

# *Valerie Summer Massage*

Dear friends and clients,

You never know what life will bring! I want to share some exciting news that is happening in our cozy massage room. I am so happy to introduce a new Licensed Massage Therapist who will be working here in the office with me.

Gabrielle Hopkins-Betters is a Licensed Massage Therapist who grew up in St. Lawrence County. She graduated from North Country Community College's Massage Therapy program in 2016. For the past few years, she has worked in Lake Placid, where she honed her skills in creating deeply relaxing experiences for clients. Gabrielle specializes in Swedish massage, hot-stone massage, heated bamboo fusion massage, and pregnancy massage, all with a focus on relaxation and holistic well-being. She is excited to bring her expertise and passion for healing to the local community, joining me at our Nature's Storehouse location.

Availability beginning January 2025! Please text or call 518-241-3688 to book an appointment or email: [wellnesswithgabrielleh@gmail.com](mailto:wellnesswithgabrielleh@gmail.com).

Bringing Gabrielle on board is making me incredibly happy. I have had to slow down my business as I worked to find a balance of having more time to be outdoors and with my family, but it does not come naturally to me to do so. It feels so much better to say the doors are open, come on in!

I am sharing this news with you before making the announcement publicly. I'd like you, my clients, to have the opportunity to get on her regular schedule first. There may even be weekend days available!

Make your first appointment with Gabrielle soon, and still enjoy the comfort of being in our usual environment.

You never know what gifts life will bring, and I am so grateful for this one.  
love and peace,

*Valerie*

December 2024