



# HOLISTIC HEALTH AND FITNESS

7501 Murdoch Ave.  
Shrewsbury, MO 63119  
314-647-3999

## January & February Specials

### What's New in 2018?

- Announcing Six Visit Packages for massage & bodywork
  - Available for both sixty and ninety minute sessions
- Mix and Match Types of Bodywork in Prepaid Sessions
  - Buy a package of one-hour sessions: Choose from Massage, Bodywork, Cranial Sacral & Reflexology
- Power Plate: 15 minute sessions now available
  - Available for sessions with and without instruction



**Six Visit Discount  
Massage Packages**



**MIX  
AND  
MATCH**  
Bodywork

### \$10 Off All Package Specials

Save on 3, 6, & 9 packs  
Massage  
Bodywork  
Reflexology  
Colonics  
Acupuncture



### New Client SPECIALS

New to Massage? 1<sup>st</sup> Session \$50 (1 hr)

New to Colonics? 1<sup>st</sup> Session \$55

New to Naturopathy? 1<sup>st</sup> Session \$90

*Current Clients: Get \$10 off by referring a friend.  
Make sure they mention your name at first appointment.*