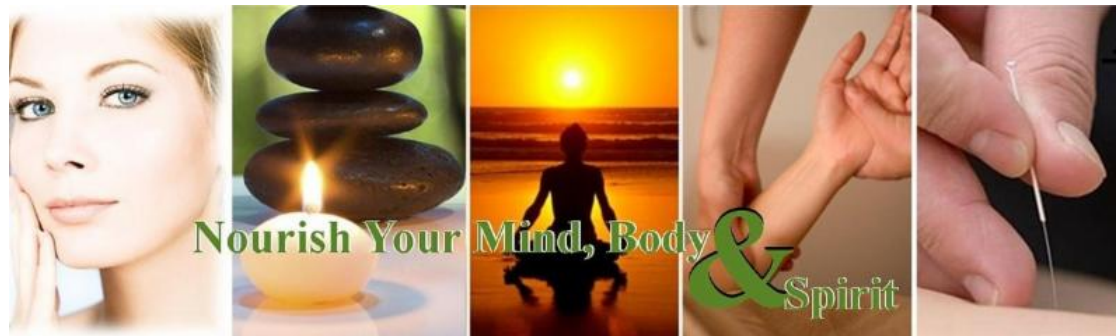


Enjoy a Carefree Summer!



Lots of Great Summer News!

August, 2017



Nourish Your Mind, Body & Spirit

Enjoy a Carefree Summer!

Hello August and hello from everyone here at Everything Zen. We hope you are having a very happy and carefree summer. As we look forward toward the month of August, we have lots to offer you. Here's a look at what's going on this month.

Our Buy Three, Get One Free Tea Special!

This month will be our last month of our "Buy Three, Get One Free" Tea Special. If you'd like to stock up on your favorite seasonal summer teas, now is the time! Rhode Island Red (a tasty blend of Rooibos and lemongrass), Sun Tea (a wonderful blend of hibiscus and orange peel...delicious iced!), will soon make way for our Fall teas. Our teas come from Pharmacy Herbs, an herbal school/store in West Greenwich, RI. All teas are organic, GMO free and locally grown! For more information about Pharmacy Herbs and their mission, check out their website at www.farmacyherbs.com.



Brianne from Hawaii Returns!!



Brianne Beauregard (who comes from Hawaii) is a certified Ayuervedic Practitioner, who has studied extensively throughout India. She will be offering these therapies here at Everything Zen on Tuesday, August 8th from 11-7. We are very excited to have Brianne with us for this day and thrilled to have her expertise right here in Groton, CT!! To find our more information about Brianne's sessions and pricing, [here is the flier](#). You can also go to her website, www.briannebeauregard.com. To schedule, please contact Holly at 860-861-8978.

A Wonderful Massage Program!!

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And especially...



Feel Better
~ Look Better
~ Do Better!



And especially...

Over the next couple of months, look for more guest practitioners with exciting and unique modalities to improve your health and well being.

Look for the return of guest practitioner Carlene Thornton

Are you in need of a little midsummer rejuvenation? Are you running on empty and need to refill and recharge your batteries? If so, we have a great massage package we are offering this month only! Every August, we offer our ever popular "**Summer Staccation**" package, which will allow you to **save up to \$115!** Purchase **three 60 or 90 minute Customized Massage Therapy sessions**, and get **your 4th FREE!** When scheduling online, use code "**BUY3GET1**" for 60 minute sessions, "**SUMMER**" for 90 minute sessions. Please note that there is a limit of two packages per person, and packages are not valid with all practitioners. Please contact us for details.



in late September, private and small group yoga lessons...plus some exciting new events on the horizon. Stay tuned!

Wishing you a happy and healthy month!

Holly and Your Team at Everything Zen

Quick Links

[Our Website](#)

[Our Facebook Page](#)

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[Marketing Biz Professionals](#)

This Month's Recipe and Blog...

BLOG

New this month is a summer blog explaining **How Often Should You Get A Massage...**[See it here.](#)

RECIPE

This month's healthy recipe is from Holly on **Grilled Shrimp with Guacamole ...** [See it here.](#)

Contact Information

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