



Changes in 2013



Rates Changing and a New Way to Pay



2013 Newsletter



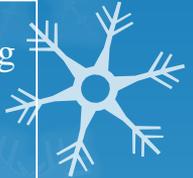
I appreciate each and every client who steps through my door. Some of you have been receiving massage therapy from me for 10 years or more! In 2013, there are some changes I'd like to make to improve my services and make payment easier for my clients.

My fees for massage services have been the same since 2009. In order to better serve you, the rates are being raised. The new rates, listed below, will go into effect February 16, 2013.

Remember, there is no extra charge for aromatherapy or for the different modalities of massage that I offer. Feel free to refer to my website: www.SusanNunn.com to learn more about the styles of massage available at my office. I would be glad to answer questions you have about how these modalities differ from one another and what the benefits are of each type.

Together, we can choose the type of massage or combinations of massage that would best suit your needs. Not every type of massage is a good choice for everyone. As always, I strive to make each massage I give therapeutic, relaxing and beneficial.

Also in 2013, I am working on a way to accept debit and credit cards to make paying for your massage services more convenient. An announcement will be sent out when I have everything in place. Until then, cash and check are the ways to pay.





Thai Herbal Compresses



Since 2007, I have taken several Thai Massage classes in California. While attending one of these classes, I separated my shoulder. This is a problem I've been dealing with for awhile. My chiropractor would adjust my shoulder and it would be fine, but I was traveling. Even after icing it, my shoulder remained sore. At the beginning of class, my teacher gave me an herbal compress to put on it. Wow!! Within 5 minutes, the swelling and pain were reduced! The most AMAZING part: after practicing our new Thai Massage stretching and pressing techniques all day, my shoulder still didn't hurt! This was much more effective than ice!!

So, I am NOW offering these wonderful Thai Herbal Compresses in my office. Herbal compresses are dried herbs wrapped in cotton cloth, then steamed and applied to the body. The compresses contain ingredients such as: ginger, lemongrass, turmeric, cinnamon, lemon, lime, patchouli, camphor and others. These herbs help reduce inflammation, relieve pain and increase circulation to the area applied.

Clients report LESS muscle soreness the day after a massage and enjoy the way their skin feels. Clients also relish the wonderful aroma and soothing heat. Just breathing the steam adds a soothing element to any session. The herbal compresses also help tight muscles release, with less painful pressure. The herbal compresses are effective through clothing but can also be directly applied to the skin. I wrap them in a cloth to protect my client from the heat.

Herbal Compresses can be added to any session for \$9.00 (+ sales tax without a doctor's order).

Enjoy the BENEFITS of the wonderful aroma and soothing heat of Thai Herbal Compresses during your next massage!!



2013 Price List

Session	Price	Price with Sales Tax*
½-Hour	\$40.00	\$42.80
1 Hour	\$70.00	\$74.90
1 Hour + 15 mins.	\$85.00	\$90.95
1-1/2 Hour	\$100.00	\$107.00
2 Hours	\$140.00	\$149.80

Modalities:

- ❖ Thai Massage
- ❖ Warm Bamboo Massage
- ❖ Thai Herbal Compress w/ Massage
- ❖ Craniosacral Therapy
- ❖ LaStone Therapy
- ❖ Certified in Pregnancy Massage
- ❖ Swedish Massage
- ❖ Reiki Sessions & Classes
- ❖ On-site Chair Massage

Add Herbal Compresses for \$9.00 (+ tax w/o Doctor's Order) per Session

*Sales Tax Subject to Change per State of Ohio

*Doctor's Order Exempts you from Paying Sales Tax

Packages—2013

<u>Sessions</u>	<u>Price</u>	<u>Price w/ Sales Tax*</u>	
Three 1-Hour Sessions	\$180.00	\$192.60	
Three 1-1/2 Hour Sessions	\$270.00	\$288.90	
Five 1-Hour Sessions	\$300.00	\$321.00	
Five 1-Hr. + 15 Mins.	\$375.00	\$401.25	
Five 1-1/2 Hours Sessions	\$450.00	\$481.50	

*Sales Tax Subject to Change per State of Ohio

*Doctor's Order Exempts you from Paying Sales Tax