

## **Welcome Summer with Touch of Gratitude!!!**

### **Business Development/Updates – LAVA SHELLS**

I am so excited about introducing you to a new technique - Lava Shells! Think of them as "a touch of the beach without the travel!" And, with gas prices as they are, this couldn't have come at a better time!

Lava Shells are all natural shells used as a self-heating massage tool. They are a revolutionary way for me to incorporate heat into any treatment with ease, beauty and versatility.

The shells are a new technique introduced less than a year ago and the response has been overwhelming. The clients that have already tried the shells said it was "fantastic" and "truly relaxing." I highly recommend experiencing the lava shell massage, especially if you like the heat from hot stone massage. The warmth of the shells combined with the green tea/mango oil provides a relaxing treatment that unwinds your knots and melts your cares away!

I've searched and found less than a dozen therapists/spas that offer this service in the state of Ohio, and even fewer in the Dayton vicinity! This is definitely an opportunity to "be the first on your block!" As an incentive, in the month of June, I'm offering **\$20 off** for the lava shell massage! Start your summer by doing something for you!

### **Personal Growth/Benefits – Just Ask for It**

How many times have you wanted something but were afraid to ask for it? Last week I took myself far out of my comfort zone by actually asking when I wanted or needed something, and I am pleasantly surprised by the results! Although I don't hear a "yes" every time, I'm hearing it more than if I didn't ask!!! So take the challenge...the next time you find yourself in that situation just ask for it...and remember to say please and thank you!!!

### **Giving Back – Your Perfect Match**

Looking for a new way to volunteer? VolunteerMatch is here to help. When you log on to [www.volunteermatch.org](http://www.volunteermatch.org) you can enter your zip code, city or state and keywords describing what you're looking for, skills you have or would like to develop and they will provide you with many options for you to find your perfect match! Check it out...it will benefit someone else and who knows...it may change your life too!

I look forward to seeing you!

Steph

Show your body some gratitude...schedule a massage today!

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