

SPRING RENEWAL

BREATHING EASY & BEATING STRESS

4-7-8 RESET: Feeling overwhelmed? Inhale for 4 seconds, hold for 7, and exhale slowly for 8. This breathing technique instantly signals your nervous system to move from “Stress” to “Rest”.



April is Stress Awareness Month

A Time for Your Personal Spring Renewal

Just as nature begins to bloom. April is the perfect time for your own “Spring Renewal”. Chronic stress- from workload to daily pressures- can manifest physically as muscle tension, poor sleep, and fatigue. This month, we invite you to prioritize your well-being. Massage therapy is a powerful tool to interrupt this cycle by shifting your nervous system from “fight or flight” into a state of deep recovery and rest.

As we focus on **Stress Awareness Month**, it’s important to recognize that a heavy workload doesn’t just stay in your mind- it settles in your tissues. Chronic stress triggers cortisol, which can cause your body to hold onto fluid and metabolic waste, leaving you feeling sluggish. **Lymphatic Drainage Massage** is a vital tool for this “spring cleaning”, using gentle, rhythmic strokes to manually sweep out the internal buildup caused by high stress levels. This specialized technique not only reduces physical puffiness and inflammation but also deeply calms your nervous system, allowing you truly shed weight of winter and step into the new season feeling light, clear, and energized.

KNOW THE SIGNS OF A STROKE

MANAGING STRESS

...Is a key part of protecting your long-term heart health. Because we care about your total well-being, please remember the **B.E. F.A.S.T.** acronym.

- B- BALANCE.** SUDDEN LOSS OF COORDINATION
- E- EYES.** SUDDEN BLURRED OR DOUBLE VISION
- F- FACE.** DOES ONE SIDE OF THE FACE DROOP WHEN SMILING
- A- ARMS.** DOES ONE ARM DRIFT DOWNWARD WHEN RAISED
- S- SPEECH.** IS SPEECH SLURRED OR O STRANGE
- T- TIME.** IF SEE SIGNS, CALL 911 ASAP

Breathe Easier – The Allergy-Neck Connection

Did you know that sinus congestion can actually cause neck and shoulder stiffness? As your sinuses swell, the muscles at the base of your skull (the occipitals) often tighten in response, leading to tension headaches and limited mobility.

How Massage Helps: We use focused techniques to encourage lymphatic drainage and release the “referral pain” in your neck caused by seasonal pressure.

How Aromatherapy Helps: Specific essential oils work by targeting common symptoms of allergies and sinus congestion: Decongestion (menthol -like Peppermint or Eucalyptus), Anti-Inflammatory Effects (Lavender, Chamomile), Immune System Support (Tea Tree or Lemon), and Stress Relief.

Pro Tip for Home Relief: To reduce inflammation quickly, apply ice around your sinuses and at the base of your skull. The cold helps constrict blood vessels and soothe the localized swelling caused by drainage pressure.

Mother’s Day Early Bird: Spa Day Baskets



Don’t wait until May! Starting today, our exclusive **Mother’s Day Spa Baskets** are available for pre-order. These are designed to provide professional-grade relief at home.

The “Heart of Gold” Mini (\$135): 60-Min Massage + Heart Gua Sha & exclusive “Serenity Spring Renewal” room mist

The “Mother’s Glow” Full (\$195): 90-Min Massage + Heart Gua Sha & exclusive “Mama’s Glow” signature oil blend

The “Total Lymphatic Detox” (\$235): 90-Min Lymphatic Session + Professional Sculpting Set & Sinus Ice Pack



ENTER THE “APRIL, MAY DAY LOVE” RAFFLE:

Grand Prize: Spa Day Basket with a \$20 Voucher and other spring renewal essentials loaded

How to Enter:

1 Entry: For every \$100 Gift Card purchased in April

2 Entries: For every Mother’s Day Spa Basket pre-ordered by April 30th

Bonus Entry: Follow us on social media and share our “Stress Awareness” post or leave a review. [IG @MMMMESSAGEGLO](https://www.instagram.com/mmmassageglo)

APRIL FLASH SPECIALS

Limited Time Offers- Book by April 30th. Get your loyalty cards before grand opening prices end.

\$5 off Chair Session ←

The “Tax-Day” Tension Release: Valid April 13th-17th. Don’t let tax season weigh you down! Get a **complimentary Hot Stone upgrade** on any 60 or 90- minute session to melt away shoulder tension.

The “Breatheasy” Add-On: Struggling with spring congestion? Add 15 mins **Sinus & Scalp Massage Specialty Treatment** to any service for just \$15.

Refer-a-Friend Bloom: Refer a new client this month and you **both** receive **\$20 off** your next 60 MIN & UP session. Let’s help our community grow healthy together!