in person. (Please do NOT use the gift certificate button on my website if you want to take advantage of this offer, since the website is not programmed for a discount.) I will print and mail the certificate at no extra cost.
- ☉ And back by popular demand:
 - ☉ **\$20 Off Couple's massage!** You don't have to be a couple; just schedule two consecutive massages to save \$10 on each.
 - ☉ **Referral Discount:** \$10 off for you and \$20 off for whomever you

send me.

☺ \$10 off for new clients (But give your friends the referral coupon instead!)

These coupons are valid through the end of May.

April Fool's Special, for NEWSLETTER READERS ONLY!

From **April 1 to April 15**, you can get a **flat rate massage** for only \$80. That means it takes as long as it takes, up to two hours if necessary. You know I'm not much of a clock-watcher anyway, but this time I won't watch the clock at all. Am I being foolish to offer this? We'll find out!

This special is ***only advertised in this newsletter***, so you have to ask for it if you want it.

Video:

[How to give a massage](#)

April is Stress Awareness Month

For the 17th consecutive year, April 2009 has been designated Stress Awareness Month. During this thirty day period, health care professionals and health promotion experts across the country will join forces to increase public awareness about both the causes and cures for our modern stress epidemic.

Sponsored by The Health Resource Network (HRN), a non-profit health education organization, Stress Awareness Month is a national, cooperative effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society.

Fortunately, if you are receiving this massage newsletter, you are well aware of your stress level and what you can do to help alleviate your stress.

Read more: MayoClinic.com: [Massage: A relaxing method to relieve stress and pain](#)

April is National Anxiety Month

Anxiety is a normal reaction to stress. It may help a person to deal with a difficult situation, for example at work or at school, by prompting one to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder.

Anxiety disorders are the most common mental health problems according to the Canadian Mental Health Association. Approximately 1 in 10 people are affected by this disorder.

The **Touch Research Institute** has conducted over 100 studies on the positive effects of massage therapy on a variety of health conditions. Many of these studies showed how massage reduced levels of anxiety and decreased stress hormones.

In one massage therapy study, decreases in levels of anxiety were compared between a group of adults who received chair massage and another group who were simply asked to sit in the massage chair for 15 minutes. The study revealed that only those who received the chair massage had lower levels of anxiety and an increase in mental alertness following the massage (Field et al, 1996).

Another study showed that massage therapy decreased the anxiety, depression and stress hormone levels of children who survived Hurricane Andrew (Field et al, 1996).

Alone, or as part of a comprehensive treatment plan, massage therapy can provide some much needed relief for sufferers of anxiety. However, if you have intense or prolonged symptoms of anxiety, be sure to consult with your physician before beginning any course of treatment.

Read more:

1. Wikipedia: [Anxiety](#)
2. Suite101.com: [Anxiety and Massage Therapy: Alternative Treatments for Anxiety, Including Massage Therapy.](#)"

Food Drive Ends March 31

There are only a few days left to donate to the Tranquility Time "Hand to Mouth" Food Drive. Each \$1 donation gets you 1 free minute of massage, up to 30 minutes.

"Hand to Mouth" Food Drive for the North Texas Food Bank

The economy is giving us all the jitters, but some of our neighbors are losing their jobs, their homes, their savings, and some are actually going hungry. Therefore, I am sponsoring a food drive through the North Texas Food Bank. This is a virtual food drive, because it's actually more efficient to give the food bank money than to have them drive around and pick up cans of food. The drive runs through March 31, 2009.

If you would like to participate in the Tranquility Time "Hand to Mouth" food drive, I will give you **one free minute of massage for every dollar you donate** to the food bank, up to 30 minutes. To donate, just click the button

below.



Or [click here to donate](#).

My wife, Ann, did volunteer work for the NTFB for many years, so we know firsthand that this is an efficient, vital, effective organization. Therefore, I have no reservations at all about making this offer.

For more information about the food drive, [click here](#).

For more information about the North Texas Food Bank, [click here](#).

Special thanks to everyone who has already donated. Don't forget to use your free donation minutes on your next appointment!

Best wishes,

Jim

Links and Contact Information



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| For Easy Holiday Shopping! |

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