

SPECIAL POINTS OF INTEREST:

- **Specials**
- **Health Tips**
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- **Testimonials**
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- **Up Coming events**
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- **Staff**
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June/July Newsletter

Cool off with a cold stone massage with Katie. 1/2 hour special for \$35.00 -Add a back facial for \$10.00

Ear candling can help with migraines, sinus, headaches, bronchitis, ear infections and hearing losses. \$20.00

After several sessions of Ear Candling, many people have reported not needing their hearing aides, others were helped with sinus and allergy symptoms or the ticking, buzzing, ringing, and/or itching of their ears stopped.

PEDICURES (\$35) and MANICURES (\$15 or \$25)!

Barb is here on Mondays 8:30-10:30, Thursday 9:00-12:30 & Fridays 9:00-12:30 and some Saturdays.

Come in for your first massage with Debbie and get \$15.00 off your next Appointment. Can't afford massage? Do you have FLEX spending?

1 Hour Facial with Crystal \$40.00
Get ready for summer! Bikini wax special \$25.00!

Have your doctor, chiropractor, even your dentist write you a prescription for a message and insurance will cover it. Start feeling better today!

Start thinking now about putting Money away into your flex spending account for massage therapy! You are allowed to do this! We have clients that do this and then get reimbursed.

Start thinking about putting some away for massage therapy.

Add an eye brow wax to any massage for \$6.00!

Health Tips

Eat healthy this summer! Have you ever tried Greek yogurt with a fresh berries and a drizzle of honey? Yum! Or make your own hummus and spread it on sandwiches in place of mayo.

Home Pampering between your appointments.

- Fill a large footbath with lemon slices and fresh mint.
- Be sure to exercise between massage appointments. Massage is in a way like exercising because they both provide good circulation and keep the lymph system healthy which prevent disease.

Don't forget about the Cheesehead Chase! PPMT will be there providing massage for all the runners!

Awards

Katie was just voted 1 of 10 Top Young Professionals of Sheboygan County by Coastal Connections for her continued service to the community. Congratulations & Thank you Katie for all you do!

Testimonial:

This week I came in to see Katie for an injury in my leg that was keeping me from running. She told me after 2 treatments I would be better. After one treatment I was fine and didn't need the second appointment. Thank you, Glenn Thiesenhausen



Caption describing picture or graphic.

Visit Us on Facebook

Visit us on facebook and tell us about your awesome experience and we will send you a \$5.00 off coupon.

Refer a friend and get a \$10 coupon!

Have your daughter's next Birthday party at PPMT! 15 minute stations are set up where they can have a natural facial, foot treatments, hand & arm massages. They can even make chap-stick or lotion from Olivu! Call to book your special day!

Gift Certificates are available for all special occasions!

We also do bachelorette parties, please call for more information.

Staff at PPMT

Katie Henning-Massage Therapist/Owner

Debbie Brown- Massage Therapist

Crystal Wagner- Esthetician

Barb Webb- Nail Technician

Charna Schwartz- Massage Therapist

Dana Gumm- Massage Therapist

Kim Simmons- Massage Therapist



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Plymouth Professional
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