

Contact: Lynda Foresman (805) 801-7052 or
Lisa Jansen (805)709-6437

FOR IMMEDIATE RELEASE

Experience Head to Toe Bliss with Innovative Two-Therapist Massage

ARROYO GRANDE, CA (October 31, 2008) – If a treatment by one massage therapist is great, then two massage therapists kneading away tension and stress is positively blissful. The only massage therapy of its kind on the Central Coast, indulge in the **“Head to Toe Bliss Treatment,”** an innovative massage given by two therapists *simultaneously* for the ultimate in relaxation.

Licensed massage therapists Lynda Foresman and Lisa Jansen have a combined 21-years of experience in the body/mind/spirit arena, and effortlessly blend their unique styles when giving a Head to Toe Bliss Treatment.

While each session is tailored to the client’s needs, it typically includes a Hot Stone massage along with several other healing modalities ranging from Swedish, Esalen, Deep Tissue, and Thai Massage to Hawaiian Lomi Lomi, Acupressure, Reiki, Craniosacral Therapy and more.

The two therapists work with the client on both a physical and more energetic level. While one therapist may focus on the muscular-skeletal system by soothing tight muscles with a Swedish massage, the other may work more subtly by gently cradling the head to release restrictions in nerve passages with Craniosacral Therapy.

“Lisa and I work together harmoniously to support our clients in their healing,” said Foresman. “Clients’ say that they reach a state of relaxation, rejuvenation and bliss unlike anything they have experienced before, plus the results last longer than a typical single therapist treatment.”

A perfect holiday gift to yourself or a loved one, the 75 minute treatment is \$175. Ask about specials for holidays and other occasions.

The Head to Toe Bliss Treatment is available only at Blyss Massage at Central Coast Yoga, 900 E. Grande Avenue in Arroyo Grande. To book an appointment, contact Lynda Foresman at (805) 801-7052 or Lisa Jansen at (805) 709-6437.