



This
Mother's Day,
Remind Mom Why
YOU've Always Been
Her Favorite.

Get Her a
Massage
Gift Certificate!



Dear Susan,

It's been a month of tough decisions. Like, whether to make Technicolor egg salad or deviled eggs with all those left over Easter eggs; [which hat to wear to the royal wedding](#); and whether or not you can get away with playing hooky to indulge your epic case of Spring Fever... At least there's one really *easy* decision on the horizon: What to get Mom for Mother's Day! (A MASSAGE, or course!)

That "Mother of All Holidays" is fast approaching, friends, so if you know what's good for ya', for cryin' out loud, don't forget Mom! Whether with baubles, bon bons, or bouquets, make

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sure you show all the SuperWomen in your life how much you worship them. And, of course, massage gift certificates are always a big hit with the Madres. I mean, 60 or 90 minutes of soothing, drool-inducing bliss in a [dreamy, kid-free zone](#)? No brainer.

Give a call or [drop us an e-mail](#) to arrange a time to pick up Mom's gift, or we'll be happy to mail it directly to her for you.

And if you [stop in](#), be sure to drop an entry form into the box in the lobby for a chance to win our new monthly drawing. Each month, we'll be giving away something cool, whether it be a [massage](#) or one of our [other services](#), or another great prize from one of our favorite local businesses. This month, in honor of "Mama's Day," it's a box of six gourmet cupcakes from local confection peddler, [Sugar Mama's Bakeshop](#). (And if you prefer your bakeshop love to be gluten free, be sure to check out the [new baking mixes](#) that Dr. Fritz is now carrying.)

So sit back, wait patiently for the Royal Couple's thank you note to arrive, enjoy some time with Mom (and / or your precious offspring), and even if May proves to be full of tough decisions like April was, just remember what [Mama said](#)...

~Susan & Shane

Going Gluten Free? Mix Up Some Gluten Free Goodness!

If you're eating gluten free these days, then you'll want to know about the yummy baking mixes that our officemate, [Dr. Vanessa Fritz](#) (of [Austin Natural Family Medicine](#)) is now carrying.

Bona Dea baking mixes will give you a jump start on

[Yelp](#)



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**Have you
checked out our
"Clinical
Massage Therapy
Vlogging
Series" on our
YouTube channel
yet? Just choose
an episode, click
& watch!**

**What is Trigger
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**Show SORE the
DOOR!**

**Is Maintaining
Proper Posture a
Simple Case of
"Mind Over
Matter?"**

**Researchers at
Loma Linda Give
us one More
Reason to
Schedule a
Massage**

making super scrumptious gluten free cookies, muffins, pancakes, and more! Trust us, they've passed our test with flying colors. And, to sweeten the deal, Bona Dea is a local Austin company. Suh-weet, no?

Be sure to pick up a mix or two during your next visit, or visit BonaDeaBakingCo.com for more information.

Join Us at Keith Kristofer Salon & Spa

We love any excuse to mingle with cool people, celebrate our associates' accomplishments, and partake in nibbles, sips, swag, and other fun goodies.

So, when we found out that our lovely & talented friends at [Keith Kristofer Salon and Spa](#) were planning a big bash to celebrate their expansion, we were super stoked (as should you be)!

The Keith Kristofer "Krew" has also invited us to showcase our [Endermologie anti-cellulite treatments](#) at the upcoming event, so we'll be there "with bells on," as they say, proselytizing about the evils of cellulite and the salvation that is Endermologie. Can I get an Amen, sistahs?!

So, come check out the chic [new, expanded space](#) that these gifted folks inhabit; learn more about their salon & spa services, as well as our [Endermologie](#) treatments; and enjoy an evening of fabulous fun, festivities & frivolity. Trust us, this bunch knows how to have some [epic good times](#).

"Like" our [Facebook fan page](#) or request to [be a Facebook friend of Keith Kristofer](#) in order to get the skinny on the soon-to-be divulged details including

Getting the Most Out of Your Massage Therapy Sessions

What is a Trigger Point?

Massage Hangover

Welcome Pandora, Our New DJ

As many of you already know, we have started using Pandora Internet Radio as our music system in the clinic.

This makes it easier than ever for us to create play lists that are perfectly tailored for each client's musical preferences.

So, next time you're in, be sure to request whatever kind of tunes you're in the mood for.

date, time & other particulars.

We can whip up the perfect mix tape on the fly without breaking a sweat!

Get Comphy!

Many of you have fallen in love with the super silky, satiny, soft microfiber sheets that we use in the clinic. Even those among you who are self-proclaimed "sheet snobs" have been won over by our luxurious linens.

Well, we're pleased to now be offering the very same sheets (as well as the entire Comphy Company home line) for sale at the clinic!

Next time you're in, ask to take a look at our book of samples. There are sheets, blankets, duvet covers, and more in so many pretty colors & designs, it'll be hard to choose your favorite.

Simply order through us, and your items will be shipped directly to you. Sweet dreams!

Be Well & Keep in Touch!,



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By Appointment Only

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.

