



Natural Health & Wellness Studio

Tracy L. Quicker, LMT

4280 Old William Penn Hwy. Monroeville PA, 15146



SAVE THE DATE:

Wednesday March 21, 2012

For our Client Appreciation & Open House

Details coming soon!!

Don't forget to check out our new website to view

Current Specials & Events
Health & Stress Tips

www.ptmassages.com



So often we take our health for granted. And at times, it is difficult to find the

time to stop and take care of you.

The hustle and bustle of the holidays have begun.

There are many benefits of massage including;

- ~Stress relief
- ~Managing anxiety and depression
- ~Pain
- ~Stiffness
- ~Blood pressure control
- ~Sports-related injuries
- ~Boosting immunity
- ~Cancer

Go ahead and take some time for yourself, you deserve it and won't regret it!

Stress Tip:

"Stop long enough to really enjoy the season with good friends & family"

Health Tip:

Did you know?

Spinal problems are caused by poor posture habits or improper sleeping position, a slip or fall, using the same position or movement at work or play for long periods, lack of sufficient sleep, excessive workload or exhaustion, emotional stress, or anxiety.

Current Specials:

\$13.00 off Wednesday and Thursday massages scheduled with Cindy or Linda

10% off of featured vitamin/supplement : OxyGen Rehab

December 1st - December 31st

Featured Massage Technique:

Relaxation: allows you to release negative emotions that your physical self has been harboring, sometimes unknowingly. By bringing the body back into balance, you will be better able to cope with the challenges of day to day life.

Featured Vitamin/Supplement:

OxyGen Rehab Liquid Nutrition: The most important element to maintain life within the cell. Your cells and body never obtain enough oxygen from natural

surroundings or normal breathing. OxyGen is formulated with Calcium Peroxide, Aloe Vera Juice, B12, and CoQ10 and supplies additional oxygen. It is a liquid antioxidant that energizes and supports immune system function. The human body utilizes oxygen in every cellular level of metabolism and rejuvenation of damaged cells while cleansing the blood stream of toxins.

We accept

- Insurance for Auto Accidents
- Work Comp Cases
 - CAM PPO
- And some Health Insurance

Merry Christmas

from your

PALMS THERAPEUTIC

MASSAGE TEAM



