



# AVETA Goddess News

Mind, Body, Soul Pamper Packages

## AVETA GODDESS MARCH DEALS

### **New Therapy! – Goddess Pedi Pamper**

This is the Pedicure to die for!!! Immerse your feet in a basin of warm water sprinkled with rose petals, and sink into a relaxing state while our therapist gives you a one-hour pedicure fit for a Goddess!

Our therapist will come to you to give your feet the same cleansing and soothing treatment you'd normally associate with a facial. Two separate masks are gently massaged into your feet leaving them feeling soft, smooth and totally rested. You can then have your toenails cleaned and polished while sitting on your favourite chair in the comfort of your own home or office.

\$85 per person (one hour individual treatments avail only)

### **Shiatsu To Go**

Shout yourself a full body Shiatsu massage at your home or office for \$80 per hour. Shiatsu aligns the energy in your muscles and meridians leaving you feeling relaxed and balanced. Our specialist shiatsu therapists can easily set up in any home or office, all you have to do is lie down and relax. Every Goddess deserves this and it's not too hard to schedule if you want to feel fantastic!

### **Shake Your Body, Clean Your Chakras**

Have you tried the Chakra Opening Dance? It's a funky routine that you can learn at your Aveta Party and then do every morning to open up your inner Goddess. Learn moves that enliven the energy in all your chakras leaving you feeling energized and ready to face the day.

To take advantage of any of these 3 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](#).

Issue 4, March 2004

## Love Your Body Goddess!

What makes you feel beautiful, Goddess? What makes you look at yourself in the mirror and feel fantastic? The world out there seems to think that only the young, slim, polished and perfect women are beautiful. These airbrushed women are glorified and made to look happier, healthier and even richer than the rest of us! Net result: a world full of women dissatisfied with our looks and wishing we were someone else.

Well, the world has to change and it can start with you, Goddess! Start looking at yourself in the mirror and see what you do have, rather than what you don't have. No one is perfect, not even the models in magazines... they have computer graphics to thank for their perfection. So, don't give yourself a hard time for just being You.

The trick is to learn to love yourself as you are. Remember that you are beautiful in your own way and if you don't see it, then others won't either. Your inner feelings about yourself are reflected in your appearance. The best thing you can do for yourself is to start loving your body as it is because your body holds your perfect soul.

With all the demands of life, work and family, it's easy to forget to do something good for our body. The easiest way to look after our bodies is to develop a good maintenance habits. How about getting yourself a manicure and pedicure once a month: it feels good and it looks great! Or, have your favorite massage once a month. It's amazing how one hour of indulgence can make you feel so much better about yourself. This isn't just pampering... it's maintenance, Goddess!

### ★ Goddess Tips

*Hot days, shoes and rushing around equals feet that smell. Try spraying some Patchouli oil (*Pogostemon cablin*) on your feet or put one drop of patchouli on your shoes to keep the smellies away.*

## AVETA Goddess

Massage Therapy • Clairvoyant Therapy • Beauty Therapy  
[www.avetagoddess.com.au](http://www.avetagoddess.com.au) • [mail@avetagoddess.com.au](mailto:mail@avetagoddess.com.au) • 0409 654 448