

March 2010 Newsletter

Raindrop Technique

**Lisa Mayer, NCLMT with Tranquility Massage
is now offering the Raindrop Technique.**

Raindrop Technique uses a sequence of essential oils that are immune enhancing, support the body's natural defenses, as well as the circulatory, respiratory, endocrine, digestive, nervous, and other body systems. These oils, which are high in antioxidants, are also mood elevating and antiseptic, creating an unfavorable environment for harmful viruses and bacteria that can hibernate in the body. Essential oils are known to boost stamina and energy, help you relax, help manage stress and frustration and promote overall health, vitality, and longevity. The principal single oils used may include:

- * Thyme (*Thymus vulgaris*)
- * Oregano (*Origanum compactum*)
- * Wintergreen (*Gaultheria procumbens*)
- * Cypress (*Cupressus sempervirens*)
- * Peppermint (*Mentha piperita*)
- * Basil (*Ocimum basilicum*)
- * Marjoram (*Origanum majorana*)



The oils are dispensed in little drops from a height of about six inches above the back, which is where Raindrop Technique gets its name. They are then massaged along the spine and back muscles. They are also applied to the feet.

The whole process takes about an hour and may continue to work in the body for up to one week following a Raindrop Session.

March Special

Book your Raindrop appointment today and save \$15.00!

Only \$60

Call 636-629-7776 to schedule today!

New Store Hours

Our new hours are as follows:

Washington

10am-6pm Mon-Sat

Closed Sunday

St. Clair

10am-6pm Mon, Tue, Thurs, Fri,

Sat

Closed Wed and Sun



Coming Soon!

All natural, organic, herb based
skin and body care items and
essential oils...

Earn free product!

We are really excited about this
company and their products!
These products are different!

Tracie Puffer and Angie Chadoir are teaming up and will be traveling the area conducting workshops on Natural Health, Saving Money, Smart Discipline and many other topics. If you, your business or organization are interested in hosting an event, please contact Tracie at 636-629-7776

This can also possibly be used as a fundraiser for your school, church or organization.



Collectibles for Sale

Our St. Clair location will start
showcasing collectibles and
furniture for sale including:

Disney, Antiques and other items.

Classroom for Rent

Our classroom area
at our St. Clair
location is available
for rent for your
meeting or event.

Call 636-629-7776
for details.

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