



# Tranquility In Motion Newsletter

[www.tranquilityinmotion.net](http://www.tranquilityinmotion.net)

February 2017 Issue

*I thank you for your business! I know you can go to one of the many other Massage businesses in the Treasure Valley, and I appreciate that you trust me to help you!*

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**It's that time of year again, but did you know you could possibly write off your Massage Therapy expenses?**



“The Internal Revenue Service’s (IRS) general definition of medical expense is defined as costs associated with the “diagnosis, cure, mitigation, treatment or prevention of disease and the costs for treatments affecting any part or function of the body.” Whether a massage will count as a medical expense depends in large part on your medical situation as the IRS does not specifically include massage in its list of medical expenses. If the IRS can prove that your massage is solely for the purpose of improving your health rather than for treatment of a disease, then the massage would not constitute a medical expense.

To determine if your massage expenditures are considered a qualified medical expense (QME), go to: [www.irs.gov](http://www.irs.gov) then type publication p502 in the search box located at the upper right-hand side of your screen.



*Make sure to  
Check out  
my Facebook  
page for tips  
on staying  
loose in-  
between  
your  
Massages!*

*<https://www.facebook.com/tranquilityinmotion>*

*Even if you don't  
have Facebook,  
you can see my  
page/posts.*

## Federal Tax Filing - How Much Can You Deduct?

You may deduct the aggregate amount of your out-of-pocket medical and dental expenses which exceed 7.5 percent of your Adjusted Gross Income (AGI – IRS Form 1040, line 38).

Example: Let us assume in each case the out of pocket medical expenses are \$1000

If Amy's AGI for the year was \$10,000 then the amount of QME over \$750 qualifies as a medical expense deduction. Amy's qualified medical expenditures of \$1000 exceed the \$750 threshold by \$250, therefore \$250 out of the \$1000 spent may be eligible as a tax credit.

Belinda's AGI for the year was \$100,000 therefore her threshold is \$7500 which means that none of the \$1000 spent is eligible as a tax credit.

### Substantiation

Get a prescription for massage from your doctor specifying your specific medical condition. If your condition is chronic (long term condition) get a new prescription at least every 2 years. Keep your treatment receipts as well as transportation costs related to your appointment.

If you don't qualify to receive a tax deductible credit, consider one or more health related spending accounts or talk with your Massage Therapist about discounted packages as another way of lowering the cost of medically related massage treatments(2).” -

<http://www.selfgrowth.com/articles/does-your-massage-treatment-meet-the-qualified-medical-expense-criteria>

For more information talk to your accountant or tax representative, or check out more information from the IRS directly at:

<https://www.irs.gov/publications/p502/ar02.html>

If you need an invoice for your taxes or would just like one for your records, please let me know. I should be able to email it to you within a few days.

## Valentine's Day Raffle

Can be redeemed on Tuesday, February 14, 2017 or Saturday, February 18, 2017

Enter to Win a Full day of relaxation for 2!

First up, the Couple's Massage Workshop at my office starting at 11am. It's approximately 3 hours long and so much fun. Deepen your connection and strengthen your relationship while learning how to give each other the type of massage the other needs without injuring yourself. (\$150 value)

Grab your Relaxation Goodie Bag to Go & you're on your way to the next stop. (\$50+ value)

Next up, a soothing soak in a semi-private tub at Roystone Hot Springs (approximately 40 minutes away near Horseshoe Bend). (\$50 value)

Entries can be purchased online now via my website or in person. Winner will be drawn Friday, February 10<sup>th</sup>.



## Happy Birthday!!

All Clients receive a FREE 30-minute upgrade to a massage of their choosing (get an hour for the cost of a half hour, etc.) any day within the month of your birthday.

## Enter to Win the Sweethearts Day Raffle

*Only \$10 per entry*

*No limit on entries*

*Enjoy my Couple's  
Massage Workshop, a  
Goodie Bag to Go, & a  
relaxing soak at  
Roystone Hot Springs!*

*Happy  
Valentine's  
Day!*

*Winner drawn on Friday  
February 10th, 2017*

***Forget the same old Flowers & Chocolates routine this year!***