



# AVETA Goddess News

Beauty, Body, Soul Pamper Packages

Issue 9, March 2005

## AVETA GODDESS MARCH DEALS



### New Therapy Waxing

All Goddesses need some help with waxing now and then. Pamper yourself with your own personal waxing session with one of our qualified therapists in the privacy of your own home.

Or better yet, get a full beauty treatment including a facial, manicure, pedicure and waxing (2 areas only) for half an hour each.

You receive a 10% discount and the beauty pampering session that covers all the basic essentials for your final summer blast!

To take advantage of this great offer phone us on 0409 654 448 or contact us email:

[mail@avetagoddess.com.au](mailto:mail@avetagoddess.com.au)

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

## The Gift of Life

This year began with a huge outpouring of generosity for the Tsunami victims in Asia. We all dug deep into our pockets and offered whatever we could to help the communities devastated by the deluge. Our empathy and generosity has been wonderful.

But let's take things further Goddess... if you are reading this, then you are still alive unlike the 200,000 plus souls who left us on December 26th. Therefore, you still have the gift of life that was so brutally taken away from these souls.

What are you doing with your gift? Are you making the most of each day you are alive? Do you consider yourself lucky to still be alive? If not, then what are you doing with this life that you still have? Are there any ways in which you can make your life better, more worth living?

The tsunami tragedy can be meaningless to you unless you ask yourself these questions and start to do something about it. It becomes just another event that happened miles away which doesn't affect you apart from a few dollars from your hip pocket. You have been given a precious gift, Goddess... don't waste it!

*"If for an instant God were to forget that I am a rag doll and gifted me with a piece of life, possibly I wouldn't say all that I think, but rather think of all that I say."*

*Gabriel Garcia Marquez*

### ★ Tip for the Kitchen Goddess - make your own yoghurt

*Boil 4 cups milk in a pot and let it cool to room temperature. Then pour the milk into another bowl and stir in 1 tbsp store-bought yoghurt (to create the culture) until it is completely blended. Cover the bowl and leave it in a warm place overnight. Shake the bowl gently. If the liquid is firm, then your yoghurt is ready. You can store it in the refrigerator. For a healthy snack, add dried fruit and nuts to your yoghurt.*

## AVETA Goddess

Beauty Therapy • Body Therapy • Soul Therapy

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