

~ Massage Therapy Now Available at Contour~



Contour Dermatology has always been the place to visit to look great and feel better. The feeling better part is taking on a whole new meaning as Contour now offers therapeutic massages by certified, experienced massage therapists.

Massage therapy offers many benefits. Besides reducing pain and muscle tension, massage therapy relieves stress, promotes relaxation, helps to naturally lower blood pressure, produces better circulation, enhances the immune system and contributes to an overall better sense of wellbeing.

Several types of massages are available to help

you unwind or treat a specific need such as a deep tissue massage for sore muscles, reflexology or a prenatal massage.

- Swedish Massage
- Deep Tissue Massage
- Geriatric Massage
- Prenatal Massage
- Reflexology
- Cranial Sacral Therapy



Patients may also request a male or female massage therapist if they have a preference. The rate for massages begins at \$99 for a 60-minute massage. Longer massages may be scheduled for 90 or 120 minutes. Also remember that massages make a luxurious pampering gift and Contour gift certificates are available.



To schedule a massage, please call **(760) 416-6971**.

~ Seven Ways to Have a Cool Summer ~

1. **Wet 'n' Wild Palm Springs** - You'll save money and your skin from the strongest rays by taking advantage of the park's after 3 p.m. 50% discount. On select Fridays, enjoy "Dive-in Movies." www.wetwildpalmssprings.com

2. **Rock N' Roll Mini Golf** - This indoor miniature golf facility in La Quinta is not only sun-safe, it's a high-energy glow-in-the-dark experience. www.rocknrollminigolf.com



3. **Night Light Golf at Indio Municipal Golf Course** - Beat the heat and try an evening round at the desert's only night lit course. Who knows the cooler temperatures might even lower you score! www.indio.org

4. **Moonlit Movies** - Sponsored by the City of La Quinta, it's a superhero summer theme with free movies and free swim admission select Fridays at

Fritz Burns Park. The Avengers (7/25), Man of Steel (8/8) and Spiderman (8/25). www.la-quinta.org

5. **VillageFest Palm Springs** - Summer is a great time to stroll the vibrant Palm Springs downtown for shopping, dining and entertainment. Every Thursday night. www.villagefest.org

6. **Idyllwild Jazz in the Pines** - If jazz gives you pizzazz and you're in town August 16-17, tune into this 21st annual festival for jazz, blues and R&B in the quaint mountain village of Idyllwild. www.idyllwildjazz.com

7. **Stargazing/City Lights** - The desert offers so many great spots to view the majestic night sky. Whether from your own backyard, high above the Tram or the visitor center lookout at Highway 74, stargazing is a romantic and awe-inspiring way to spend a summer night.