

MASSAGE NEWS

October 31, 2003

Massage News
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What's New at the Office ?

Greetings everyone !

We are thrilled to bring you our first newsletter !

We have a new secondary location for Thursdays at Dr. Debbie Thompson's office at 15 South Grady Way Suite 534 in Renton. The new location is in the Evergreen Building in

between the Holiday Inn and the Renton Cinema.

I will also be teaching belly dancing workshops and private lessons at the Renton location for more

information see the back of the newsletter.

We have made several technological advancements at the office. We have a new custom built computer by www.ileximages.com. With our new faster computer, we are transferring all our medical billing over to electronically completed

and printed forms. We have done away with the paper schedule and all our appointments are entered into our computer through a hand held personal digital assistant.

We are available for massage Tuesday through Saturday by appointment.

We are accepting credit and debit cards through PayPal.com for more information go to www.leilanimassage.com

Our office as includes our plant and animal family. We adopted BeBe, an adorable grey hand

raised budgie. Bella, our chocolate lab, turned six last month and has been benefiting from massage, Chinese herbs, and veterinary chiropractic care with Dr. Tamara Norquist at Renton West Veterinary. We are trying to get our tabby cat, Oatmeal, to stay indoors only as he approaches eleven. We have had various orchids in bloom for months now.

As we look towards our future, we are saving up to buy a house that will include our home based office. We intend to stay in the Tukwila area.

Aromatherapy & New Products

Aromatherapy is the use of pure aromatic plant extracts or oils to treat conditions, stimulate healing and restore well being by stimulating the body's healing.

We have been carrying BodySense hot and cold aromatherapy packs for several years and just love

them! They are wonderful for headaches, tension, and even safe for children. They make great holiday gifts!

We now have Nurti-Naturals lotion available for your massage at no extra charge!

This product will nourish your skin while you are relaxing to lovely massage. It contains

avocado , carrot and wheat germ oils, body healthy sunflower oil and skin softening jojoba oil.

We are also carrying AromaPlex Body Butters and Scrubs for retail home use.

www.leilanimassage.com



Remember to ask for your FREE trial of a body butter or Nutri-Naturals lotion for your next massage appointment !

You can at any time request we do not contact you through the mail, emails, or by phone.

"We accept every medical insurance plan that will pay our office for our massage therapy services."

Your Privacy and Your Rights

Have you received information at your medical providers' offices about your privacy rights?

Did you know that you have the right to both see and get a copy of your medical file?

Did you know that you have

the right to change or make an addition to the file?

Did you know you can make special requests about how and with whom your personal information is shared?

The next time you come in for an appointment we will

have a brochure for you outlining more about your privacy and your rights.

You can also review our full privacy statement online at www.leilanimassage.com

Does Your Insurance Cover Massage ?

Most insurance plans located in Washington State cover alternative medicine.

Massage is becoming more accepted as a cost effective preventative and rehabilitative measure for the well being of men, women, and children alike.

We accept every medical insurance plan that will pay our office for our massage therapy

services. We are preferred providers with :

- Aetna
- Cigna
- First Choice Health Network
- Group Health Cooperative
- Pacificare
- Premera Blue Cross
- Providence

- Regence Blue Shield
- Uniform Medical Plan
- United Health Care

Additionally we accept :
Dept. of Labor & Industries
Third Party Injury Cases
Auto Insurance Cases

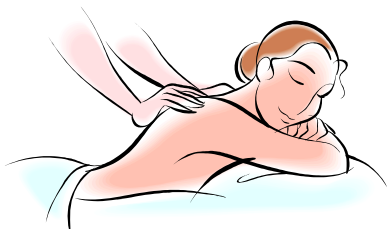
Call your insurance and check to see if you have massage benefits or call us 206-248-2001.

The Benefits of Massage

Stress and its related illnesses are deadly. Women, men, and children are suffering from stress, injuries, and disconnection from their bodies. Our competitive culture has lead many people to believe they do not measure up to physical ideals.

Massage can help. We know that touch always comforts, that it often relieves, and that it occasionally cures.

Massage has many wonderful effects.



Directly through various methods, massage uses contact and pressure to :

- Relieve pain
- Reduce or eliminate headaches
- Improve skin texture & tone

- Reduce muscle tension and spasms
- Increase circulation including lymph
- Increase range of motion and mobility

The body responses often include a :

- Reduction of stress
- Increase in white blood cell count
- Decrease in blood pressure

- Improved sense of well being
- Affirmation of positive body image
- An emotional release and a greater connection with one's body

Massage is a great way to facilitate healing and promote health physically and emotionally.

Massage feels good and you deserve it!

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 SeaTac & Renton
 Locations

Now accepting credit and debit cards through PayPal.com learn how at www.leilanimassage.com

CLIP & SAVE COUPONS

Give the gift of Massage



\$10 off any and all gift certificates

Offer good through 12-31-03
 Not combinable with other discounts

Belly Dance Your Way to Fitness !
 Fun ! Positive ! Great exercise !
 All ages and sizes welcome!
 No experience necessary!



\$5 OFF

Your next class, lesson or workshop !
 For more info on classes in Renton and Seattle with Leilani
 Call 206.248.2001 or
www.leilanimassage.com/bellydancing.htm
 Offer good through 2-1-03 Not combinable with other discounts