



Helping You Live Better

Newsletter - December 2019

Letter from the *Massage Therapist*

Hello Everyone!

My name is Stacey and I am one of the Massage Therapists here at Excel. I have been a part of the Excel team going on 4 years now! I wanted to introduce a new service I am offering called Vibrational Sound Therapy. This is a great choice for those of you that prefer not to be massaged. There is no hands-on contact with this service, but you will still experience deep relaxation and therapeutic benefits!



Quantum physics has proven that everything has vibration including our bodies. In fact, there is not an organ system in our body that's not affected by vibration. Lower vibrational stressors such as anger, depression, fear, resentment, stress and negativity create blockages in our body's energy flow. These blockages will eventually cause illness in our physical body and emotional bodies.

In a Vibrational Sound Therapy Session, we place specifically engineered therapeutic singing bowls on and around the body. The sound and vibration of the bowls, raises the body's vibrational frequency, reducing stress, improving circulation, strengthening our immune system, alleviating aches and pains, improving concentration, synchronizing the brain's hemispheres and increasing relaxation. Stress is at the root of many of our twenty-first century diseases and it's through relaxation of the body and an increase in our vibrational frequency that balance, health, and happiness can be restored.

We have also added a Relaxation Massage to our Massage Services menu. In this service our therapists incorporate essential oils and hot towels into a gentle massage designed to promote relaxation. We also offer therapeutic cupping, and hot stone massage as well as our Excel Signature Therapeutic Massage.

The most exciting news you've all been waiting for is that during the month of December we will be offering our **Buy 3 – Get 1 FREE massage special!** You can give them as gifts, use them as stocking stuffers, or even wrap them up and give them as secret Santa gifts at the office holiday party.

Better yet, you can stock up on massages for yourself and try out one of our exciting new services. Either way, we hope you enjoy your holiday and look forward to seeing you in the Massage Therapy Department soon.

Best,
Stacey



Office News

December Massage Special

Our yearly Christmas massage special is back for the month of December!

Buy 3 massages get 1 free!

Purchase the gift of health this holiday season for your friends, co-workers and loved ones.

Upcoming Events

- 12/6 8am-12pm Stacey open for massage
- 12/14 8am-11am Dr. Brown open/Stacey open for massage
- 12/25 Office Closed Have a Blessed and Merry Christmas!!
- 1/1 Office Closed Happy New Year!



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