

# Holisticalm Newsletter

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## HAPPY NEW YEAR, ALL THE BEST FOR 2012

I hope you had a peaceful and relaxing Christmas, and I hope Santa was kind to you too. Did you make any New Years Resolutions? Maybe to exercise more, or take more 'me time', or just be generally healthier? Whatever your resolutions were, take a look at our fabulous special offers below, we have a detox package to rid your body of any unwanted toxins after the Xmas period and kick start your healthy regime. Also, something to look forward to with Valentines day not too far away, not sure what to get your loved one?, maybe a Gift Voucher. Take a look at our special package details below. The Special Offers can also be bought as gift vouchers which are valid for 3 months.

## LOYALTY CARD SCHEME

I have started a Loyalty Card Scheme with effect from 1<sup>st</sup> March 2012. See my website for more details.

## NEW TREATMENTS – HOT STONE REFLEXOLOGY, BALINESE MASSAGE

Enjoy the fantastic 'holistic' benefits from a Balinese Massage, incorporating Acupressure points, Reflexology, deep tissue massage and relaxing massage all in one treatment. This treatment is from head to toe, including face, ears, scalp, arms and hands, and foot massage, total relaxation and re-balancing. Enjoy the amazing benefits of Reflexology incorporated with hot stones, a fantastic treatment for the cold winter months.

## CANCELLATION FEES

Due to the amount of cancellations during December and January unfortunately I have had to enforce my cancellation fees policy. See my website for all the details.

## OFFERS

Please see my 'offers page' for the latest offers. Enjoy the fantastic benefits of **Zumba** to enhance your fitness whilst having fun too!, and enjoy 10% reduction in prices at Holisticalm. Also **Physiofit** clients can enjoy 10% off Holisticalm Treatments. See my details of the 'detox package', a course of **Ionithermie** (slimming) treatments linked with **Reflexology** to rid your body of all the overindulgence over Christmas. This should get you back on track for a fit and healthy 2012.

## VALENTINES DAY

With Valentine's day looming what could be nicer than a Gift Voucher for your loved one, contact me on Tel 07793 868280 or email [julie.doidge@ntlworld.com](mailto:julie.doidge@ntlworld.com) to purchase a voucher.

Thank you for your continued custom and I look forward to seeing you in 2012.

*Julie*