

Valerie Summer Massage

Greetings dear friends and clients,

How are you doing with the change of season? It really happened all at once this fall, and I find myself more than ever grateful for the opportunity to get warm and cozy in my massage room, happily preparing it to be just right for your time on the table or Thai floor mat.

As we “see” the holidays approaching, I wanted to remind you of a few important changes in the Gift Certificate department. The first one is that Jean Williams-Bergen has retired. She is very missed in the office, but happy at home taking care of the farm. With her absence, there are fewer appointments available in any given week. Secondly, I have stopped selling Gift Certificates from the desk here at Nature’s Storehouse. I know, it was so convenient! I greatly appreciate how staff here at Nature’s helped me out with that over the course of 27 years of my practice.

I am happy to sell Gift Certificates for people who are already my clients. You can contact me by phone, email, or text to arrange getting a GC. Please remember that if I am mailing it to you or the recipient, we need to have a few extra days for delivery. If you are local to Canton, we can arrange for you to pick it up in town. You can take a look at prices [here](#).

Massage Gift Certificates make the most wonderful and welcome gifts! Please be sure to check my website for a listing of other LMT’s in the area who sell them, including a few who provide online sales. We have a wonderful, diverse community of talented LMT’s here in the North Country.

A note about cancellations: I really appreciate how people have been canceling when they suspect an illness, rather than bringing it to the office to share with me. I would like to assure you that you will not be expected to pay the 50% cancellation fee when you cancel for illness, or for scary winter driving weather. That 50% payment is reserved for the times that you space out, double booked something, or decide to go fishing instead of coming in for your massage (haha you know who you are!!)

My professional organization, ABMP (Association of Bodywork and Massage Professionals) has an essay contest every year. I just read the winning essays and they were SO inspirational! I will attach a few of them below for anyone interested.

Wishing you peace and wellness as we move towards the solstice. The light will return.

Love and peace,

Valerie

November 2023