

Budget gift: Taking away pain

Publisher's note: *Lake Tahoe News is looking for gift ideas that are less than \$20. Find out how to make a suggestion.*



A massage may be what the person on your list would prefer, but a less expensive alternative is a tube of Biofreeze. It's one of the 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.