

## Press Release:

I will be shifting the scope of my practice to focus more on my specialty - assisting people in living their most functional lives through individual attention on their needs using a program of regular massage therapy, yoga, detoxing, nutrition and daily healthy habits encouragement guide. I have cultivated a massage therapy practice that helps people become more functional in their lives and now I will be building that into a comprehensive focus of being a Functional Specialist.

This means other than special spa offerings which will be Friday/Saturday nights and Sundays for holidays, I will not be taking individual massage bookings. Private parties which can include massage but also yoga, facials and detoxes, will also be available Friday and Saturday evenings.

My existing regular clients will be asked to commit to one year membership for their monthly appointments. A credit card on file will be required for the cancellation policy. There will not be a monthly fee or contract cancellation fee. However, if you release your contract you will not be able to return as a regular massage client. You will also have the option to add the immersive or maintenance wellness programs to your membership.

New clients must enroll in the 3 month immersive wellness program which is a monthly massage plus the base wellness coaching program.

After the 3 months, clients will have the option to recommit for another 3 month immersive program or go to the wellness maintenance program.

### Immersive Wellness Plan:

★ You will be guided and encouraged by me. Including:

✦ Monthly video check ins to track your progress

✦ Support available daily

✦ New customized home stretching and self care tools given monthly

✦ Nutrition guidance

✦ Exclusive discount on our new supplement tea line - Bliss Better Nutrition

✦ App with yoga library and connection to a community of like minded individuals

✦ Monthly yoga class in studio or video so I can make sure your form and alignment while exercising are keeping you safe and answer any questions you have

✦ Includes Unlimited Yoga Membership and online yoga library

✦ Discount on additional private yoga classes

✦ FREE Detox bath to reduce inflammation and aching after each massage

👤 Monthly massage and functional goals check in

- 60 min massage 2x a month, alternate weeks 60 min private yoga classes \$350/month
- 90 min massages 2x a month, alternate weeks 90 min private yoga classes, \$450/month
- 2 hour massages 2x a month, alternate weeks 90 min private yoga classes, \$550/month
- Payment plans available

### Maintenance Wellness:

👤 Monthly massage and functional goals check in

✦ One customized home stretching routine and self care tool recommendations

✦ Exclusive discount on our new supplement tea line - Bliss Better Nutrition

✦ App with yoga library and connection to a community of like minded individuals

✦ FREE online yoga library membership

✦ Discounted rate on group and private yoga classes

★ \$50 a month auto-draft in addition to cost of your scheduled massages

Social media promo:

Is pain, chronic illness, aging, stress, or other life changes like becoming a new mother keeping you from feeling like you are able to enjoy life? These issues can be healed a great deal or completely but it takes more than just taking care of the physical body one or twice a month with massage. Your body needs daily care with gentle movement, deep breathing to calm your nervous system, whole food nutrition and supplements plus positive self talk and habits.

My easy to follow program helps you find a healthy, energetic life balance using spirituality and science. I have created this structure for myself to overcome my own challenges:

- ♥ chronic pain and illness (fibromyalgia, multiple car accidents)
- ♥ panic attacks that stopped my ability to work or socialize
- ♥ Complex PTSD
- ♥ ADHD undiagnosed until 36 years old
- ♥ Chronic Fatigue (hypothyroidism)
- ♥ Hormonal imbalances including endometriosis

- ★ I have 15 years of experience assisting people in getting their lives back.
- ★ I will give you time and attention to figure out what your exact needs are and set functional goals.
- ★ You will start with small manageable goals that will build up to big changes.
- ★ You will be guided and encouraged by me. Including:
  - ✦ Monthly video check ins
  - ✦ Support available daily
  - ✦ New customized home stretching and self care tools given monthly
  - ✦ Nutrition guidance
  - ✦ Exclusive discount on our new supplement tea line - Bliss Better Nutrition
  - ✦ App with yoga library and connection to a community of like minded individuals
  - ✦ Monthly yoga class in studio or video so I can make sure your form and alignment while exercising are keeping you safe and answer any questions you have
  - ✦ Access to discount on private yoga classes, yoga studio membership and online class library
- 🧘 Monthly massage and functional goals check in

Existing clients can add the Maintenance Wellness program to their existing memberships.