

November 2009 Newsletter



Introducing Reflexology, Massage and Energy Work at Root Diggin' Washington

Root Diggin' Nation-Washington is happy to introduce Rose Beal with Body Tune Ups, LLC. Rose is licensed and certified in Reflexology and Massage. She has been performing therapies for over 15 years.

She specializes in:

Reflexology of the feet and hands.

Swedish Massage

Core Muscle Massage

Deep Tissue Massage

Energy Work

Rose will be at the store performing demonstrations

Monday, November 2 from 3:30pm to 5:30pm

Monday, November 9 from 11am-4pm

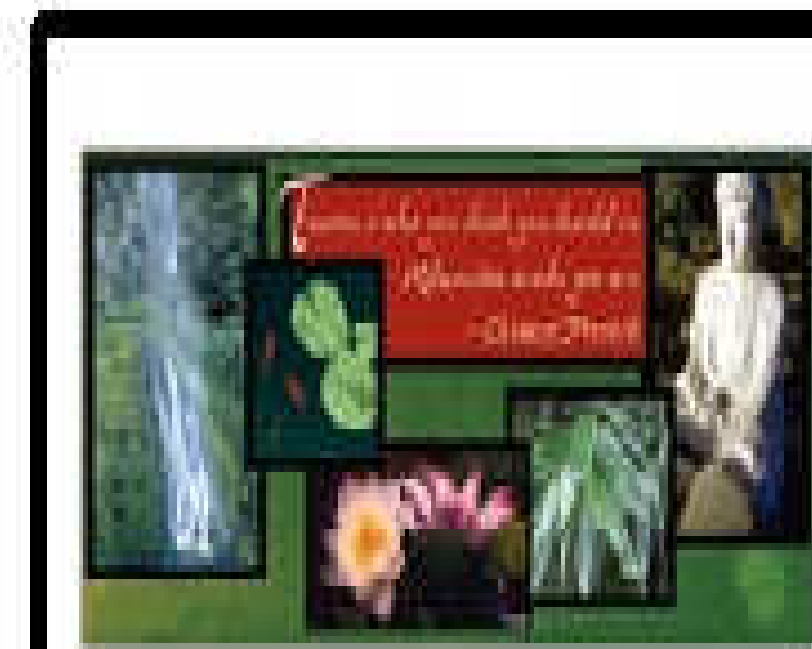
She will also be performing walk-in appointments on various days.

Call or visit our Washington location today for more details and to schedule your appointment.

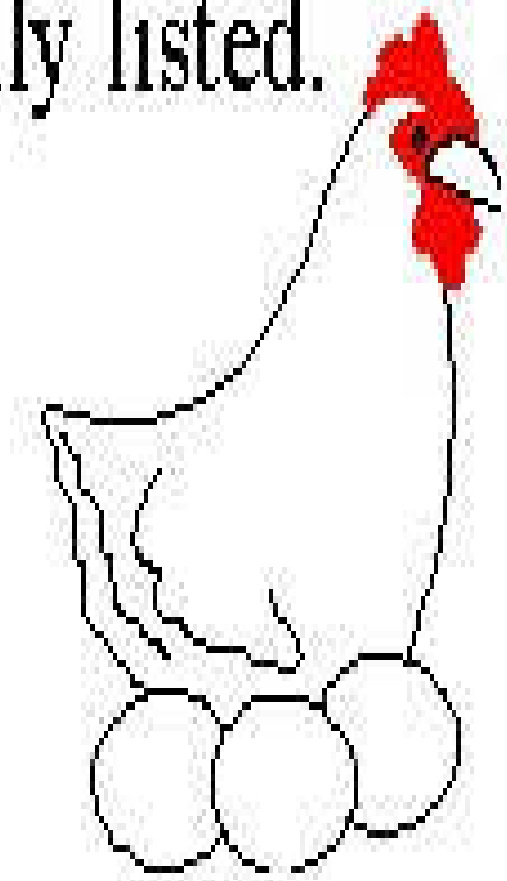
Tip of the Month

When purchasing natural health items, foods or any other items, be sure to read your labels!

Always check the other ingredients section. This is where hidden additives and other potential unhealthy items are usually listed.



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636-629-7776 or 636-390-8777



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