

Pamper Your Feet This Summer -- Treat Your Tired Soles



Our feet carry us on life's journey, moving us forward, toward our goals and dreams. In our fast-paced world, we sometimes feel we can't afford the time it takes to slow down for foot care. We tend to take our feet for granted; only noticing them once they are feeling sore or swollen. When our feet hurt, it slows down our whole system. You might be surprised how refreshing a little foot pampering can be!

Treat your Tired Soles

- soothing organic foot soak,
- a gently exfoliating foot scrub,
- a relaxing foot massage using Organic shea butter and
- a whole body balancing Reflexology session.

Soak away the abuses of a long day on your feet with an effervescent, soothing organic Spa Foot Soak. Epsom and sea salts work to pull the ache right out of swollen, tired feet while organic peppermint, juniper and rosemary help to fight inflammation, deodorize and Cool Your Heels.

Treat your tired soles to a stimulating, gently exfoliating black walnut shell foot scrub to smooth calluses and soften the feet. Certified Organic Tea Tree Oil combats bacteria and fungus while Peppermint essential oil helps to reduce inflammation and foot fatigue. Certified Organic Shea Butter and Avocado Oil ensure softer, nourished, healthier skin.

I will use a pure Certified Organic Shea Butter, fortified with vitamin-rich oils like avocado, kukui and organic macadamia, and pure essential oil blends for your relaxing foot massage and balancing Reflexology treatment.

- ~~ 1 - 75 minute Treatment --\$90
- ~~ 2 - 75 minute Treatments --\$175
- ~~ 3 - 75 minute Treatments --\$265

~ For more information on Rixie and the benefits of Reflexology ~
www.mandalahealingarts.com

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