

'Tis the Season for some jolly good bits of information from **Touch of Gratitude...**

Business Development/Updates – Gift Card Promotion

For the month of December I'm offering a fabulous gift card promotion! Buy 3 massages, get a 4th massage of equal or lesser value **FREE!** Just think...you can take care of people on your holiday list and reward yourself at no extra cost! A definite way to relieve the stress of the holiday season! Massage gift cards are available in the following increments: \$35 for 30 minutes, \$65 for 60 minutes, \$75 for 75 minutes, and \$90 for a 90 minute massage. Contact me for additional details.

Personal Growth/Benefits – Presence

Have you ever been so involved in a project that you've heard yourself say "where did the time go?" Or been so engaged with a friend or loved one that you've forgotten about your to-do lists and nothing else matters? Remember how incredible that felt? When you focus all of your energies on one particular person, place or thing you are being present. At that time you truly give of yourself and open yourself to receive whatever opportunity life has to offer. I know it's not possible to always refrain from multi-tasking, but to reduce it would reduce stress and increase productivity and life contentment. So here's my challenge for you: the next time someone wants to talk to you, stop what you're doing and give them your full attention. Stay in the moment. You'll find that once you start being present, you'll want to stay.

Giving Back –

At a time when we are all celebrating how fortunate we are, let's add the ability to help others to our list of blessings! This is a great time to donate to your favorite non-profit either through financial contributions or in sweat-equity. It's a win-win-win...the organization benefits by providing more services; the cause gets the support needed and you get the feeling of knowing you made a difference and maybe even get a tax write-off as a bonus! Take the opportunity to give...that's something to be merry about!

Have a fabulous holiday! I look forward to seeing you!

Steph☺

Show your body some gratitude...schedule a massage today!

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