



# Merry Christmas

**Here's wishing you and yours the very best for the Festive Season and a happy, healthy and stress-reduced 2019.**

We'd all like this time of year to be about sharing joy with our friends or families, but unfortunately, it can often be very frantic.

Tight work deadlines as office workers try to clear their desks, long hours for people in shops and customer service professions, frantic shopping and family tensions can all mean the "holiday" period turns into anything but a holiday!

I hope you can find time and space to relax and be calm amidst all the noise of Christmas.

And if it all becomes very stressful, you know where I am. Let me know if you want to escape to my therapy room for a blissful and relaxing massage with a lovely blend of essential oils.

## Aromatherapy massage gift vouchers

Looking for a last-minute gift idea? Look no further. **elementals** is now offering aromatherapy massage gift vouchers. These are available for any amount that you wish more than the €10 minimum.

Email [hazel@elementals.lu](mailto:hazel@elementals.lu) if you would like to buy one.



## Will you recommend me?

If you have enjoyed your massage treatments, would you be willing to write a short recommendation that I could publish on my website or Facebook page?

A sentence or two would be great and I could post it using your name, initials, or anonymously as you wish.

Potential clients always like to see some honest recommendations especially for a personal treatment such as this. I am sure they would like to hear your feedback. Please just email me your recommendation at [hazel@elementals.lu](mailto:hazel@elementals.lu).

Thanks in advance for your support!

SPECIAL DISCOUNT



### Refer a friend and earn a €20 discount!

From January to March 2019, I am offering a €20 discount on your next session if you refer a friend who comes to **elementals** for an aromatherapy massage.

Ask your friend to mention your name when they email me and I'll confirm your discount as soon as they have had their session.

So far, many of you have spread the word and referred your friends, neighbours and loved ones to me. Now the practice has turned professional, I am delighted to be able to reward your kindness with a tangible gift.