

FOR IMMEDIATE RELEASE

Massage Envy Offers Free Massage to the Puget Sound Military Community

Third Annual *Massage for the Military* Takes Place July 23-25

Seattle, WA (October 15, 2016) - Massage Envy is honored to salute the men and women who dedicate their lives to defending our country with its third annual *Massage for the Military*.

From July 23-25, all Massage Envy locations in the Puget Sound area will offer free, one-hour therapeutic massage sessions to veterans, active military members and their spouses.

Demand for the free massage sessions has been so great that this year's *Massage for the Military* offer has expanded to three days...and the approximately 1000 available appointments will fill up fast. Participants are encouraged to book their spot early by contacting any of the 21 Puget Sound Massage Envy locations.

To reserve a free session, visit MassageEnvy.com for additional information, including a list of all area clinics and contact information. A military ID will be required at check-in.

"Protecting the freedoms of our nation is a challenging and difficult job. Massage therapy provides stress relief in addition to many other health benefits," said Barney Nelson, regional director for Massage Envy in Washington. "Offering these sessions is a great way for us to show our appreciation to local veterans, military personnel and their spouses."

Even a single massage therapy session can help relieve fatigue, muscle tension and headaches. Studies prove that routine massage treatments also help manage chronic pain, increase joint flexibility, and improve circulation, sleep and concentration issues.

"Massage can aid in an overall sense of health and wellbeing. We are pleased that Massage Envy is making its therapeutic massage sessions available to our service members for free," said Don Leingang, USO Puget Sound area executive director and CDR USN (Ret.) "We really value the *Massage for the Military* program and Massage Envy's support for our military community."

About Massage Envy

Massage Envy, based in Scottsdale, Arizona, is the leading provider of therapeutic massage in the United States. The national franchise is dedicated to providing professional and affordable therapeutic massage and spa services to consumers with busy lifestyles at convenient times and locations. Founded in 2002, Massage Envy has nearly 800 locations in 45 states. In addition, the average unit volume for a Massage Envy location is \$1.2 million. The company was recently ranked #57 in Entrepreneur's 2015 Franchise 500 and #29 in its Fastest Growing Franchise rankings. Massage Envy is a member of the International Franchise Association (IFA) and was recently named a 2015 Military Friendly Franchise. For more information, visit massageenvy.com.

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