



TERME DI AROMA DAY SPA

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Spring Newsletter

Spring has sprung and we have a few tips to help you along the way....

When spring comes along we tend to want to spend a lot of time outside. Walking and gardening seem to come easy, but with these activities the soreness and rough hands and feet do too. So here are a few of our suggestions;



This foot cream can work wonders on dry cracked feet. A healing blend of Aloe Vera, Jojoba and Shea Butter. **Gilden Tree. Kiran**

Forest Nourishing Foot Cream can do the trick just apply daily. With a blend of **Rosemary and Comfrey** extract it will soothe and protect. We also now have a small foot scrub and cream kit for travel and great hand balm. So moisturize and have soft

Feeling like your skin needs a refresher? Try this fantastic **AROMA REMEDY SALT GLOW BODY SCRUB BY Aroma Floria**. Made with mineral sea salts **Green Sea Clay And Eucalyptus**. Preservative free this body scrub will detoxify your body and reveal softer healthier skin.

Gardening can certainly make you feel achy. To make yourself feel a little better, and help get the soreness out, we suggest that you use some **Cryotherapy Cold Gel**

Treatment called; Biofreeze Pain Relieving gel.

This gel is greaseless, stainless and has a vanishing scent.

Bioreeze penetrates for long lasting relief from arthritis, sore muscles and joint pain. A favorite among our staff and sure to be one of yours.



A fresh smelling home is something we all enjoy, especially during the springtime months. Relax and take a deep breath and enjoy with

Aroma Naturals Candles. Made with 100% plant aromas known as essential oils, these candles can give a pure fresh scent to your living space..

With great scents such as **Serenity with a blend of Lavender and Ylang Ylang**, you will transform your space into a relaxing haven to enjoy.



Springtime is for lovers! Why not bring some *romance* to your life with our new custom made **Romance Blend** available in **Massage Cream or Oil and Room Spray**, with essential oils **Rose Absolute, Jasmine and Bergamot..** Feel free to stop by and sample some of our scents. We would be pleased to help create a personal blend just for you!.

We wish you a Happy Healthy Spring!