



"Escape to your own backyard!"

Land Escapes provides custom landscaping, maintenance, design, holiday decorating services and much more! Proudly serving Lincoln and surrounding areas since 1996, we strive to offer excellent, personal customer service combined with knowledge and quality work. Our designs and ideas break the mold of "cookie-cutter" landscapes providing you with many years of color, contrast, interest and enjoyment.

We believe the most important aspect of your landscape is that it pleases you. We will custom tailor our services to meet your needs whether that involves designing and installing an entirely new landscape or simply pulling a few weeds or trimming some shrubs. You decide what our work will be and we will provide you with the high quality of personal service and work that we are known for!

Mail your MMP contract back today for a chance to win \$100!

**see details inside!*

LIFT FITNESS

402.404.LIFT
www.Lift-Fit.com

- Over 130 Fitness programs for every age and fitness level!
- Complete nutrition guides!
- FREE Coach to help you!
- SHAKEOLOGY... "The healthiest meal of the day!"
- Complete line of nutritional supplements!

Kristin and Pat Hain, Independent Beachbody Coaches/Distributors



LAND ESCAPES
INC.
"Escape to your own backyard!"

IN THIS ISSUE...

Land Escapes News

Monthly Maintenance Plans
(and MMP Contract enclosure)

Annual Spring Contest

2011 Rates Brochure
(enclosure)

Our Services

CONTACT US!

1712 N. 48th
Lincoln, NE 68504

402.610.1767
Fax: 402.261.6083

Email:
Kristin@LandEscapesOnline.com

Facebook:
www.Facebook.com/LandEscapes

LAND ESCAPES
INC.
"Escape to your own backyard!"



www.LandEscapesOnline.com



Land Escapes Celebrates 15 Years!

It's hard to believe that it's been 15 years since Land Escapes first started helping Lincoln residents in their gardens! We would like to thank you for your support and continued business over the years! We value the relationships we have developed with many of our clients and greatly appreciate your continued referrals for our services to your family, friends and co-workers!

Gas Prices going up?

There has been a lot in the news recently about the rising gas prices. As of now, Land Escapes will not be implementing mandatory fuel surcharges, but that may not last. Should gas prices continue to rise throughout the year, you may start seeing a fuel surcharge on your monthly statement. We hope this will not become a necessity, but only time will tell. We appreciate your understanding that this is something beyond our control.

Got your garden in shape? How about your body and health?

Many of you already know that Land Escapes Owner Kristin Hain is also an Independent Coach for Team Beachbody, offering free fitness and health support for customers using any of Beachbody's fitness or nutritional products. In this issue we'd like to focus on two of Beachbody's products that we feel may be helpful to many of our landscape clients.

First is Shakeology... "The healthiest meal of the day". Shakeology is an ultra-premium health drink like no other on the market. It is simply the most nutrient dense product on the market, period. Shakeology helps you lose weight, lowers cholesterol, reduces cravings, improve digestion, get "regular" and also lowers cardiovascular risk factors. It has over 70 pure ingredients from around the world and includes antioxidants, phytonutrients, digestive enzymes, protein, vitamins and minerals, and much more.

Second is a very special fitness program called "**Kathy Smith's Project YOU: Type 2**". This program is designed for anyone with or at risk for Type 2 Diabetes. It has been proven to prevent or reverse the disease and comes with a complete nutrition program, workouts and more.

For information on either of these products or any other Beachbody fitness programs or nutritional supplements, give Kristin a call at 402.610.1767. Kristin is also happy to give one Shakeology sample to anyone interested in trying this excellent shake. Kristin and Pat operate their Beachbody business under the name "Lift Fitness" and are passionate about helping people reach their goals and lead healthy and fulfilling lives. With thousands of coaches across the country, our mission is to reverse the trend of obesity in the U.S. This year we will continue to work to "End the Trend" of obesity. If you're interested in jumping on board and helping, we'd love to have you on our team of Coach/Distributors! Please give Kristin a call for more information!

Join us at Spring Affair April 23rd!

Land Escapes will have a booth at this year's Spring Affair on Saturday April 23rd and will be at the Lancaster Event center. Spring Affair is an annual event is sponsored by the Nebraska Statewide Arboretum. Event includes a pre-party dinner the evening before (by reservation only), a plant sale featuring plants from Bluebird Nursery, vendor booths, seminars and panel discussions. Join us for this all-day fun event! More information may be found online at: www.SpringAffair.unl.edu

Find us on FACEBOOK!

For up to the minute tips, news, sales, garden tips and information visit our Facebook page! www.Facebook.com/LandEscapes. This is a great way to connect with us and learn about special things and upcoming events. Occasional Facebook-only sales and contests may be offered also so go and "LIKE" us on Facebook today to get connected!

Retail Shoppe Closed

Over the past few years Land Escapes has opened a seasonal spring and holiday retail shoppe. While we had fun doing this and appreciate those who stopped in, we've decided that this is just not lucrative enough to continue. We will continue to have our showroom available by appointment only for those who would like to stop by and see some of our items such as containers, baskets and other home/garden décor. To make an appointment to shop our showroom, call Kristin at 402.610.1767.

New Fax Number

Land Escapes has a new fax number, please update your records or contact lists to 402.261.6083



MONTHLY MAINTENANCE PLAN CONTRACTS

The best value for your landscaping dollar if you need regular maintenance of your existing gardens throughout the season. Paid in full at the beginning of the season, the contracts offer **OVER 22% off** of our general labor rates and guarantee you a place on our schedule each month. Five different options are available to suit your personal needs. Please call or refer to the enclosed MMP Contract form for more detailed information and scheduling. Re-

SALE!

All in stock containers, baskets, garden décor, home décor and holiday items are **25% OFF** while supplies last!



ANNUAL SPRING CONTEST!

Be one of the **first 20 people** to sign up and make **full payment** on any of the 2011 MMP Contracts and we will enter your name into a drawing to receive a **\$100 account credit!** Credit may be applied to future 2011 plant, material, or general labor charges (sorry, credit may not be applied to MMP contract cost). **Entries must be received by March 1st.** Winner will be notified by phone and/or mail and account credit will be available beginning **April 1st 2011.** So **HURRY** and get your contracts mailed in **TODAY!!!**

OUR SERVICES

BELOW IS A GENERAL LIST OF THE LANDSCAPE SERVICES OFFERED BY LAND ESCAPES. SEE OUR WEBSITE OR CALL US FOR MORE DETAILED DESCRIPTIONS OF OUR SERVICES!

GARDEN MAINTENANCE & CLEAN-UP
(monthly, spring, summer & fall)

PLANTING & TRANSPLANTING
(new or existing annuals, perennials, trees & shrubs)

GARDEN DESIGN AND INSTALLATION
SHRUB AND SMALL TREE TRIMMING

MULCHING

EDGING
(trench, stone, paver, brick, plastic, etc.)

HARDSCAPING
(rock gardens, boulders, dry streambeds, etc.)

CONTAINER PLANTING

BOULDER BUBBLERS

CONSULTING

BULB PLANTING
(daffodils, tulips, allium & more)

FALL PUMPKINS, GOURDS & DÉCOR

HOLIDAY DECORATING

SPECIAL EVENTS
(WEDDINGS, RECEPTIONS, PARTIES, ETC.)



Lifestyle Income Fitness Training
shakeology PRO
Get Healthy. Get Fit. Get Paid.