

# The Reflexology Room

November Newsletter

During the last few weeks most of you would have been aware I have been on leave to take care of my parents who both suffered from broken hips. These events were also accompanied by a heartbreaking family tragedy. To help assist me through these difficult times I turned to as always my essential oils. In particular CONSOLE. This oil promotes feelings of comfort and hope even in the darkest of moments and assists in emotional healing.

I find it interesting when I offer a client to smell the emotions oils without identifying the names, console is often their first choice. Why you might wonder? Well emotions run deep, we have all felt hurt, betrayed, loss or abandonment at some stage during our life. If we don't deal with our grief these emotions become suppressed. This oil encourages us to overcome these emotions so we may move on. Purchases can be made at your appointment time or purchased online and posted directly to you at home by heading to the following website [www.mydoterra.com/KatrinaPoole](http://www.mydoterra.com/KatrinaPoole)



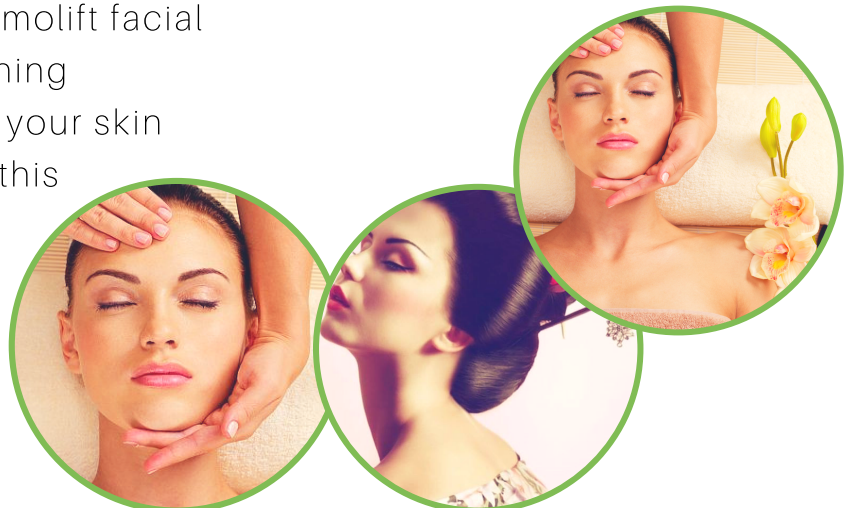
H O T D E A L ! !

There has certainly been a change in the air. How has this affected your skin? Our skin changes seasonally and so should your skincare. This is why this month I'm offering my natural facial using Australian brand Springfields Organics. Book your treatment and we can discuss your current skin condition and any changes necessary to bring your skin back to optimal health and vitality. This one hour treatment will delight your skin with brush cleansing, exfoliation, mini cosmolift facial massage, hydrating mask and nourishing moisturising leaving you relaxed and your skin glowing with vibrancy. Normally \$85 this month only \$70 with a discount of 10% on any skincare purchase at time of appointment.

**SPECIAL OFFER  
1 HOUR TREATMENT**

**\$70**

**NOVEMBER ONLY  
CALL NOW**



# All things Magnesium

Magnesium Chloride is very important for the normal function of cells, nerves, muscles, bones and the heart. It can assist with insomnia, muscle cramps, depression, bone health, calcium absorption, diabetes, anxiety, PMS and headaches. Stressful lifestyle issues (such as diet, stress, lack exercise, too little sleep) burn through our stores contributing to insufficient magnesium.



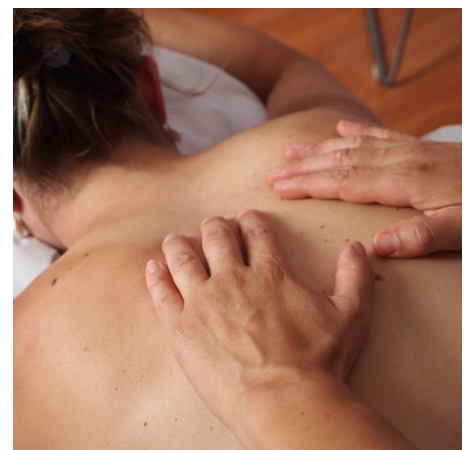
## New in stock.....

Magnesium bath or foot soak and magnesium cream. The skin is our largest organ and an amazing absorber. Purchase yours at your next appointment and feel the difference when you increase your magnesium levels.



## Cancellation Policy

REMINDER: You will notice that when you receive your appointment reminder a cancellation fee is charged if less than 24 hours notice is given. I understand situations arise, giving you reason to cancel, but the reality is every cancellation affects my income in a major way. Every attempt will be made to fill your appointment and if this is possible the fee will be waived. This is why I have been sending regular emails with availability spots. The more notice you can provide, the better.





For all Christmas needs, simply click on the links below where you can complete your transaction via PayPal or Credit Card.



**Facial and Scalp Massage**  
1 hour  
\$85



**Aromatouch Body Treatment  
and Foot Reflexology**  
1 hour  
\$85



**Foot Reflexology, Scalp and  
Facial Massage**  
15 hours  
\$120



**Shirodhara Head Treatment  
with hand and foot massage**  
15 hours  
\$140

Be the change you wish to see in the world - Ghandi

Till next time....

*Katrina*



Hours - Kenmore Clinic  
Monday 9am to 5pm  
Tuesday CLOSED  
Wednesday 9am to 6pm  
Thursday CLOSD  
Friday 9am to 5pm  
Saturday CLOSED  
Sunday CLOSED

*If you require a time outside these hours please  
contact me direct*