

# May Newsletter



## Spring Renewal & Mental Wellness

As nature blossoms around us, May invites us to pause, reset, and care for ourselves from the inside out. It's not just a season of renewal—it's also Mental Health Awareness Month, a perfect reminder to nurture your well-being.

At ETDS, we believe true beauty and wellness begin with balance. This month, explore treatments that calm the mind, soothe the body, and lift the spirit - **Get 20% off all Reiki Sessions with Gina until June 2025!**

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## \*NEW\* Craniosacral Therapy

Craniosacral Therapy is a deeply relaxing, hands-on treatment that works with the body's craniosacral system; the membranes and fluid that surround and protect the brain and spinal cord. Using a gentle touch, your therapist helps release restrictions in the body's soft tissues, encouraging the natural movement of cerebrospinal fluid.

Clients often report relief from migraines, TMJ, neck and back pain, anxiety, and even chronic fatigue. Many find it profoundly calming and grounding—like hitting the reset button for your whole system.



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## Mother's Day Gift Certificates

Looking for the perfect way to spoil Mom this Mother's Day? A spa day never goes out of style!

Now through May 11th, purchase a gift certificate and receive a **free Adams Soap or 10% off any product**—our treat to you (and Mom!)



## Join Us for Our Second Self-Healing Reiki Session

Tuesday, May 27th | 6:00 PM – 8:00 PM

Reconnect with your inner calm and learn the foundations of self-healing through Reiki. This two-hour session begins with a gentle introduction and group meditation, followed by hands-on guidance to help you explore the basics of Reiki energy work.

We'll wrap up with a relaxing 30-minute sauna session, light snacks, and an open Q&A to support your continued journey.

Space is limited—reserve your spot today and step into your own healing power.

