



**Relax
Portable
Infrared
Saunas
Are
Here!**

**Sweat Therapy:
Detoxify Naturally, Lose
Weight, Rejuvenate**

- *Portable and easily sets up in 2-5 minutes*
- *No pre-heating needed*
- *Produces even energy throughout sauna*
- *Improves blood circulation*
- *Promotes cellular renewal*
- *Increases metabolism & wellness*
- *Induces profuse sweating*
- *Relaxation and improving one's mood*
- *Burns calories without lactic acid production*
- *Ideal for home use-even in an air conditioned environment*
- *Revolutionary ceramic Semiconductor Technology!- Only one in the world!*
- *Safe for people of all ages.*

Call or visit one of our stores today to take a 5 minute demonstration session and for pricing. Earn up to \$50.00 in Rewards Coupons when you purchase and present your Healthy Rewards Card.



May 2009 Newsletter

Acupuncture Class

Tuesday, May 19 - 6:30-8:00p.m.

Join Dr. Kim Jacquin, D.C. of Franklin County Chiropractic at our St. Clair location to explore the therapy of Acupuncture for health. In this FREE class, not only learn about this healing art, but try it out for yourself with a live demonstration. Class size is limited to 30 participants, so you must call 636-629-7776 or email service@rootdiggination.com to register. This class was a huge success last year, so register early!

Therapy Packages

New this month, due to popular demand, we have packaged up some of our therapy sessions to help save you money! These sessions can be used by a single person or more than one person. They expire 6 months from the date of purchase.

Ion Cleanse

- 1 session-\$35.00**
- 4 sessions-\$120.00 (save \$20)**
- 8 sessions-\$240.00 (save \$40)**

Ear Candling

- 1 session-\$40.00**
- 4-sessions-\$140.00 (save \$20)**
- 8 sessions-\$280.00 (save \$40)**

**Relax FIR Portable Sauna
Demonstrations
Sat. May 16, 10am-1pm
St. Clair Location**



**Free Massage Therapy
Demonstrations**

Lisa Mayer, NCLMT with Tranquility Massage will be performing free Massage demonstrations at Root Diggin' Nation in St. Clair on Saturday, May 16 from 10am-1pm. Lisa performs massage at our store on an appointment only basis. She specializes in Swedish, Pregnancy, Hot Stone, Facial Toning Massage and Healing Energy Work. Rates: 1 Hour =\$50.00
1/2 Hour =\$30.00
Call Root Diggin' today to book your appointment 636-629-7776