



Hi Everyone

Time to catch up on news from me here at Carolyn's on Parkland.

Spring is just around the corner and what a difference that makes to how we feel. What a great time to have a spring clean and look ahead to a wonderful summer. This is always a good time to look at setting some goals, whether it be, losing weight, getting fit, planning summer holidays or making plans for the future. It's also a great time to clear the body of ailments, toxins and general aches and pains we tend to accumulate over the winter months.

It is so rewarding to see people benefiting from my treatments. I have people come from all walks of life, who are suffering from depression, lack of movement in the body, lack of energy and the usual physical injuries, mental and emotional stresses of daily life. We all have issues in our lives that confront us. Often we store these stresses in our body, so my work helps you to release in a gentle and safe way what ever is causing the "pain".

Regular treatments are the best preventative measure. People sometimes come only when they have a problem. They could avoid this happening if they took a little more care to look after themselves. We service our cars and do repairs and maintenance on our houses, so why not do the same for our bodies?? Don't just make your treatment a "treat" when you can feel good all the time.

To ensure you can afford to take care of yourselves I am happy to offer you again a discount on treatments until the end of the year.

Massage treatments:

2 hour massage only \$80 normally \$99.00.

Book two treatments and pay only \$75 for each treatment.

Plus 1.5 hour treatment only \$70 normally \$79.

(NB: a cancellation fee may apply if I am not advised of your cancellation at least 24 hours prior to your treatment).

Recently I went to a women's business seminar which had some great speakers and here are a few pearls of wisdom I thought were very helpful in keeping a positive outlook on life.

- Wealth starts with what's going on in your mind
- Attitude determines Altitude
- Life is too short to spend time with people who lower your self esteem
- It's not how you fall it's how you choose to rise again

B&B business is started to pick up again with the rugby world cup around the corner, tourists planning their trips to the beautiful Coromandel and people organizing their summer holidays. Some come here also just for "time out" and enjoy having treatments to relax and rejuvenate. With only one guest room you are guaranteed to have your own space and privacy. The guest room flows out to a large sunny deck, the spa is a soothing treat and yummy home baking is always welcome, not to mention a treatment or two to make your stay that much more memorable. Bookings for long weekends and special events are always popular, so make sure you book well in advance to avoid disappointment.

SCALLOP FESTIVAL

17th September is the date for the scallop festival this year. A great weekend with food, competitions, entertainment and loads of laughs. Come and see Traceylee Hooton cook off against Ray McVinnie and Bonnie Muirhead runner up on the TV series Hell's Kitchen. Bands playing, include Ddub, The Recliner Rockers and the Phil Edwards Band.

Dress up and win prizes for the best fancy dress and find out who has the world's best scallop recipe.

Tickets are available through the I site Ph. 07 866 5555 or email info@whitianga.co.nz.

I look forward to keeping in touch. Please feel free to contact me if you have any queries or would like to make a booking.

Warmest regards
Carolyn Evans

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