

# April Newsletter



## Mother's Day Special

A spa treatment is the perfect gift for Mother's Day! It's a thoughtful way to show your appreciation and give mom the chance to unwind, recharge, and feel truly pampered. Whether it's a rejuvenating facial, a soothing massage, or a luxurious mani-pedi, a spa experience offers the relaxation and care every mom deserves. Give the gift of well-being and make this Mother's Day extra special!

Purchase a gift certificate on site now through May 11th and receive a free Adams Soap or 10% off any product!

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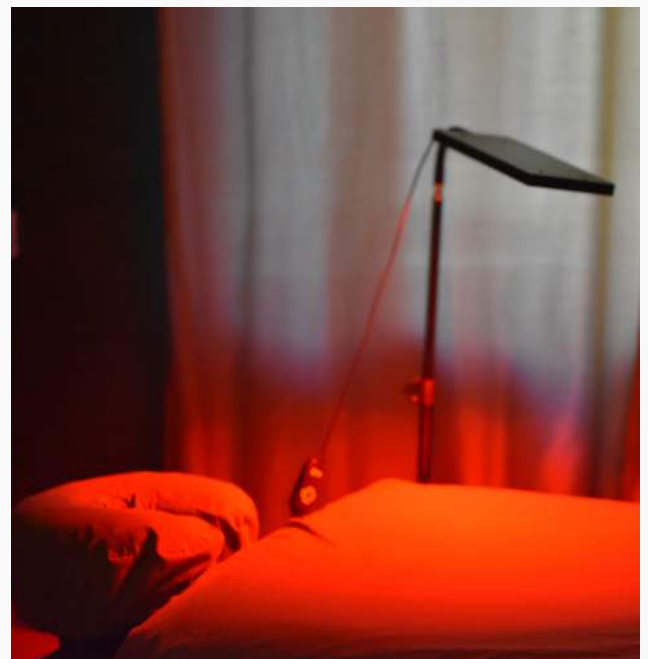
## Megelin Red and Infrared Light Therapy Lamp

LED Light therapy is an increasingly popular skincare treatment that offers a wide range of benefits. It uses different wavelengths of light to target various skin concerns and promote overall skin health.

### Benefits:

- Muscle & joint pain relief
- Skin healing
- Improves skin tone and texture
- Reduces inflammation & arthritis
- Better sleep quality
- Reduces wrinkles and scars

**Add on 15 minutes to a 75-minute  
massage for \$30**



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## Stay Connected with Text Reminders

We're making it easier than ever to keep up with your self-care! Our new text reminders will ensure you never miss an appointment, special offer, or exclusive spa update. Convenient, hassle-free, and just for you!

Want to opt in? Simply **SUBSCRIBE** to **(978) 515-6419** and enjoy a more seamless spa experience!



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## Our First Annual Reiki Share! An Introduction to Self Healing

**April 29th, 2025**

Join us for a transformative 2 hour Workshop designed to empower you with the basics of Reiki! In a small, intimate group of 6, you'll learn self-Reiki techniques, enjoy guided meditation, and experience hands-on practice with partners. Plus, unwind in the sauna and enjoy light snacks. This session is perfect for those looking to start their healing journey, deepen their self-care routine, and explore the powerful benefits of energy healing. Don't miss this opportunity to nurture your mind, body, and spirit!

**Check out Essential Therapies Day Spa on Facebook to sign up!**