



## Pamper Yourself

As you are taking care of the thousand and one details that must be handled before your wedding, don't forget to pamper and take care of yourself.

One way to do that is with a soothing massage. Once considered a luxury only the rich could afford, a massage is surprisingly affordable. You can schedule a half hour or a full hour of massage. Prices are reasonable for the benefit.

Remember, massages are not only for the bride-to-be. Massages are appreciated and enjoyed by both men and women. As a special personal wedding gift to your future husband, treat him to a massage the day before the wedding so that he will feel refreshed and relaxed.

Massages are also an excellent gift to give to the people in your bridal party and to those who have been helpful while planning your wedding.

Relax, Unwind and Enjoy.....