



**IN TOUCH WITH WHAT'S  
NEW!**

**Gift Certificates**

Gift giving just got easier...now you can buy massage gift certificates over the phone, using your credit card and they can be mailed to you.

**New Products – Great Gifts**

Have you started thinking about the holiday season yet? We've added new items to our Wellness Products. Now available are aromatherapy kits and relaxation CDs, great for gift giving.

**Oct. 23<sup>rd</sup> - 27<sup>th</sup> is National  
Massage Therapy Week**

You know the benefits massage brings to achieving your wellness goals. Do you know someone who has never had massage before? If so, why not introduce them to massage during the week of October 23<sup>rd</sup>. Read the newsletter for more information about the National Massage Therapy Week's events.

**Office Hours**

Mon: 9 AM – 7 PM  
Tues: 3 PM – 8 PM  
Wed: 9 AM – 7 PM  
Thurs: Closed  
Fri: 9 AM – 5 PM  
Sat: 8 AM – 12 PM

**Prize Drawing**

Visit Us During National  
Massage Therapy Week and  
Enter to Win One of Three  
FREE 60-Minute Massages!

Drawing held on Friday, Oct. 27<sup>th</sup>.

No purchase necessary to enter

*Massage May Help Ease Your Pain*

Source: [www.amtamassage.org](http://www.amtamassage.org)

Millions of Americans are all too familiar with pain. There can be countless trips to the doctor or chiropractor, pain medications, sleepless nights and the burden of making it through the day while enduring pain. Have you tried massage?

A recent survey by the American Hospital Association shows that nearly 82 percent of hospitals that use some form of complementary or alternative care use massage therapy, with 70 percent of those hospitals using massage for pain management and pain relief.

A consumer survey commissioned by the American Massage Therapy Association (AMTA) reveals that more people than ever are seeking massage to manage and relieve pain. The survey shows that nearly half, 47 percent, of those polled have had a massage specifically for pain relief.

A 2003 survey of 1,998 massage clients showed that 63 percent believed massage therapy provided them greater pain relief than chiropractic, acupuncture, physical therapy or other bodywork.

Clinical research has shown massage therapy can:

- Be more effective for chronic back pain than other complementary therapies.
- Promote relaxation and alleviate the perception of pain and anxiety in cancer patients.
- Reduce post-traumatic headaches better than cold pack treatments.
- Lessen pain and muscle spasms in patients who have undergone heart bypass surgery when part of hospital-based surgery treatment.
- Stimulate the brain to produce endorphins.
- Improve confidence by encouraging patients to effectively cope with their pain.

If you have chronic pain, talk to your doctor about adding massage by a qualified massage therapist to your pain management program. Gregg is a trained and qualified AMTA-member massage therapist who can tell you how massage might help relieve the pain of arthritis, muscle strain, tendonitis and other injuries.

# National Massage Therapy Week

October 23<sup>rd</sup> – 27<sup>th</sup> is National Massage Therapy Week, when massage therapists help educate the public on the benefits of massage.

## Open House Hours

Come visit us during our Open House hours and bring a friend who wants to learn about the benefits of massage. Each of you can receive a FREE 5-minute chair massage! Just bring a non-perishable food item to be donated to the Allamakee County Food Shelf. You can also enter our prize drawing to win one of three FREE 60-minute massages.

Monday, Oct. 23 <sup>rd</sup>	1:00 PM – 3:00 PM
Wednesday, Oct 25 <sup>th</sup>	6:00 PM – 7:00 PM
Friday, Oct. 27 <sup>th</sup>	11:00 AM – 1:00 PM



## *It's Our 2<sup>nd</sup> Anniversary!*



*It's our 2<sup>nd</sup> Anniversary Celebration in November! We are so thankful to all of you for your business and trusting us to help you with your wellness goals.*

*During the month of November, you can purchase BIOFREEZE for only \$7.00 plus tax each for a tube, a roll-on or a spray. That's a savings of \$3.00. Sale ends November 29<sup>th</sup>.*

*Thank you and we appreciate your business,  
Gregg & Maura Jones*

## Massage E-News

Get your quarterly newsletter in an e-news version. Available to anyone with an e-mail address, to receive your newsletter via e-mail, just send your request to [GreggJonesMTC@aol.com](mailto:GreggJonesMTC@aol.com) for the Massage E-News version.



## Wellness Products

Let us help you continue to achieve your wellness goals after you leave the Massage Therapy Center...try one of these wellness products.

*Hot & Cold Packs  
Back Support Cushions  
Foot Massage Rollers  
Moist Heating Pads  
Aromatherapy Kits  
Relaxation Music CDs*