

Greetings!

Isn't it nice to have the days getting longer and warmer?! It's hard to believe this is the last full month before the kids are out of school for the summer....that school year flew by at amazing speed and May is already shaping up to be a very busy month.

May is National Fitness month and if we all make it a priority to take care of ourselves first, every day, the benefits will ripple throughout our lives. Keep in touch with one activity that helps you stay on track. What's your favorite fitness activity? Drop me a quick email (splantelmt@comcast.net) and let me know. Next month I'll include a graph with the results.

Happy Mother's Day to every Mom!

In honor of those special women in our lives we call Mom, Mother's Day gift certificates purchased from May 3rd– May 8th will be priced as follows:

90 minute - \$75.00

60 minute - \$50.00

30 minute - \$25.00

These can be used for any massage or reflexology treatment.

Purchase limit – two per customer.

Teacher Appreciation Week is May 3rd – May 7th and Nurses Appreciation Week is May 6th – May 12th

The hours are long and unpredictable, they're on their feet for hours and the thanks often go unspoken. It's time to say Thank-You to those dedicated individuals that share the gift of knowledge and compassion with our family and friends every day.

I am offering the Head to Toe promo that can be purchased during the month of May.

The Head to Toe promo –

For \$20.00 you receive a 15 minute foot massage and your choice of either a 15 minute scalp massage, 15 minute hand massage, or another 15 minutes on the feet.

Price - \$20.00 for 30 minutes of bodywork

Please call ahead to book your appointment. If you prefer, gift certificates may be purchased during the promotion period and used for a future appointment.

Purchase limit – four per customer

As I mentioned in the April newsletter, the web site is almost up and running. If you would like to share a testimonial of your experience, email it to me at splantelmt@comcast.net and receive a 10% discount from your regular rate at your next appointment. I will let you know the address once everything is complete and ready to go.

Thank you, as always, for your continued business and I look forward to seeing you soon.

Sue Plante LMT -

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