

## Relaxation Stimulus Plan

Throughout the month of June 2009  
Lisa Mayer, NCLMT with Tranquility  
Massage is offering an introductory  
**1 hour massage for  
\$30.00.**

You must book your appointment at Root  
Diggin' St. Clair and be a new client to take  
advantage of this special offer.\*

Lisa specializes in Swedish, Pregnancy, Hot  
Stone, Facial Toning Massage and  
Healing Energy Work.

Call Root Diggin' today to book your  
appointment 636-629-7776

## Store Updates

Beginning May 27, 2009 the Washington  
location will be closed all day on  
Wednesdays and daily from  
1:30p-2:30p for lunch.

Beginning June 17, 2009 the St. Clair location  
will also be closed on Wednesdays.

Wednesdays have been our slowest traffic  
days. By closing, this allows us to continue  
to bring the quality products and services  
you need and deserve. Thank you for your  
cooperation and business!

## FAR Infrared Sauna Therapy

St. Clair location only.

1 session is \$20

A session with a massage purchase is \$10

A session is anywhere from 5-25 minutes.

See store for details and health restrictions.

# June 2009 Newsletter

## Yo-Pi Fitness Class

What is a Yo-Pi class? Yo-Pi is a mixture of  
Yoga and Pilates. This class is the ultimate  
mixture of fitness for the mind, body and spirit.

**Come to a FREE Informational session on the  
new Yo-Pi classes**

Thursday June 18, 2009

6:30 pm-7:30 pm-Wear comfortable clothes-bring a mat if you have  
one!

Root Diggin' Nation-St. Clair

Sign-up for the six week class that evening and save \$10.00 off the  
regular class fee of \$50.00!

(Six week class starting June 25, 2009-one hour each Thursday  
starting at 6:30pm)

Call to signup for the free informational session today!



## Christmas in July

Washington Healing Arts Center

426 East Fifth Street

Washington, Missouri

Washington Healing Arts and Root Diggin' Nation-Washington have  
teamed up to bring you an evening of:

*Chair Massage, (by Melody Velaso, Melody's Massage)*

*Hand and Foot Reflexology (Andi Kempf, The Foot Lady)*

*Displays of Health and Wellness products (Root Diggin' Nation)*

Saturday, July 11- at Washington Healing Arts

5:00p-8:30p

\$25

Christmas music, Christmas cookies, Christmas lights!

Beverages and Hors d'oeuvres.

RSVP today-Call Root Diggin' at 636-390-8777

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 at time of purchase.