

Gail Cole, Licensed Massage Therapist
Cole Wellness Massage
Fall 2014 Newsletter

Greetings!

Fall weather has arrived and I am enjoying the cooler temperatures and anticipating the beautiful fall foliage. Autumn can also become a time of frenzy as we approach the end of the year, times of celebration and family, and changing schedules.

I hope you are able to embrace the beauty and find peace in each day. Please remember to honor yourself and listen to your wise inner voice.

In Health,
Gail

November Special

It is time for the FOURTH ANNUAL November Massage Therapy Special - just in time for the holidays. This is my most popular promotion and since it is such a great deal, has become my only repeated promotion.

For a limited time, November 1 through November 15, 2014,

- Purchase One-Hour Massage Therapy Certificates for \$55 each - a savings of \$20 off the regular price.
- Purchase 90-Minute Massage Therapy Certificates for \$82.50 each - a savings of \$22.50 off the regular price.
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(psssst - even though this is a November special, the link is already live so you can purchase now instead of having to remember to check back in November
<http://colewellnessmassage.com/Specials.html>)

Buy one or buy many!

I know many of you planned last year and purchased your Massage Therapy for the entire year. There is no limit to the number you may purchase, quantity can be changed in the shopping cart, so take advantage of the savings and commit to a time of wellness for you and for your loved ones.

The Massage Therapy Certificates must be purchased by November 15th, but may be used anytime - they do not expire until I do.

A wise teacher once told me that when I treated myself the way I treat others, I would truly be on the path to wellness. Sometimes the most important gifts are those we give our self. The Massage Therapy Certificates may also be used for gifts to yourself or to share.

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If you are purchasing Gift Certificates for someone else, please be sure to send the mailing address of the recipient(s).

If you are purchasing for yourself, I can either mail Gift Certificates to you or we can go "paperless" and track the certificates as they are used.

Purchase Online or directly from me at the office.

Now through November 15!

For more information or to purchase,

please visit

<http://colewellnessmassage.com/Specials.html>

If you would like to pay by Cash or Check, please email me (colewellnessmassage@yahoo.com) with the information and we can arrange a time to meet at the office.

Spacemaker

One of the things I enjoy most about my work is helping people to understand their body. I believe that our body has a profound ability to heal itself, given space and assistance.

As my philosophy about healing has evolved, my self-identification has also changed. Where once I referred to myself as a Massage Therapist (how I am licensed) or a Healer, I now see my role as Healing Assistant and Spacemaker. The individual I am working with is the Healer and I am available to support the healing process and create space for the healing to occur.

The space I attempt to create is both physical space within the body and safe space within my office. I wish to extend my sincerest gratitude to all who allow me to assist their bodies in healing.

One of the tools I have found for my own self-healing and space-making is an inversion table. I bought a Stamina Seated Inversion chair last year to see if it would help decompress me from the affects of the massive amounts of sitting required for studying. I was amazed at the relief I experienced in my low back.

Using the Inversion Chair was also a great lesson in listening to my body. The online video showed individuals suspended to about 60 degrees. I found that my body actually tightened at that much of an angle. My muscles responded as if I were falling. For me, the ideal angle is just slightly lower than horizontal. If you use an inversion table, or with any exercise or equipment, try to mindfully listen to your body for the best possible benefit. Our bodies are always communicating. Learning the language of our body is a lifelong journey.

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I am including this information at this time because I have spoken to many of you about the Inversion Chair I purchased. I just saw that the price had dropped from \$400 to \$300 at [Amazon](#) and thought I would share the information. I do not in any way recommend this for everyone. There is NO one-size-fits-all solution. This is merely information that was beneficial to me.

I hope you will find ways to create space in you body and in your life. Breathe...

Healing Assistants

Just as I am the Healing Assistant and Spacemaker when working with clients, I also feel I have Healing Assistants who support me. When we work together to bring healing, to each other and to the world, we are continuing a journey that was started long before us.

We do not venture on this journey alone. I believe that each day I have Healing Ancestors who are available to me. I do not physically see these beings, but am influenced by their loving and supportive presence.

I have talked with others in healing and ministry work and this awareness of support is not unique to me. If you would like to hear some stories about others' experiences, please join me for a panel discussion sponsored by the Religious Studies Department of Agnes Scott College on Tuesday, October 21, 2014. The event is FREE and open to the public.



The idea for gathering people together to share these experiences evolved from a [research paper](#) I presented during my Senior year at Agnes Scott as I was completing my BA in Religious Studies (I was on the 35 year college plan).

Gratitude

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In January, 2015, I will begin my 15th year as a Massage Therapist. I am very grateful for all who have shared their health journey with me over the past 14 years.

My business has grown through word-of-mouth. I appreciate all who have passed my name on to friends and colleagues, and those who have commented on my work in the cyber world. Click [here](#) if you would like to add your comments or reviews on [Yelp](#).

Office Hours

There are some minor changes to my work calendar. Previously, I worked 1/2 day on Friday. I am moving the half-day to Monday. We will continue to be closed on Wednesday and Sunday.

Massage Therapy Business Hours are:

Sunday:	Closed
Monday:	2:30 PM - 8:00 PM
Tuesday:	9:00 AM - 8:00 PM
Wednesday:	Closed
Thursday:	9:00 AM - 8:00 PM
Friday:	7:00 AM - 5:00 PM
Saturday:	9:00 AM - 4:00 PM

Online scheduling is available through [my website](#) at
<http://www.colewellnessmassage.com/onlinescheduler.html>

As always, if the appointment time you need is not available, please call or email to add your name to the waiting list (770.713.8935) and we will try to find a time that works with both our schedules.

Office Location

235 E Ponce de Leon Avenue, Suite 306
Decatur, GA 30030

Office Parking

There is free parking behind the building off Sycamore Street (If you see the parking attendant, just tell him you are coming to my office) or it is only a short two blocks from the Decatur MARTA transit station.

The building entrance is in the front facing Ponce de Leon Avenue. If you do not want to

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take the stairs, there is an elevator for your convenience. My office is on the 3rd floor, Suite 306.

Rates

Effective September 1, 2014, rates for Massage Therapy are:

30-Minute Massage	\$37.50
One Hour Massage	\$75.00
90-Minute Massage	\$105.00
* Package of 5 One-Hour	\$325.00
* Package of 5 90-Minute	\$475.00

* All packages may be shared.

Discount Rate - 20% off
(Seniors, Students & Non-Profit Employees)

30-Minute Massage	\$30.00
One Hour Massage	\$60.00
90-Minute Massage	\$84.00
**Package of 6 One-Hour	\$325.00
Package of 6 90-Minute	\$475.00

All packages may be shared.

** Previously, I offered a discounted package rate when purchasing 3 hours. That option is no longer available and 6 hours of massage must be purchased for the package discount.