

# TECHNICAL ARTISTRY

*customer appreciation night coming saturday, november 20, 5-8pm*



TOGETHER WE CAN MAKE A DIFFERENCE

TECHART TEAM

Help us reach our goal of \$2160. All proceeds will be donated to our local ywca to help fund mammograms and provide counseling for those in need.

## COMING EVENTS



### QIGONG

We are very pleased to bring you, our valued guests, some new and exciting features to our spa.

The first, QIGONG is a chinese technique that can have anti-aging effects, helps blood circulation, improves digestion, helps keep a strong immune system, and promotes energy!!

With the stress of today's lifestyle, we are pleased to be able to offer you a way to relieve daily stress and do something totally and selfishly for you!

Watch your e-mail or check out our web-site for class times.

### ASHIATSU

Coming in November...

**Ashi** - meaning foot & **atsu** - meaning pressure.

This form of massage allows your therapist to use her feet by holding onto and using special bars for stability.

This particular type of massage is great for athletes and those needing a deeper form of massage.



### “PRETTY IN PINK” FUND RAISER

October is Breast Cancer Awareness month and the Techart Team has put forth our committment to make a difference.

Our “pretty in pink” fund raiser gives you the opportunity to make a difference locally. With your \$15 donation, you receive a “pretty in pink” conditioning vial that you can have added to your service, take home and use, or better yet, give it to a friend!

All proceeds go to the Salem ywca to help fund mammograms and provide counseling for those in need.



You'd be pretty pressed to find someone who hasn't been touched by

this disease in some way. I lost my grandmother to breast cancer and as most of you know, Jack lost his mother to the disease six years ago.



I like to believe that the loving spirit of those we've lost are with us everyday, and I am very proud to work with such a dedicated group of individuals who care so much.

Please join us in this fight and help us make a difference right here in Salem.

