



## Happy Valentine's Day!

**Did you know that February is heart health awareness month? Massage is a great way to relieve stress and lower blood pressure. What better way to show your loved ones how much you care than by giving them the gift of touch. Stop by and pick up a beautifully wrapped gift certificate today!**

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## Put a Little ZUM in Your Heart!

Our Zum Scent of the month is Sandalwood-Citrus



Add sandalwood-citrus products to your routine for **25%** off during the month of February

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## Bamboo Carbon Body Wraps



If you have tried our infrared sauna you know how relaxing it can be. The part that is not so relaxing is having to get dressed just to

go to your massage room and get undressed again. The solution is bamboo carbon wraps! Because infrared waves can penetrate bamboo, this body wrap can be worn while you relax and heal in the sauna. It is also perfect for transitions between the sauna and a massage. Normally priced at \$50, this wonderful accessory is available for just **\$19** plus tax when you purchase a sauna package or membership during the month of February.

To schedule your sauna session contact  
Rachael at (704) 577-4775

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### **Sweet Treats!**

Pick up a sweet for your sweetie before you leave.  
Emily will be selling brownies and mini pound cakes

February 9-14th for \$5 each.

If you would like to place a special order  
call or text Emily at (704) 618-4071.

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### **The Healing Power of Herbs**

As spring approaches we are preparing for our next instalment in our wellness series. This time we will be focusing on cleansing our bodies with a spring tonic and making a "stone soup".

Wednesday March 22nd from 6:00-8:30pm  
\$55 with \$25 due at time of registration

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Follow the links below to Rachael's website, Facebook page, or if you would like to email her.



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