

**Totally Tan Summer!**

- Promo Pack: Buy a 10 pack of Fake Bake sessions and get 2 free! A continuous tan that will last you all summer and the first part of fall so you can have a great tan going back to school or work. Promo pack valid for 4 months from date of purchase, special valid through July 15, 2011. Just mention this ad.

**July's Feature Package**

**Tropical Treat-It's paradise for your body and feet!** Don a robe and slippers and join us for some getaway time featuring summer Pomegranate! Exfoliates & Hydrates. (3.5 hours, park in 12 hour lots) **July 2011-Price \$98** (save \$40) Please book in advance

- July Featured Body Polish
- Underarm Wax
- Deep Moisture Massage
- Facial Bliss
- Sweet Feet Retreat Pedicure
- Light Snack & Complimentary Beverage

**Skin Brightening Add On:** Firming Facial Mask. Tones and tightens the pores while cleansing skin for a healthy glow. (must be added to a massage or facial service) Special Price- \$15.00. Must mention when booking, book in advance please.

**Product of the month**

ABC baby by Arbonne  
Perfect to start the little ones out with safe and healthy skin care. **Gentle hair and body wash** makes bath-time fun, **diaper cream** spreads happy relief to sore skin, and **sun-screen** helps protect baby when playing outdoors. Even adults with sensitive skin can appreciate the mild way these products soothe, nourish and protect skin.

Pure\*Safe\*Benefical  
Arbonne products are free of harmful Ingredients  
Other toxin free product lines  
Tate's Naturals  
Daisy Blue Naturals  
Now Foods  
Stop in and shop!

**July 4th Celebration**

**We will be closed on July 3rd-4th so our staff can enjoy time with family. Have a safe and happy celebration.**



**CUSTOMIZED SPA FACIALS**

**BACK IS BEAUTIFUL \$55**

Relax and rejuvenate your back. Just like a facial, but for your back. Rid your muscles of stress and your skin of impurities. 45 minutes  
Men: Try a back wax prior to this session starting cost \$40. (wax prices available under salon on our website)

**GENTLEMAN'S CLASSIC FACIAL \$75**

Developed for the masculine complexion, this treatment begins with deep pore cleanse, exfoliation, scalp, shoulder, neck and face massage, hot towel treatments then finishes with a hydrating masque. 60 minutes

**A Special Thank You To Those Who Fought And Won Our Freedom!**

**Ion Cleanse Package:** Give your immune system a boost by getting 3 cleanse sessions in 7 days. Breaks toxin bonds to help release stored fat and boost immunity. 3 Session Package \$60. Must be used in 7 days. Valid in the month of July.

**Pregnancy Massage Tips:**

Some mamas-to-be glow and others ache. For those burdened by the physical discomforts of pregnancy, consider taking to the table and letting a massage therapist help with reducing stress, relieving muscle tension and joint pains in the lower back and legs while increasing blood circulation to minimize swelling. The benefits of these treatments come at a price and are still debated in the medical community, but expectant women seem to agree that the trained human touch works wonders. Before booking an appointment, it is important to find a licensed therapist who has been trained to work with pregnant women. A doctors note is requested prior to your first visit so the therapist will know that you are in a no/low risk pregnancy. Look for facilities that will support the pregnant body with pillows, rather than a hole in the middle of the table. Placing a baby belly in a hole will put undo strain on the back and abdomen forcing the uterine ligaments to stretch unnecessarily.

- Speak up if a scent in the room is distracting to you. Expectant mamas have a heightened sense of smell and the burning candles may not be as pleasant to you as to a non-pregnant client.
- Let the therapist know immediately if something doesn't feel right. Drink H2O before and after the massage session. Massages release toxins from muscles into the body, so it is important to be hydrated for the massage as well as rehydrate the muscles afterward.

**How can prenatal massage help me?**

A trained prenatal massage therapist knows where a pregnant woman's sore spots are likely to be and may be able to provide some relief. (She'll also know which areas and techniques to avoid.) Still, it's important to communicate with her and tell her where you need attention. Let her know right away if anything during the massage – including your positioning – is causing you any discomfort.

**Let us take care of the mama to be in your life.**

**Healing Palms Spa 507-434-4046**

**\$10 Off your next 1 Hour massage with Isaac**

Limit one per person. Not valid with any other discounts. Present coupon.

Book online at [www.hpmessage.com](http://www.hpmessage.com)

507-434-4046

Expiration Date: 7-31-11