



NATURALLY MASSAGE & WELLNESS

PERSONALISED TREATMENTS TO REGAIN YOUR HEALTH

July/August 2010 Newsletter

July and August has arrived already! And along with it are windy days, cold nights and a whole host of colds and flu's going around. In this newsletter we have included a pamphlet that you may find helpful to fight off colds and avoid days spent in bed feeling like your head is stuffed with cotton wool!

NEW Beauty Therapy Services Now Available!

Renee will be offering a wide range of beauty therapy services beginning on Mondays from 10am-6pm.

Renee has a Diploma of Beauty Therapy and offers waxing, tinting, facials, body wraps, manicures and pedicures. Her service menu can be found enclosed.

To book an appointment, please call the clinic on 83577663.

The Importance of Good Supplementation

There are so many choices when it comes to buying natural and herbal supplements. Whether it's your daily multi or a product for something specific it can be really difficult and confusing to know a good quality supplement from one that may just be expensive weel!

The biggest difference we find in supplementation is the production process. Many of the cheaper supermarket, chemist and to an extent, health food shop brands, tend not be rigorously tested to ensure they don't contain any pollutants or chemicals, and contain the correct amount of active ingredient they are supposed to have. These quality assurance measures are vital to the medicinal action these supplements have on the body.

It is for this reason we use only high quality, reputable brands of product, mainly Metagenics products, as they have very stringent quality assurance processes and use sophisticated technology to ensure you are getting the safest, most pure and potent supplements available.

July/August Specials

1. Cold & Flu Support

Book a 30 minute personalised naturopathic session today, designed to boost your immunity and give you the knowledge and supplements to stay healthy this winter.

30 minutes \$25.00 Health Rebates Available

Supplements not included

2. Receive \$5.00 off your first beauty therapy treatment with Renee on Mondays.

3. Naturally Massage & Wellness 5th Birthday Special!!

As a thank you for the amazing support from all our wonderful clients we would like to offer you a special to treat yourself or a family member:

Scent-sational Citrus Cocoon Moisture Treatment

Enjoy a pampering full body massage with luxuriously silky citrus massage wax. Then relax and enjoy the warmth of a cocoon of warm blankets, while the skin is hydrated and nourished.

Next is a divine Omega Antioxidant Facial for dry, winter skin in need of some TLC. Includes a stress relieving facial massage with coffee berry antioxidant serum.

The treatment is finished with a decadent hydrating body lotion full body massage.

Allow 2 Hours \$125.00 Save \$35.00

Bookings available with Renee or Kristin on 83577663.

