



A Healing Touch Therapeutic Massage

Massage is wonderful for mothers at every stage of life. Most people don't realize the amazing benefits of fertility/preconception and prenatal massages. Preconception and Fertility massage can help prepare your body for a healthy pregnancy . Prenatal Massage can help keep the body comfortable during the ever-changing cycles of the second and third trimesters. If your stubborn little one is taking their time and you are overdue, we offer Induction Massage to help get things moving. Then, fight those baby blues and get a post-partum massage. Hot stones are used to relax and rejuvenate after a long ten months.

Zum of the Month

In honor of Mother's Day, our product of the month is all things lavender. Lavender has a natural ability to soothe and calm as it relaxes your body and mind. It is a wonderful sleep aid and can be used to help ease stress and tension.

Give the mother in your life the gift of relaxation with all-natural lavender products from Zum at **25% off** during the month of May.



Relief From Allergies!

Most of us struggle to manage our allergies this spring. There are so many different medications on the market that promise relief but usually leave us disappointed. There is research that is now showing infrared sauna therapy may help those suffering from season allergies. The findings suggest that consistent infrared sauna use helps improve nasal inspiration flow and lung function. Infrared therapy was also shown to help improve asthma and chronic bronchitis.

If you are suffering from seasonal allergies and would like to try a holistic approach, make an appointment to use the infrared sauna today!

A Fun & Easy Recipe To Try This Month



Tea Scones

Click on the button below for the recipe.

Recipe

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