



It Really Is All About You...

Greetings!

It's not very often in life that YOU get to be the center of attention and have the world revolve around YOU. Even if for a short time. But that is what happens when YOU come see us. It may be chaos every place else but when YOU step foot in the massage room the chaos needs to go away. As we say ALL the time...YOU must first care for yourself in order to care for others...

You Are Special!

- YOU can choose YOUR music. We use Pandora radio so the choices are only limited by YOUR imagination. We can choose by genre, song title, or artist. In the past week we've played Beatles, Fleetwood Mac, Native American Flute, Enya, Bluegrass, Traditional Country, and others. As YOU can see tastes vary.
- Both massage tables are heated. YOU can have the heat on or off. YOU can have just the sheet, or the sheet and a light blanket, or the sheet and a big warm blanket. It's up to YOU!
- We use hot towels. After working on YOUR back and getting it all relaxed, we use a steaming hot towel along YOUR spine to completely melt those muscles and send YOU into heaven! This is also a relaxing way to wipe any excess oils from YOUR back.

- It is very important what goes on our skin. We use only the most high quality massage lotions and oils. Speaking of oils...
- Laura and I use only Young Living Essential Oils. We decided to convert because of the extremely high quality. They are completely pure and each one has very specific properties. When we use these oils as part of the massage, YOU get the benefits for hours after. And YOU get to smell really good for a long time. We can also order any oils that YOU would like for home use! Just let us know.
- Some people love to talk during the massage, some like to veg out, and some like to sleep. It's up to YOU. Of course, I love to talk, but I am also good for a nice quiet massage. YOU will never hurt our feelings if YOU want to just be quiet and enjoy YOUR time.
- Each time YOU come in, even if it's every week, we will discuss with YOU what YOUR needs are for that day. YOUR right hip may have been hurting last week so we needed to focus on that, and then YOUR left shoulder and neck may be hurting today so it completely changes the focus. Or YOU may feel really good and just want to relax. It's up to YOU!
- We try to be able to accommodate almost everyone's hours. We start at 10:00 most days and at least one of us is here until 7:00 or 8:00 almost every day during the work week.
- We offer packages so the massages are even more affordable for those who are in need. When YOU purchase 5 hours YOU get one hour free. I mean seriously...how can you beat that?
- We are always looking for new services and ways to improve YOUR experience. Laura has recently become certified in MPS Pain Therapy. I am working on creating a new service as we speak! I am taking a course right now and will hopefully implement it before Christmas. HINT: The name of the service is called Lymphatic Flow.
- When YOU refer someone to us, YOU get a \$5.00 credit on your account. There is no limit to how many \$5.00 credits YOU can get. These are just like having cash. If YOU need help, I have printed up postcards that offer a discount. You can hand these out to friends and family. It's a win-win-win. They get a discount on their first massage, YOU get a \$5.00 credit, we get a new client.
- We offer a special every single Tuesday and Wednesday. Terrific Tuesday and Wonderful Wednesday. It's simple, YOU pay for 60 minutes and get an extra 15 minutes free. So yes...YOU are getting a 75 minute massage for the price of 60 minutes!
- Are YOU one of those people that have a crazy life and it's hard to schedule in advance? We've taken care of that. We now have text alerts. If we have a last minute cancellation I can shoot out a text and voila, YOU get your last minute appointment. To sign up just text bodyrelax (all one word) to 24587. When signing up, YOU should get an immediate reply telling you that you have received a \$10.00 credit. YOU will never get a text before 9:00 am or after 9:00 pm. On a normal week, YOU may get 2 or 3 texts.

What else can we do to make it about YOU? If YOU have any suggestions YOU can text me at 317-716-4646 or reply to this email. I can't promise but we can certainly try our best!

So take care of YOURSELF!

Want a massage? [Click here](#) or text 317-716-4646 or call 317-539-4652. See? We even make scheduling super easy just for YOU.

Melody Herrin

Owner

www.bodymechanixmassage.com

bodymechanixmassage@yahoo.com

317-716-4646 - text

317-539-4652 - office