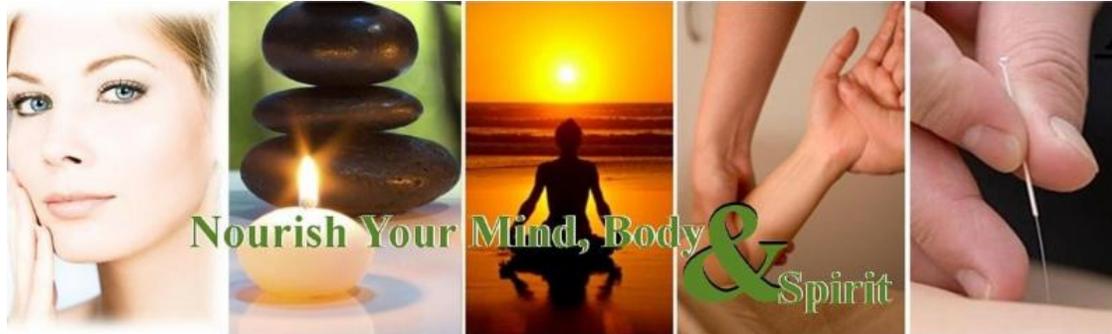


## Gift Ideas & News For June!



Lots of Upcoming News!

June, 2017



### June is a Magical Month!

A warm hello to all of our clients and friends at Everything Zen. June is a magical month as we transition from the beautiful blossoms of Spring to the fun and carefree days of Summer. June is the month we celebrate our dads and grads. June ushers in the longest day of the year (Summer Solstice). From a traditional Chinese medicine standpoint, Summer is the season of joy and abundance. It's about cultivating and manifesting when energy is at its peak. How are you manifesting joy and abundance? What are you doing at this moment in time to cultivate happiness!

### Welcome Back Shailyn!

This month, we are excited to welcome back our Licensed Massage Therapist Shailyn Metcalfe! After giving birth to her son Silas in March, Shailyn is returning June 17th, and will be working every Saturday 8-1:30. Shailyn will also be adding another weeknight shift in July, stay tuned for details in our July newsletter. She specializes in massage for pain and injury, table thai massage (which we have a great offer on), and deep tissue massage. You can schedule with Shailyn by going to our website, [www.everythingzenmassage.com](http://www.everythingzenmassage.com). In the meantime, take a look at her video blog on thai massage. [This demo features thai massage for the legs](#). This month, Shailyn will be offering \$10 OFF all Thai Massage sessions! (Use code 10OFFTHAI when booking online.)



### More Changes in the Air!



Last month, we mentioned a few changes taking place on our website. Here's what is in the works:

- Over the next couple of weeks:
  - ...A few simple changes to practitioner bios, new online booking system and mission statement.
  - ...We will be discontinuing our membership program and replacing it with our new massage wellness program, allowing you to

still receive massage at an affordable rate!

- Over the next couple of months:

...Our website will have a complete fresh new look! Stay tuned for details.  
...As a reminder, as of July 1st, [our package rates](#) will be seeing a slight increase (\$5 over 60 minute sessions, \$10 per 90 minute session). If you are close to the end of

### In This Issue

Magical Month of June  
Shailyn's Back  
More Changes  
Dad & Grad Gifts  
Goodies in Stock  
And especially...



Feel Better  
~ Look Better  
~ Do Better!



And especially...

Stay tuned NEXT MONTH for some exciting news (July), including the return of our guest practitioner Carlene Thornton (who offers Healing Touch sessions).

your package, feel free to consider looking into a [new massage package at our current rates!](#) Remember, changes will happen on July 1st, so our current packages rates will be changing.

## Last Minute Gifts for Dad and Grad!

Need a last minute gift for your special dad or grad? We can help! Through the month of June, we will be offering \$10 OFF all massage gift certificates. You can purchase a gift certificate online by clicking our "Special Offers" button, located for your convenience both at the top of the site and in the footer.



## We are stocked up on goodies for you!



New skin products, teas and essential oils are in! We've stocked up on summer goodies, including new lightweight moisturizers, essential oils to delight the senses (everything from sleep remedies to natural insect repellents). We've got you covered! Be sure to take a look in our waiting area.

We also will be offering some exciting workshops on sound healing, and Ayurvedic self care!

Also, an exciting clean eating program for the summer!

It's going to be sizzling July here at Everything Zen, so stay tuned!

Wishing you a happy and healthy month!

Holly and Your Team at Everything Zen

### Quick Links

[Our Website](#)

[Our Facebook Page](#)

Created by  
[Marketing Biz Professionals](#)

## This Month's Recipe. Blog and Coupon

### BLOG

New this month is Stacy's blog explaining **Why Diets Don't Work...** [See it here.](#)

### RECIPE

This month's healthy recipe is from Stacy on **Classic Egg Salad ...** [See it here.](#)

## Contact Information

**Holly Potter, L.E., L.M.T.**

**And the Team at Everything Zen**

**860-861-8978**

[www.everythingzenmassage.com](http://www.everythingzenmassage.com)

495 Gold Star Highway, Suite 320, Groton, CT 06340