

FOR IMMEDIATE RELEASE

For more information, contact:

Pam Crespo / (480) 452-8167

### Five Local Massage Studios Celebrate “Best Of” Award for 2<sup>nd</sup> Consecutive Year



SCOTTSDALE, AZ – May 25, 2009 – Elements Therapeutic Massage was voted “Best Massage” in **2008 and 2009**, by azcentral.com readers choice. The voting began in February and ran for approximately two months. There are 5 studios valley wide, 3 located in Scottsdale, one in Glendale and one in Gilbert. All are owned by local entrepreneurs.

When asked what makes Elements different, the studio owners say “we use a therapeutic approach during our massage which has many benefits”. A “therapeutic” massage can help relieve neck and back pain, stress/anxiety, migraine/headache, sports injuries, lower blood pressure/ cholesterol, and improve circulation/flexibility. Our clients receive a high quality, professional massage by a certified massage therapist. Elements provides superior customer service in an upscale setting which is comfortable for both men and women.

“Each location specializes in deep tissue, trigger point, sports massage, swedish, relaxation, prenatal and hot stone massage,” says Shauna Boyd, owner of the Glendale studio. “We are all very proud to be part of elements therapeutic massage with their high standards and affordable prices. Massage is rapidly becoming part of our wellness plan, along with diet and exercise. It is not considered a luxury anymore. Our wonderful and loyal clientele have spread the word and new referrals come in daily, adds Jeanette Belloni from the Gilbert location. We encourage the community to “come to elements and begin the healing!”

*elements therapeutic massage's* certified massage therapists provide customized therapeutic massage services to meet each individuals need. Franchising since 2006, *elements therapeutic massage* is growing rapidly with 95 sold and 79 open studios in 21 states, opening several new locations each month.

“With each new location, we are in a better position to help people live a better quality of life through the healing benefits that therapeutic massage offers,” said Michele Merhib, Founder of the *elements therapeutic massage* business model in 2000. “It is important in today’s fast-paced society that people “make time” to take care of themselves with a massage that can rejuvenate the mind and body.”

**Studio Locations:**

Scottsdale Promenade: 16255 N. Scottsdale Road, Ste C-5; Scottsdale, AZ. 85254 (480) 998-2120

Shea: 9343 E. Shea Blvd., Ste 120; Scottsdale, AZ. 85260 (480) 941-3077

Pinnacle Peak: 23425 N. Scottsdale Road, Ste A104; Scottsdale, AZ. 85255 (480) 513-CALM [2256]

Glendale: 19420 N. 59<sup>th</sup> Avenue, Ste E-515; Glendale, AZ. 85308 (623) 847-4050

Gilbert: 2556 S. Val Vista, Ste 105; Gilbert, AZ. 85295 (480) 726-2222

**About *elements therapeutic massage, inc.*:**

*elements therapeutic massage* is headquartered in Highlands Ranch, Colorado, and is part of Fitness Together Franchise Corporation. In 1996, Fitness Together Franchise Corporation began franchising to bring professional and affordable personal training services to every major city. Today there are over 400 Fitness Together personal training franchise locations throughout the world and 98 scheduled to open. *elements therapeutic massage* is following the same model, and was created in 2000 by founder, Michele Merhib. The company started franchising in 2006 under the Fitness Together Franchise Corporation. For more information visit [www.touchofelements.com](http://www.touchofelements.com) or [www.fitnessstogether.com](http://www.fitnessstogether.com).

###