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Get the massage you need in the time you have!

November 2006

What a year! 2006 has brought many new exciting changes and challenges to the Backrub. From our move to South Minneapolis from Uptown, our new and improved website, and our just launched, money saving Membership Program, we have been busy! One thing hasn't changed though, we are always here to provide you with the great massage you need in the time you have! Read on to learn more about the exciting new things your local Backrub has to offer!

Check it out!

- [What's New at Grand?](#)
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What's New at Grand?



In May we left our Uptown location on Lake Street and moved to a beautiful new space in South Minneapolis. In just three short days we were set up and ready for business. This new location offers a spacious waiting area, a wall of windows providing lots of great natural light, and, wait for it...convenient parking!

You can find us on 38th St. at Grand Avenue right next to The Fairy Godmother gift shop and directly across from Peter Pan Cleaners. We look forward to seeing our many loyal

Uptown customers again, and meeting many new ones here in our new neighborhood.

Remember, new clients always receive \$5.00 off their first 20 minutes or more, so tell your friends!

[Click here for photos of our new location](#)



"I went over my lunch hour to your St. Paul location and was very impressed. Heather did an excellent job...I loved everything from the decor to the clients that were in the store, to your staff! The first thing I thought when I left the building was how rejuvenated I felt and that I was really ready to get back to work!" - T

What is a Massage Membership?

The Great Metropolitan Backrub is now offering a Membership Program! With two money saving levels to choose from, you could be paying as little as \$1.00 per minute for your massages. Now it is easier and more cost effective than ever to get the bodywork you need, when you need it! This is the savings you've been waiting for!

Memberships are available for purchase on a month by month basis, and there are no contracts to sign. You may join or leave the program at any time.

Happy with things just the way they are? No need to worry, we will always continue to offer punch cards for those who choose not to purchase a membership.

So, stop by your local backrub store for a massage, and learn more about how you can start saving today!

[Learn more...](#)



BACK TO WORK! - J. Reipke

Quick Links...

[Contact us about Insurance Billed Massage & Flex Spending Accounts](#)

[Contact us about Workplace Massage](#)

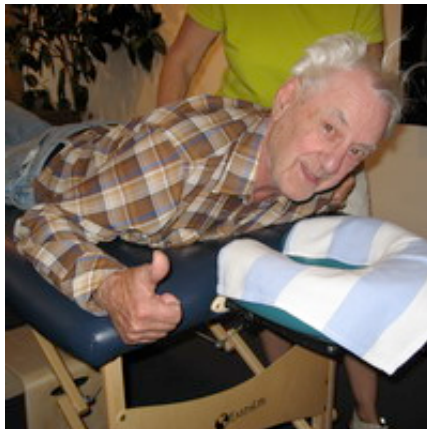
[Order Gift Cards](#)

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Join our mailing list!

Join

The Backrub Loves Seniors!



Why is John Hullet, Backrub regular, so fired up? Because he knows that as a Senior Citizen (65 and older) he can always afford to get the massage he needs with our Senior Discount.

That's right, **seniors pay just \$1.00 per minute** all the time!

That is a 33% savings off of the regular rate, all day, EVERY day!

So, spread the word and let your senior friends and family members know about this great deal. We'll be

waiting!

Health Imperatives

DIET POP could be causing you pain!

If you drink diet pop or soft drinks and are experiencing muscle pain, joint pain or headaches, you can bet that it's the NutraSweet that is, in large part, causing your body's distress.

Aspartame (NutraSweet's scientific name) is a toxic combination of phenylalanine (a neurotoxin when isolated and ingested in large quantities) and other petrochemicals including methane. These toxins attack the central nervous system, clog the circulatory system and cause general pain and/or specific pain in most individuals who consume it.

Visit www.sweetpoison.com or google 'aspartame' to find out more about this toxin and what it could be doing to cause your symptoms. Or...just quit drinking diet soft drinks and see how much better you will feel!

What should you drink instead of pop or soft drinks? Well, considering that the human body is made up of almost 80% water, why not help your body to stay hydrated by drinking filtered water? Most doctors recommend about five 8 oz. glasses of water a day to stay healthy. Give it a try!

[Learn more...](#)

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**You
Lucky
Stiff!**

\$5.00 off any length massage or membership when you mention you read our NEWSLETTER! Not valid with any other offers or discounts. REDEEM AT THE GREAT METROPOLITAN BACKRUB STORES: South Minneapolis 612-825-6633 Highland Park 651-698-3338

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