



# AVETA Goddess News

Beauty, Body & Soul Mobile Pamper Packages

## AVETA GODDESS JUNE DEALS

### *Winter Immune System Boost - Aromatherapy Massage*

Goddess, treat yourself to a sniffle-free winter! Try our Aromatherapy Massage with our special blend to boost your immune system.

You can relax while our unique blend of essential oils – Lemon, Lavender, Eucalyptus and Geranium – perform their magic on your body, leaving you feeling refreshed and revitalised.

Book 2 x 1-hour massages and pay only \$170 (RRP \$180)

### *FREE Yoga Upgrade*

Yoga is the most powerful form of meditation/exercise that can boost our self image. The practice of yoga is not about forcing our bodies into specific poses, but accepting our bodies as they are, as well as how unique we can all look – even while doing the same pose.

Try a FREE 30-minute Gita Session with your friends when you book a pamper package for 6. Our Yoga Instructor will show you basic yoga poses that you can do on your own at home. This package includes a written guide to performing the poses so you can make this wonderful practice a part of your life... try it, Goddess, it will make you feel fantastic!

To take advantage of either of these 2 great offers phone us on 0409 654 448 or contact by email [mail@avetagoddess.com.au](mailto:mail@avetagoddess.com.au)

This newsletter is distributed every 6 weeks, unless you wish to [unsubscribe](#).

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## Goddess Body Image

How do you feel about your body, Goddess? Yes, we've heard that we can't all have perfect bodies and we just have to live with the one we've got. Well, that's fine but it can still leave some of us accepting how we look, but not necessarily loving it. Studies have shown that a positive body image is not necessarily connected with body weight and size. A positive body image arises when a person feels good within their body.

Engaging in activities that are good for our bodies makes us feel good. Our bodies produce "happy hormones" when we act with our general well being in mind. Remember how great we feel after a bike ride or a really good burst of laughter or even after a good sexy session with our loved one? These feelings of well being greatly boost our self-image because they tell us that our imperfect bodies can make us feel perfectly fine. The trick is for us to incorporate enough of these image-boosting activities into our daily lives.

So, beat the winter blues, get out there and do something good for your body. The more you look after your body, the better you will feel about who you are and how you look. And remember, if you fail one day, there's always the next one to pick yourself up again. You will be amazed at the difference a good body image makes in your love, work and day to day life.

**Tip:** Rose Quartz is known as the Venus stone ruling Love, Relationships and Self Image. Used for jewellery or as a meditation stone, Rose Quartz warms our hearts with positive, loving feelings about ourselves. It also attracts love into our lives or helps us remain loving in our present relationships. A Gem for a Goddess!

*"It doesn't matter that we learn a big lesson once, it matters that we learn the small lessons day after day for an entire lifetime"*  
(Anne Carpenter, Yoga Instructor)

## AVETA Goddess

Beauty Therapy • Massage Therapy • Soul Therapy  
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