

Indulgence

Just in time for all mom's to get pampered! Purchase a Spa Manicure and Spa Pedicure and receive a coupon for a FREE 30 minute facial. Limit one per customer Must be booked in May 2011

Healing Palms Spa
 May Newsletter 2011
 Happy Mother's Day!
 313 North Main Street
 Austin, MN 55912

Soothing Body Wraps

Check out our retail center for those extra gifts for MOM. Handcrafted Jewelry, CD Greeting Cards, Gift Baskets, skin care, makeup and more to go with your gift certificate. Let Mom know she is special to you.

Open 9am to 6pm Monday
 Through Friday and 9am to 3pm Saturday
 Other times by appointment

Facial Treatments: Taking skin-care to the next level.

From the time we first looked in a mirror, we agonized over the condition of our skin, more specifically our facial skin. We might find an imperfection, a blemish, a full blown breakout, freckles, a mole, or that first wrinkle. We don't glow or have that dewy freshness we have been told is desirable. We buy products blindly, knowing very little about the uniqueness of our individual skin, how it reacts to external and internal stimuli, how the products specifically affect the desired outcome or even how and when to apply the promised cure for maximum results.

Stop for a moment and ponder facial skin. Just a small amount of coaching can help prevent and reverse skin damage. The application of specific techniques as well as appropriate products not only revitalizes the skin from the outside in, but also invites the body to begin to heal the skin, our barrier from diseases, and rid itself of toxins that permeate our bodies resulting in overall better health. The facial is not just 'pampering that costs a lot', nor an indulgence that should be of least priority. Awareness of the health benefits of a facial make it like a daily vitamin, regular exercise, or a therapy session. Properly applied facial techniques help move waste to the lymph nodes for processing and elimination. Benefits can include a decrease in inflammation, increased collagen production, a glowing revitalized appearance.

The facts are that regardless of age, it is important to recognize the need to take care of the largest organ of your body and the one part that is constantly coping with the environment, the face. Our Facial Therapies also include massage of the face and scalp designed to release the muscles that help form wrinkles; exfoliation and massage of the hands, arms, legs and feet during 1 hour session.

\$65 -includes 30% off one facial product if purchased the day of your facial visit.
 (in stock products only, valid in the month of May 2011)

Massage

Exfoliation

Appointments available for Prom day. Call to schedule your time.

Couples Massage

New Hair Color

Pedicures and Manicures

Facials

Any 1 Arbonne product
\$2.00 Off
 in stock only, no rain checks
 Limit one coupon per person
 Expires: 6-1-2011

Fine Jewelry sale
 10% off purchase of 1 piece
 20% off purchase of 2 pieces
 30% off purchase of 3 or more pieces
 Limit one coupon per person
 Expires: 6-1-2011

Malibu Hair Treatment
 Remove well water or swimming pool buildup residue from your hair.
\$25.00
 Limit one coupon per person
 Expires: 6-1-2011

Book online 24 hours a day at www.hpmassage.com
 All specials, coupons and Gift Certificates must be mentioned when booking.