



## SPRING INTO APRIL



"Our bodies communicate to us clearly and specifically, if we are willing to listen"

-Shakti Gawain

Massage is a wonderful way to let go of the every day stresses that life likes to throw at us. Therapeutic touch has such a special way of putting your mind and body at ease and helping you return to a parasympathetic state. The sympathetic nervous system is your "fight or flight" system that is engaged during stressful times in life. This increases your heart rate, blood pressure, and adrenaline. When your body is able to disengage the sympathetic and engage the parasympathetic "rest and digest" nervous system your heart rate will slow down, your blood pressure will drop, and your mind and body will be able to relax. As you start to relax, your mind is able to let go of stress and worries and focus on restoring your body to a healthy state.

Book a massage today and feel the stresses of your day melt away!

# ZUM PRODUCT OF THE MONTH

## SEA SALT!!!

This refreshing and relaxing scent is an aromatherapy paradise. With a hint of citrus, this amazing line is energizing, rejuvenating, and will bring new life into your day.

Receive **25% off** ALL Sea Salt products during the month of April!!!



## Investing In Your Body With Infrared

The benefits of infrared therapy can be life changing in so many ways. Many of our clients have experienced relief from arthritis, joint pain, stress, fatigue, and muscle tension. When you think of all the toxins our bodies collect, it really is a mystery that we stay as healthy as we do. When you allow your body to flush the toxins, impurities, and bacteria that linger in your system, you are enabling your body to function the way it is intended to.

At A Healing Touch we want every client to be able to enjoy the benefits of the infrared sauna. To help make this possible we offer both package and membership rates. Your introductory session is only \$29! After your initial visit, each session is \$39. BUT, when you purchase a package or membership, you pay less for each session.

Here is how it breaks down

Single Visit	\$39
Package of 5 sessions	\$149 (\$46 savings)
Package of 10 sessions	\$259 (\$131 savings)
Package of 20 sessions	\$469 (\$311 savings)
2 Sessions/Month Membership	\$59 (\$19 savings)
5 Sessions/Month Membership	\$99 (\$96 savings)
10 Sessions/Month Membership	\$139 (\$251 savings)

Package sessions may be used at any time and do not expire. Monthly Memberships are a year long contract that allows your desired number of sessions each month, but any unused sessions expire at the end of the month.

Memberships are charged on the 1st of each month.

## RACHAEL'S WREATHS

Easter is around the corner and what better way to welcome your family into your home than with a beautiful wreath on the door. Rachael makes each individual wreath with the client in mind, creating a personalized and custom design.

Prices vary depending on size and materials.

Order your customized wreath today!



## Easter Pound Cakes

Emily will be offering pound cakes just in time for Easter.



Enjoy it right away or freeze for a later date. These cakes will be a wonderful addition to any family gathering.

Bundt \$20  
Loaf \$10

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## Luna Goddess Day Herbal Workshop #3 with Patricia McKinney

A unique pampering experience only for the goddess on the night of a new moon! We will blend luscious herbal formulas to delight our faces and bodies. We will try some out, and take some home too!

Relaxing Goddess Tea  
Herbal Facial Steam  
Miracle Cleansing Grains  
Herbal Splash & Toner  
Queen of Hungary's Water

**Please bring a hand towel, a large (8oz.) jar, and a pint of witch hazel.**

Presented By A Healing Touch Therapeutic Massage  
Wednesday, April 26th from 6:30-8:30 pm  
\$55 with \$25 due at time of registration  
Register today with Rachael Eddleman at (704) 577-4775

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These adorable  
Hatching Deviled Eggs  
are so fun and so easy.



Click on the button  
below to get this recipe!

### Hatching Deviled Eggs

**Our mailing address is:**

616 D Matthews Mint-Hill Rd.  
Matthews, NC 28105

**Contact us at:**

(704) 577-4775  
rachaels@massagetherapy.com

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