

The Personal Touch

R & R Productions, Inc. Newsletter

Spring / Summer 2001

Mission Statement:

To work together
for the good health
and well-being of
clients and community.

R & R Productions, Inc.

Website:

www.randrproductions.net

LAUNCH DATE:

5/07/01

R & R Productions, Inc.

Revitalize Renew Rejoice Rejuvenate

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RENEWED



Lillian C. Pounds, President / CEO
R & R Productions, Inc.
Wisconsin Registered Massage Therapist
Certified in Diversified and
Hot Rock Chair Massage
Massage and Aerobics Instructor

Greetings.

This new, biannual newsletter commemorates my first year as a massage therapist. Blessedly, I have many thanks to give for the support I received this past year because after learning how to turn on my PC, applying for permits and getting past the telephone prompts at various businesses, I had to ask myself, am I really here to do massages?

When I opened May 1, 2000, I took the suggestions of clients, to whom I had given massages as a student at Lakeside School of Massage Therapy to contact them after graduation. I called; they made appointments, and referred family members and friends. That was when I realized again my job in life. And I thank these clients from the bottom of my heart for their confidence, support and reconfirming my desire and passion to help people be healthier and live more productively.

Many of you have been long time clients as well and I appreciate your confidence,

loyalty and your many referrals. Thank you.

I would also like to thank friends and colleagues for their wisdom, support and encouragement.

A special thank you to my parents, Eddie and Velma Carter of Chicago, for their love and giving support. I thank my soul mate, Ronald, whom I love dearly. He has supported me for 33 years and given me strength to find my place in life. Thank you sweetheart. I thank my wonderful daughter, Jamila. She has made me a very proud mother. I love you. And last, but not least, I thank Pamela Lewis at Designs Around You. Without her, many of my accomplishments would have come with a much higher price tag. You have been a Godsend.

In appreciation of my gratitude and first year anniversary, I have a gift for you. Please call and reserve your gift while supplies last.

Through the Grace of God, I am truly blessed. Thank you Father. I pray the Lord bless all of you with good health, prosperity and help you RENEW.

A handwritten signature in cursive script that reads "Lillian C. Pounds".

Did you know?

...the word "massage" comes from the French word that means "kneading"
derived from the Latin word "massa", meaning "kneaded dough."

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1st Year Anniversary Issue:

- Discounts
- Free Hot Rock Chair Massage

Coupon	Coupon	Coupon
<p><i>Seniors (60+) Discount</i></p> <p>\$20.00 Off</p> <p>Full Body</p> <p>Massage</p> <p><i>Schedule appointment before 8/31/01</i></p>	<p>\$15.00 Off</p> <p><i>1 Hour Massage</i></p> <p>&</p> <p><i>Paraffin Foot Bath</i></p> <p><i>Expires: 6/30/01</i></p>	<p>Save \$10.00</p> <p><i>on all</i></p> <p>Gift Certificates</p> <ul style="list-style-type: none">• Mother's Day • Father's Day• Birthdays • Holidays <p><i>Offer expires 8/31/01</i></p>

Massage Benefits

Massage has so many health benefits and the more you learn about massage, the more you will benefit from each of our sessions. For instance, massage can affect both general and local blood circulation. Several studies have shown that capillary vessel dilation and increased blood flow in an area occur with massage.

Even light pressure is shown to have an effect. Deep stroking and kneading, specifically, have been known to increase blood volume in an area, and the increased flow is thought to last for some time after massage. It's the ideal treatment also for releasing toxins such as lactic acid.

Win a 30 Minute Hot Rock Chair Massage

*What two people were very influential
in the development of today's
classic western massage?*

All answers must be mailed or
brought in to qualify.
NO PHONE CALLS PLEASE.

**Winners will be notified
June 4, 2001**