



The Rub Down

Gina Sheldon

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Dark room

Luke Stratton spends his days making clients moan in pleasure. His hands hold the ability to drive a woman to the brink of ecstasy. As a rule, his professional touch is the only thing he gives any female client. Until a Boston marathon trainee seeks his services.

Bare skin

One year after the tragic Boston Marathon bombing, Alexa Williams must overcome horrible memories of that day. She struggles to put her fear aside to meet the challenge of the run. A rigorous training schedule leaves her body aching, and with Luke's help, Alexa finds soothing release at The Rub Down.

Healing Hands

Will Luke hold onto his rules and let Alexa go, or will they be able to cross the finish line together?

The Rub Down Details

Date :

ISBN :

Author : Gina Sheldon

Format :

Genre : Romance, Contemporary Romance, Sports and Games, Sports, Did Not Finish, Business, Amazon, Humor, Funny

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From Reader Review The Rub Down for online ebook

NMmomof4 says

??????? 4 star read

This was the story of Alexa and Luke. Alexa was training for the Boston marathon and her trainer recommended that she go get a sports massage with his friend Luke. The attraction was instant between the two. Even though it is not as scandalous as many others, this could be considered a taboo read. He was a masseuse and she was his client. Luke had made a promise with his best friend and business partner that they would never cross the line and date/sleep with a client because of the horror stories they'd heard about businesses going under because of "happy ending" and sexual harassment claims. They both felt a connection, but Luke struggled with his attraction and need to connect with Alexa because of his promise to his friend (and worry for his business). They eventually work through their issues and find their HEA.

This was an easy, fast paced, read. It had some steam, a little angst, and some giddy/cheesy moments. I was hesitant to read this book at first when I read that she was a survivor of the bombing (that occurred 1 year previous to the story), because I was worried that it would be focused on that in a PTSD type story. I like those types of stories, but I have to be in a certain mood to go there. It did address her anxiety when participating in the race, but it wasn't a main focus in the story. I liked Luke's positive outlook when consoling her. Overall I did enjoy the book, and it was a relatively light read.

Keri Fornino says

What fantastic debut effort by this up and coming author! A quick and happy read that really "gets" the fun, romance and adventure of a new relationship, while not getting too campy. Perfect for an afternoon at the beach or an otherwise easygoing day.

Sheldon really pulls off the two-voiced technique, where the story is told in first person but from the perspective of two different characters. I find that most authors either (a) make everyone sounds the same, and lose the point of two voices or (b) make the characters so different that they become caricatures instead of relatable people. Sheldon strikes the right balance in The Rub Down. Read it. You won't regret it!

Shasta Mosley Swoon Worthy Books/Cherry0Blossom says

I was a little uncertain what I was going to get when I started The Rub Down by Gina Sheldon. I honestly thought when the book first started that is a little racy, but then you read more and it turns into a fabulous love story. And that is exactly what it is a love story that gives you some laughs along with sweet and romantic.

If you ask his clients they would say that Luke Stratton has magic hands. He knows just what to do to help anyone find ecstasy through touch of a massage, but his partner and him have one very specific rule- Do Not Date The Clientele! This is a rule that he has lived by until the day Alexa Williams walked in for a massage. Then all bets were off because there was just something that drew Luke to Alexa. He wanted to know

everything about her and wanted to be with her, but he did not want to jeopardize his business. But the thing is he can't let his feelings get pushed aside and not be able to see what might come of having her in his life. All he continues to tell his self is that I am helping her get thru the Boston Marathon and then she is fair game. He can pursue her and see what happens from there.

Alexa Williams has been sent to The Rub Down by her trainer in hopes that they can help her stay in good standing with her body until she runs The Boston Marathon. The day she shows up for her first massage and meets Luke Stratton sparks fly and she is unsure of what she is feeling, but she knows that she has a connection with the man. After giving in and allowing the feelings to be known to one another they agree that nothing can happen until after she runs the marathon and is no longer a client at The Rub Down, but when another female client sees them at a fundraiser for the marathon all bets are off when the client hasn't taken the hint that Luke does not want her. But the woman decides to make problems for Luke and Alexa. Can they get things figured out in order to be together or will they let things stand between what could be a love of a lifetime?

Tracy says

What a lovely surprise this was. Ms. Gina Sheldon has created a beautifully sweet story around one of the worst things to happen in our recent past. Even though the book is set in today's time, it does reference the bombing at the Boston Marathon. It is a beautiful story of overcoming fear and moving on for Alexa and the awesome support system around her that makes this story flow. Luke becomes part of that support system almost immediately after meeting Alexa. He is a massage therapist, who is co-owner of the spa named "The Rub Down".....hmmmm....interesting!! hahaha ;) Alexa's training coach, Jeff, sets up the initial appointment at TRD, and insists that Luke be the one to work on Alexa personally. This is where the story really takes off. Luke and his best friend Danny made a pact when opening TRD, that they would NEVER get involved with a client....but Alexa is a game changer for Luke!!! :) (read the book to find out more!!)

I love the side characters, Danny, Addison, Jessica and Elle. I hope Ms. Sheldon gives us more in the future on this little group because this was such a great book. I'm a greedy girl....so of course, I want more of Luke and Alexa too!!!

Please go out and read this gem. I don't think you will be disappointed!! :)

Jasmine Roman says

I'm a blogger but had to shut down for a couple months but I'm back and the first book I read when I'm back interest me just with the synopsis. Well I was right to read it I Read it in one sitting I haven't read in one sitting for a while and I missed books like that where I don't want to put it down.

The Rub Down was funny, sexy, and so heartfelt I live in Massachusetts so the Boston bombing hit close to home my sister lived so close to the bombing so I understood Alexa 's emotions she was close to being in the middle of the bombing. Luke is so amazing his words would help anyone. He's so loving and kind hearted and obviously sexy as hell. They are perfect for each other and I'm in love with Addison and Danny they are the perfect best friends for Luke and Alexa.

This is the first book I've read by Gina Sheldon and it won't be the last after this book. I'll be spreading the

word about this one it's that good. You will not be disappointed.

Maree Repa says

I loved this book so much. Such a wonderful story and sexy romance. Meeting Luke Stratton, gorgeous massage therapist. Meets Alexa Williams for her massage therapy as she's attending the Boston marathon. That's when they met as this such beautiful romance begins. I so loved this book. And would recommend to everyone!!

Tiffany Deblois says

Great debut novel.

An author friend of mine recommended this book. It was a really nice story. Just steamy enough and not overloaded with unnecessary angst. I enjoyed getting to know both characters by way of a dual POV. I hope to read more from Gina Sheldon. Nicely done!

Talltree says

3.5 stars

Yashira says

The Rub Down was one of those books that had simplicity at its finest. Alexa is training for the Boston Marathon since she will be participating in it. A year after the bombing. She had participated that year as well but never got to finish due to the tragic incident. Luke is a massage therapist. Her massage therapist.

There's immediate attractions and they were absolutely cute. Luke was definitely the definition of a gentlemen. He doesn't sleep with clients but he was really falling for Alexa. Each time they got to know each other more he craved her. But he vowed to keep his promise since it was a promise him and his friend/business partner made. Alexa respected him a lot for that and so did I. He stuck to his decisions, kept promises, was professional and a gentleman and extremely hot in bed. I adored the cheesiness. Once in a while I really enjoy cheesiness.

This book felt so normal! Like they were normal people. No drama whatsoever in their lives. It was such a delight to read. Such a light, enjoyable read.

It was sad seeing Alexa fear the race. After the bombing and all she began to panic. There's a scene where they run together and they pass by where the bombing happened and she broke down into tears. It got me emotional. That day of the bombing was suppose to be a happy day. Runners achieving a goal and their friends and family cheering on and with a blink of an eye it turned tragic.

If I were to pass by there especially the year after the incident I'd probably breakdown crying too. I could just imagine how residents emotions.

I loved Alexa's determination to finish the marathon and I loved how Luke was always there supporting her.

I loved the development and buildup! But.. I wish there was a bit more going on. There could have been more fire between Alexa and Luke. Overall, I really enjoyed this book. There were a lot of scenes I loved and in some parts It pays its respect to the Boston Bombing. We also get an adorable, sweet, cute love story.

By the way, Luke's hands.. Sweet lord. Where can I find a man with those hands!?

Erin says

"Alexa, you mean the world to me. You were my rule changer. The person I wasn't even looking for, but always dreamt of."

Awe Luke and Alexa I adore you so much!! This was such fantastic Debut novel by Ms. Sheldon! It's was fun, sexy, steamy and so sweet. Luke has a way with words that would make anyone swoon and I was so gripped by this story and I could feel the sexual tension coming off the pages! The couple and their friends are so likable and relatable I felt like I could jump right in there with them! It truly was a beautiful and real love story!

The book is based in Boston and a HUGE part of it revolves around the Boston Marathon and the bombing. Gina did an incredible job representing the city and honoring the strength of all Bostonians and especially those effected by the bombings. She really did show the strength and courage they have to push through and come back stronger than ever! Well done!!

Jennifer says

This book definitely falls in the contemporary sweet romances. I bought the book because I had never read one that involved a massage therapist. After reading the blurb, it looked like something that I might enjoy. The sexual tension in the book worked, until the actual act. It fell short for me. There was so much build up to it, then it seemed to be over in a few paragraphs. My biggest issue is that nothing really happens in the book. There were no twists & turns, no real dramatic scenes. One of the things that I noticed though was that as the the book went on, Alexa's language seemed to get more crude and Luke got really cheesy (a lot). I'm all for language when it's needed, but it seemed like filler in this story. Sometimes instead of helping a story, it can hurt it. I believe that it all depends on the character. I didn't feel like Alexa was that type of character. The "f" word seemed to be thrown in at inappropriate times. If you're looking for a feel good, drama free story, then this is for you. I'm not counting this author out for me. I would read another book from her to see how she has grown. I realize that the first book is always a huge learning curve.

Danielle says

The Rub Down was a sweet story about Alexa and Luke. They have an instant attraction toward one another.

What I like most about this story is that Gina didn't write a story about I just met you, but I love you more than the sun let's jump in bed together. She built up their friendship, feeling and let them get to know more about each other. Alexa was beautiful but had a bit of a hang ups about the marathon she was running. Luke was just the person to help heal her body and mind, and he was well to help her through it all. They had a friendship built of love what would make a relationship strong. This story was very touch and sweet and passionate. I really enjoyed it. I look forward to reading more of Gina's book. I gave this book a 3 ½ stars.

Janna ♥ I'm A Sweet And Sassy Book Whore ♥ says

somewhere between 3 and 3.5 stars

www.mysecretromancebookreviews.com

The Rub Down is a sweet romance that has a sexy edge and leaves you with the feeling that you can overcome your fears if you have the right person by your side encouraging you. The relationship between Luke and Alexa is a slow work up since Luke is her massage therapist and he doesn't date his clients. The attraction is instant for both of them but they don't act on it right away which for me was a good thing, well up to a point it was. After a while I was just like get on with it already even though I understood Luke's reasoning after a while I kind of just didn't care anymore if they ever had sex. Alexa had fears in regards to the Boston Marathon, she was in it during the bombing the previous year and only about a block or two away when they bombs went off. She finally expresses her fears to Luke and I loved how he not just comforted her but help her work past them.

Overall, for me, The Rubdown was a pretty good read. I would actually like to see more from not just Luke and Alexa but the other characters as well. So if you are looking for a sweet romance, that has a message of healing and hope with a side of sexual tension that is off the charts hot then make sure you check out The Rub Down.

Dayreader Reviews says

The Rub Down by Gina Sheldon

I went into this book blind, meaning- I didn't read the synopsis or anything about the book before I agreed to read the book. When I agree to review a book, I don't want anything to sway MY opinion of the book. I follow a few book blogs, I always see the books they think that are the best book of the month, year. I try to read those, they are the most popular books, and several of those are not the greatest books. I want to show them some of these great indie author books, and say see, look at these books.

The Rub Down by Gina Sheldon, is a sweet original contemporary romance. It is so refreshing to read a romance that focuses on, well on romance and not all sex. This takes us back to when there was all of that tension and built of desire. You can just feel it leaping off of the page. Yes, I like all the smutty stuff too but, I love this sweeter and way more romantic stuff. In my opinion, a lot of romance novels today have taken the romance out of the book and just replace it with hot steamy time. There is a place for that and we all like that but I love the romance.

I'm sure I'm just old school, I got married 23 years ago to my high school sweetheart. Things are different

now and people just fall into bed together with just a look at each other all the time. That was not how I was, maybe I was just a "good girl" but to me, you had this had this connection with each other, just like Luke and Alexa had with each other. You have "Lust" at first sight! Things simmer and romance gets to happen! Sweet, make my heart swoon romance!

Just because they didn't jump straight into bed together doesn't mean they didn't have smexy time together. Sheldon gives them so much sexual tension, and desire runs wild between these two! Luke! Oh Luke, I have never wanted a book MAN - (no, he isn't a boy) to be real like I wanted him to be real, but, it still wouldn't matter I'm happily married. Everybody will want Luke, he will be a household name!

Gina Sheldon did an exemplary job on her debut book, she was able to express deep, concise emotions and build intensity. She shows promise and talent. I wonder, if there will be a book for Danny and Addison? I just felt like there could have been a love connection there. I would like this to even be a series.

I give The Rub Down 4 stars

Trudy Stiles says

Sweet romance! Luke is super swoon worthy and I love the secondary character development. Can't wait to read more from this debut author.
