

Valerie Summer Massage

Dear clients and friends,

I hope you are doing well as the seasons change. It's always such a delight to find what special gifts each month can bring to us.

For me, the massage room provides the most enjoyment in the fall and winter. While I do not relish being cold ever, the chilly seasons give me ample opportunity to dwell on ways to make sure you are warm enough, comfortable enough, and generally listened to. Even in summery times, some people like to have just a warm bed buddy on their feet, chest, or shoulders. On hot days, I'll be sure to turn off all the heat sources and remove the blankets if that is how you like it best.

I'm always on the lookout for more ways to make sure you are comfortable. For instance, did you know that the facerest is completely adjustable? Up, down, tilt, closer or farther in all directions, different covers that suit your skin better. Until the world of massage figures out a better face cradle, all you have to do is ask for a change.

A note about Gift Certificates: I will continue to sell GC's for any client who has been in to see me. If you would like to get one for a new client, please contact Gabrielle. We are happy to arrange either mailing them to you, or you can pick them up from us here at Nature's Storehouse.

We both continue to offer packages, as well. We share both packages and GC's, so you can use them to make an appointment with either one of us. I am in the office on Tuesdays, Thursdays, and Fridays, and Gabrielle is here on Sundays, Mondays and Wednesdays. As each of us travels, occasionally other days may be available. We will be ready for you 5 minutes before your appointment time. There is no need to come early, as we need the time to completely clean and prepare the room for each of you.

Each of us texts or calls EVERY client before your appointment. If you have not heard from us, please get in touch to make sure we are on the same page.

[Find a list of services offered by Gabrielle and me here.](#)

Are you ready to try something new? Maybe you had a Bellanina Facelift Massage years ago, but forgot all about it? I also have a Thai Foot Massage that is completely focused on the feet and lower legs, that is luscious. Thai Massage gets us down on the floor, opening up all kinds of possibilities for expansion. And if you have not tried Lomi Lomi, you are really missing a wonderful experience of flowing, hypnotic energy. It's quite different from regular table massage!

Personally, I just had my first Bamboo Fusion Massage with Gabrielle, and it is my new favorite. She also loves to do Hot Stone, which everyone should try. Here are descriptions of these two techniques:

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Hot Stone massage incorporates hot stones into traditional massage techniques. Smooth stones of multiple sizes are used all over the body to deliver heat therapy to the muscles, helping to alleviate aches and pains. The heat from the stones helps to increase blood flow supporting your immune system. It is a very soothing style of massage that is known for reducing stress and anxiety, and improving sleep quality.

Warm bamboo fusion massage uses warmed lengths of bamboo that model the forearm, palm, and thumb. The use of heat and leverage helps reduce restrictions and scar tissue as well as increasing blood flow to the affected area promoting healing. This massage addresses the full body but is most effective on the back and legs. The bamboo allows deeper work into muscle tissue, but can be done as a relaxation massage when requested.

We are so fortunate to have this assortment of techniques available to us. Take good care of yourself, so you can better take care of others.

Love and peace,

Valerie

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