

# THE PERSONAL TOUCH

Newsletter published by R & R Productions, Inc.

2000-2005

Fifth Year Anniversary Issue

## Mission Statement

*To work for the good health and well-being of our clients and communities.*

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*Newsletter & Web site  
designed by  
Designs Around You  
Tel: (414) 355-0559*

Asante. Merci. Gracias. Vielen Dank.  
Grazie. Obrigado. Köszönettle.  
Spashiba. Todah Rabah. Thank You.

2005 marks my 5th year anniversary in the

business of wellness, education and healing. There are few words that can express my infinite appreciation and gratitude. Your support, loyalty and advice along the way added up to that extra push that has meant so much to me.

Many of you I met while I was a massage student. Some of you came to my home or I traveled to your home for two months until I moved on Oakland Avenue. All of you have been a constant source of support and you cannot imagine



Lillian C. Pounds, President/CEO  
R & R Productions, Inc.  
Wisconsin Registered Massage Therapist  
Massage and Aerobics Instructor  
Reiki Master  
Certified in Diversified, Hot Rock Chair  
Massage and Reflexology  
American Massage Therapy Association  
& International Massage Association  
Member

how much this means to me. I thank you.

I also want to thank Pamela Lewis at Designs Around You for her assistance. Pam is responsible for the artistic design of my newsletters and web site. Thank you Pam.

Finally, a special thank you and love goes out to my husband, Ron and daughter, Jamila for their unconditional love, support and strength.

Thank you for being my client, supporter and friend. I wish you and your family a happy, healthy and prosperous New Year.

Mark Your Calendar for Sunday, March 20, 2005

**CLIENT APPRECIATION DAY**

*see details inside*

# Messages from Your Therapist

## Drink Your Water

Water replaces lost fluids and flushes out toxins that are released into the body during a massage. Whether it is your first massage or your 20th massage, remember to drink at least eight (8) glasses of water in the 24-hour period after getting a massage.



## Wellness All Ways-- All Year

Wellness is much more than being free of illness - it's the sum of six different aspects of our lives physical, intellectual, occupational, emotional social and spiritual - creating a true balance and harmony.

Your personal 2005 Wellness Diary/Calendar, a guide dedicated to your wellness goals, is now available. If you have not received a Wellness Diary and would like a copy, please call and one will be mailed to you.

## Dental Spa: Open Up and Say

# "AHHH"

Dental anxiety is prevalent in America. According to the Academy of General Dentistry, studies have indicated that as many as 25 million Americans do not go to the dentist because of fear and anxiety. But a new brand of dental establishments is popping up- Dental Spas.

Some dental offices now incorporate many therapies traditionally found in spas, including massage.

There is one such practice in California that welcomes dental patients with everything from the scent of fragrant aromatherapy to a variety of natural juices and waters to sip. Patients

in the office also are given a complimentary lavender-scented neck wrap and a chair-side massage. They also have packages that offer full body massages, teeth whitening and spa facials. For more information visit [www.experienceispa.com](http://www.experienceispa.com).

## Give the Perfect Gift

Whatever the occasion, a gift certificate for a massage is always welcome. They are the perfect gift for birthdays, holidays, anniversaries, bridal showers, weddings, new jobs, graduations, Mother's & Father's Day, Valentine's Day and other special occasions. Whatever the occasion, gift certificates are easy, practical and appreciated. You may pick up the gift certificate at the salon or call and request the gift certificate to be mailed to you or to the recipient.

Maya Angelou

## Seven Women's Blessed Assurance

The first woman said, One thing about me, I'm little and low, I find me a man wherever I go.

The second woman said, They call me string bean 'cause I'm so tall. Men see me, they ready to fall.

The third woman said, I'm fat as butter and sweet as cake, Men start to tremble every time I shake.

The fourth woman said, I'm young as morning and fresh as dew. Everybody loves me and so do you.

The fifth woman said, I'm little and lean, sweet to the bone. They like to pick me up and carry me home.

The sixth woman said, When I passed forty I dropped pretense, 'cause men like women who got some sense.

But the seventh woman is my favorite, for obvious reasons. The seventh woman said, Fifty-five is perfect, so is fifty-nine, 'cause every man needs to rest sometime.

*Poet Maya Angelou recited this poem at The American Association of Retired People (AARP's) National Convention in Las Vegas in October, 2004 to an audience of about 12,500. Reprinted from AARP's January & February 2005 Magazine*



# The Month After Christmas

'T was the month after Christmas and all through the house  
Nothing would fit me, not even a blouse.

The goodies I nibbled, just wanting "a taste".  
At the holiday parties had gone to my waist.

When I got on the scales there arose such a number!  
The walking had become less a walk than a lumber.

I remember the marvelous meals "I'd prepared-  
The gravies and sauces, nothing was spared.

The wine and the rum balls, the bread and the cheese,  
And the way I'd never said, "no thank you, please."

As I dressed myself in my husband's old shirt  
And prepared once again to do battle with dirt,

I said to myself, as I only can,  
"I wish I could spend winter disguised as a man!"

So - away with the last of the sour cream dip,  
The chocolates, the cheese log, each cracker and chip,

Every morsel of Food that like must be banished  
"Till all the additional ounces have vanished.

I won't have a cookie - not even a lick,  
I'll make myself chew on a long celery stick.

I won't have hot biscuits, or corn bread, or pie,  
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and my life is a bore,  
And sit-ups and crunches are making me sore.

Unable to giggle, no longer a riot,  
I still want to say "Happy New Year to all, and to all a

## GOOD DIET!"

# WHAT'S NEW AT R & R?

Appointed by Gov. Jim Doyle to the Wisconsin Department of Regulation & Licensing Massage Therapy and Body Workers Council for 2 years.

Completed 43 Continuing Education Units (CEU's).

Remodeled massage room.

New Gift Certificates for all occasions.

Menu of Services, a brochure detailing R & R Productions services and rates.

### New Services Available to You

- Benevolent Touch
- Active Isolated Stretching
- Fijian Massage

Couple's Massage. This is not "new" at R & R. It was a very popular service in 2004. You both arrive together and receive a 60/90 minute massage in the same room separated by room dividers. You can bring your own music or listen to my "For Couples Only" music selection. You relax together and leave together.

### New Products Available to You

- V-Vax Purest Oil of Eucalyptus used to help colds, back aches, arthritis, sore throats, hay fever, asthma and much more.
- Lavender Salt and Vanilla Orange Brown Sugar Scrubs. Great for calming the mind, relaxing the body and exfoliating dry skin.

# TESTIMONIALS FROM YOU

"Thank you for keeping in touch". R. H.

"Thank you for the wonderful massage. It was so nice to experience a pleasurable, kind touch to my body after all the invasive measures that have been done." K. P.

"Thank you for the wonderful massage tonight. I realize I've been slouching for the past month. Thanks to your great work I'm standing straight again!" P.K.

"Thank you very much for accepting me as one of your clients and your continued expressions of thoughtfulness." A. J.

If you are profiled, I'll never get an appointment with you. D. M.

"Thanks for your great dedication to service. It's truly a pleasure." J.M.

"I really appreciate the quality and attention you give to my physical well being through your business." S. A.

"Thanks for all of your wonderful service and your caring spirit. You make a body feel good." D. C.

"Thank you for your spirit. I have always held you in very high regard." L. S.

"I recently purchased a gift certificate for a massage as a birthday gift to my sister. I just wanted to let you know that she called me to say how very pleased she was with her massage, she said it was a wonderful experience and would most definitely return. I just wanted you to know you have a very satisfied customer, and I appreciate your making it special for her. I hope I have occasion to make an appointment for myself in the future." B.M.

# Menu of Services

## Revitalize

### Massage Benefits

Become aware of how healthy you can feel by enjoying the benefits of massage. Through the use of pressure, stroking and rhythmic movements, massage therapies can relax your body and mind and impart a sense of well-being and serenity. Massage also increases mental alertness and helps the body to regenerate itself.

### Swedish Massage

Utilizing a combination of various movements including friction, effleurage (movements that slide or glide over the body with a smooth continuous motion) and kneading, this classic massage helps relax and soothe sore or tired muscles.

30 minutes....\$40

60 minutes ...\$65

90 minutes....\$95 Seniors 60 minutes ...\$45

Pre-Pay Swedish Massage Package Discounts\*

(5) 30 minute massages ... \$185 Save \$15

(5) 60 minute massages ... \$300 Save \$25

(10) 60 minute massages ... \$600 Save \$50

\*Pre-Pay Packages Has No Expiration Date

## Renew

### Deep Tissue Massage

This massage is recommended for muscle fatigue, chronic pain and spasm, as well as limited range of motion. A variety of deep compressions, stroking specific muscles or pressuring trigger points will help to alleviate discomfort and tightness.

60 minutes....\$65

90 minutes ... \$95

Seniors 60 minutes ... \$50

### Hot Stone Massage

This ancient art of healing uses elements of Mother Nature – fire, water and earth – to bring relief to tense muscles, sore joints, stressed emotions and a weary spirit using warm basalt stones of all shapes and sizes.

75 minutes....\$90

90 minutes ... \$105

### Neck & Back Massage

This stress-buster relaxes the scalp, neck, shoulders and back.

30 minutes....\$40

60 minutes ... \$50

### Neck, Back & Face Massage

Neck, back and face massage with hydro aromatherapy for the face.

45 minutes....\$55

60 minutes ... \$50

### Chair/Seated Massage

Fully clothed, and seated in a portable massage chair, the massage addresses the head, neck, shoulders, back, arms and hands.

\$1.00 per minute

## Rejuvenate

### Chair/Seated Massage with Hot Stones

A chair/seated massage using warm basalt stones.

30 minutes....\$35

45 minutes...\$50

### Foot Reflexology

This 4,000 year old technique involves massaging specific points of the feet with thumb and finger pressure that corresponds to all the organs in the body. It is a great treatment to release stress in the body and mind.

45 minutes....\$50

### Foot Reflexology & Paraffin Treatment

Foot reflexology followed with a unique warm paraffin masque that softens and smooths the feet.

60 minutes....\$65

All services are also available on-site for corporate, tradeshows, conventions, sporting and special events. Please call for details.

Massage does not replace the need for medical attention or psychological counseling. Massage therapists do not diagnose medical problems or manipulate bones.

*You and a Guest are invited to R & R Productions Inc. Massage Therapy*

## **5th Year Anniversary - Client Appreciation Day**

Sunday, March 20, 2005 • 12:00 Noon - 4:00 pm • Servite Woods Clubhouse • 8543 N. Servite Drive, Milwaukee, WI



### *Menu*

- Fried and Baked Chicken
- Swedish Meatballs
- Smoked Salmon
- Baked Beans
- Salads
- Vegetable & Fruit Trays
- Cheese & Crackers
- Cake
- Coffee and Soda
- Champagne, Beer, and Wine

Please RSVP by March 1, 2005 to Lillian  
at (414) 961-9300 or email your RSVP  
to [renew@randrproductions.net](mailto:renew@randrproductions.net)



### **Directions to Servite Woods Clubhouse**

#### **From West Brown Deer Road**

- Take Brown Deer Road west to 76th Street and turn left
- Take 76th Street to Dean Road and turn right (at Menards)
- Dean Road turns into Servite Drive
- Take Servite Drive (you will pass a stop sign) and look for mailbox on left side of the street
- Turn left at first driveway after mailbox to park or you may park on the street

#### **From North 76th Street**

- Take 76th Street north to Dean Road and turn Left
- Dean Road turns into Servite Drive
- Take Servite Drive (you will pass a stop sign) and look for mailbox on left side of the street
- Turn left at first driveway after mailbox to park or you may park on the street



*I am looking forward to seeing you.*

# 5th Year Anniversary Specials

**5 + 1/2**

Purchase 5 gift certificates at regular price and get a free 30 minute neck, shoulder & back massage gift certificate

*January 1 - December 31, 2005*

**\$55 per person**  
*Couple's Massage*

Appointments must be at the same time for the discount

*January 1 - December 31, 2005*



**\$5 OFF**

Gift Certificates during Anniversary Month

*March 1 - 31, 2005*

**5 + 5 + 1**

Buy 10 gift certificates at regular price and get a free 1 one-hour massage gift certificate

*January 1 - December 31, 2005*

**\$5 OFF**

products for resale  
*while supplies last*

Scrubs, Fomentek Water bags,  
ChiroFlow Water Pillows and V-  
Vax 100% Pure Oil of Eucalyptus

*Anniversary specials cannot be used in conjunction with other discounts.*

*R & R Productions, Inc.*

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