

Budget gifts: Pain relief



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A wonderful stocking stuffer is a tube of Biofreeze. It's one of the of best topical pain relievers for the sports nut on your list, the computer worker whose neck and shoulders are tight, the shovelers out there, the parents carrying young kids – you name it. A tube is \$15 at A Massage at Tahoe in South Lake Tahoe. Call (530) 318.4806 to get a tube or two.