



Client Newsletter

March 2011

Put the SPRING Back in Your Step with a Great Massage!



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Dear Susan,

Ah, the joy of kick-starting the day with Spring's splendid wake-up call: Chirp, chirp, chirpity-chirp! It sounds like "Twitterpation Nation" outside our South Austin windows these days, and we love it! We consider Spring's sweet cacophony of bird songs our reward for surviving those nasty freezing temperatures, The Ides of March, all those SxSW shenanigans, and Charlie Sheen's epic ego-maniacal meltdown.

'Tis the season to emerge from our long, sleepy hibernation; start gussying up our outdoor quarters; succumb to the temptation of blowing our budgets at the nursery ("But they're soooo pretty!"); and, unfortunately, tweaking our backs and causing all manner of other "Garden Variety Aches & Pains."

Just a suggestion - since we're always tryin' to look out for ya' - how about this year, instead of jackin' up your back schleppin' root balls around and whackin' weeds, you leave the "dirty work" to the experts? And, by "experts," we mean some really cool dudes who are super reputable, professional, and awesome: Grasshopper Lawncare. We personally know the proprietor of this locally-owned (South Austin) company and highly recommend their services. ...And if you do

show up at [the clinic](#) with some "yard work war wounds," you can't say we didn't try to help you avoid such a fate.

And to further prove that we're squarely in your corner on this, we offer up these self-care resources: [Susan's article on "Garden Variety Aches & Pains,"](#) and the episode of [our "Clinical Massage Vlogging Series" on The Quadratus Lumborum Muscle.](#)

Wishing you a Spring filled with good times, green thumbs, gorgeous gardens and "winning" massages!

~Susan & Shane

"Our bodies are our gardens -
our wills are our gardeners."

~William Shakespeare



Put the **SPRING** Back in Your Step with a Great Massage!

...Or One of Our Other Therapeutic Services.

Have the long, cold winter months left your muscles & joints feeling a little less "springy" than usual? Or maybe you're feeling like some of your springs have become a little rusty? Well, if so, we've got all manner of modalities to put the spring back in your step & get you feeling like a spring chicken again! (OK, enough...)

Here's a list of some of the unique and powerful services that we offer; if you have any questions about any of them, we hope you'll [ask us more!](#)

[Cold Laser](#)

["Spray and Stretch" Muscular Release Techniques](#)

[DMS \(Deep Muscle Stimulator\) Massage](#)

[Shane's Flexibility Therapy Sessions](#)

[LPG Endermologie \(The First FDA-Approved Mechanized Massage Modality for Cellulite Reduction\)](#)

[LPG EndermoTherapy \(A Mechanized Negative Pressure Massage Modality\)](#)

[Negative Pressure Cupping](#)

[Susan's "Cosmopolitan" Facial Massage](#)

Beauty in the 'Hood



78704 just became even more beautiful!

That's because [Dr. Shirat Ling](#) has moved her beautifying headquarters (i.e., "[Innate Beauty](#)") into a cute little pink house on South First Street!

(And, conveniently for all of us, right around the corner from [our clinic](#).)

And to celebrate her new digs, the Good Doctor (a.k.a. "Physician Artist") is hosting an [open house / client appreciation event](#) to which YOU are invited.

[Where](#): The cute little pink house at 1611 South First Street (Just north of Jovita's).

[When](#): THIS Wednesday, March 23, 2011, 5:30 pm - 8 pm. That's TOMORROW, folks!

[What](#):

- * **Live demonstrations of medical cosmetic procedures**
- * **FREE mini-consultations with Dr. Ling**
- * **Special pricing on treatments**
- * **Raffle Prizes (extra tickets issued to those who bring a friend!)**
- * **Refreshments & hors d'oeuvres**
- * **FREE eyebrow & lip waxing by Heather Gordon Skin Care & Waxing**
- * **A limited number of swag bags containing, among other treats, discounts from us, Susan & Shane Epperly, LMTs!**

So head on over & partake in a beautiful evening! You might just see us there!

Don't Forget to Schedule Your "Laser Sales Drive" Massages!

Remember last August when we offered you the unbelievably fantastic opportunity to purchase up to TWO 60 minute massage sessions at the incredibly low price of \$35 each as part of our "Cold Laser Sales Drive?" And remember how you bought those two massages and had the best intentions of scheduling them right away? And remember how you forgot to do that, and so now you still have an hour or two in credit on our books?

Well, now's the time to seize the day & get yourself all scheduled up! The "Laser Sales Drive" massage credits are valid until August 4th of this year, but you don't want to wait 'til the last minute to use them. Give us a call at (512) 809-6708 or book online soon.

And thanks again to all of you who participated in our "Laser Sales Drive" and helped us meet our goal of purchasing our Cold Laser. Thanks to you, now ALL of our clients are enjoying the benefits of this amazing tool!

Be Well & Keep in Touch!,



Susan & Shane Epperly,

**Licensed Massage Therapy Instructors,
Licensed Massage Therapists
in Private Practice
Specializing in Pain Relief
Through Clinical Massage Therapy**

Book Now.

(512) 809-6708

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The fine print: Advertised prices are the actual prices. Offers are valid while supplies last. Supplies will last a long time (we never run out of massages). All offers are subject to you actually coming into our clinic for a massage. We reserve the right to make every client blissfully relaxed and ridiculously happy. It is against our company policy to confuse and irritate our clients by attempting to upsell them with a laundry list of "add on" services. We will not be held responsible for wrinkles caused by smiling (or laying in the face cradle). We will not be held responsible for any possible embarrassment associated with drooling, snoring, or proceeding with the rest of one's day with mussed up hair, a rosy glow, or other telltale aspects of that "freshly massaged" look. No shoes, no shirt, no problem. Massages may not be returned, but most of our clients can't wait to return to our tables.