

Beauty-full News

Face & Body Bar—Debbie McLaughlin

August 2015

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Dear friends and clients,

Happy Birthday to me!

Well, it's here ~ my birthday month! I love to celebrate my birthday—that special day when I was brought into this world. It's always bittersweet without my love, but I try really hard to continue to make my special day as happy as I know how. I hope you all celebrate your special day as well. And just like Dr. Suess says,

“Today you are you, that is truer than true, there is no one alive, who is youer than you!” Cheers and a toast to all my clients celebrating a birthday this month with me!

As I write this newsletter, I'm getting prepared for another wonderful trip and esthetics workshop from August 1st through the 5th. This one takes me to Phoenix, AZ at the beautiful Sheraton Wild Horse Pass Resort & Spa. I decided to stay an extra day and take a tour of Sedona and its famous Red Rocks, passing through Oak Creek Canyon, traveling the outskirts of the Route 66 town of Flagstaff on the way to the South Rim of the Grand Canyon. Needless to say, I'm SO EXCITED! I'll be sure to share pics of my adventures in next month's newsletter.

Included in this newsletter I've introduced our new FABB Membership Club, which begins August 1st. This makes it FUN, relaxing, extremely beneficial for your skin and affordable for all my clients. Just wait till you see all the goodies and discounts you get for being a member of this club. We are initiating a Monthly Massage Membership as well. Here is an excerpt from the Mayo Clinic on the health benefits of regular massage:

Massage is increasingly being offered along with standard treatment for a wide range of medical conditions and situations. Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain and muscle tension. Some studies have found massage may also be helpful for:

Anxiety, Digestive disorders, Fibromyalgia, Headaches, Insomnia related to stress, Myofascial pain syndrome, Paresthesias and nerve pain, Soft tissue strains or injuries, Sports injuries and Temporomandibular joint (TMJ) pain.

Beyond the benefits for specific conditions or diseases, some people enjoy massage because it often involves caring, comfort, a sense of empowerment and creating deep connections with their massage therapist.

We at Face & Body Bar are always looking for ways to improve our services and bring new events and specials to our clients. Our next event is an Essential Oils free workshop on August 15th. Here you'll learn how to alleviate common everyday ailments the natural way. Then a 3-hour Chakra Balancing and Gong Clearing Workshop will be held in September. Look for more details soon. Hope you're finishing off your summer with some FUN planned! Until next time,

Your favorite aesthetician,

Debbie

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For services and any skincare concerns, contact me at:

Face & Body Bar
Villaggio Plaza
855 East SR 434
Suite 2201
Winter Springs,
FL 32708
407-221-8716





VIP FABB (Face & Body Bar) Membership Club



As promised in last month's newsletter, attached is our new and improved FABB Membership Club with all of its FABB details. So many great benefits to this exclusive club—not to mention the most important benefit to you—your skin will thank you for it!

FABB MEMBERSHIP CLUB

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As a FABB Club Member, you will be treated as a VIP and receive perks throughout the year available ONLY for FABB Club Members:

- ♥ \$10 off any facial geared to your specific skin type each visit; this also includes a complimentary exfoliating enzyme & lip scrub treatment
- ♥ 10% off all skincare products
- ♥ 20% off all waxing services
- ♥ \$50 Gift Certificate in the Month of Your Birthday (to use for yourself or to give as a gift)
- ♥ 50% off any one product the month of your B-day
- ♥ One Free Sauna Detox Session per Month
- ♥ Client Appreciation Luncheon every December
- ♥ Priority Booking
- ♥ Special Member Only Incentives & Discounts on Packages throughout the Year
- ♥ VIP Member Welcome Kit (includes samples & goodies!)

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*FABB Club
Membership—
\$79 Annual Fee*

Face & Body Bar

*855 East SR 434,
Suite 2201*

*Winter Springs, FL
32708*

407-221-8716

Monthly Massage Membership Now Available

First, let's meet Cybelle Kantor, LMT @ Face & Body Bar.....

When we **relax**...we lighten the body. When we **meditate**...we enlighten the mind. When we **heal**...we light up the spirit. These words embody the experience I want each client to have during and after a massage session with me.

I use a variety of different massage techniques and offer several modalities, including Swedish, Deep Tissue, Reflexology, Sports massage, Shiatsu, Aromatherapy and Energy work. My massage is deeply restorative, nurturing and refreshing.



I practice integrative massage, which means I combine techniques from different massage modalities based on each client's needs. Massage can be an effective way of treating chronic pain, injury, stress, anxiety, depression, sluggish circulation, lymph drainage and much more. I am especially interested in the connection between the emotional and the physical and how massage can help release stored emotions throughout the body.

Massage really helps us connect and reconnect back to ourselves by bringing awareness to our bodies and what our needs are. Too often the importance of this connection is neglected. After a massage with me, you will feel alive, connected to your inner self, light on your feet and amazing. My mission in life is to be a facilitator for healing to occur and I look forward to meeting you in my journey.

Love to all. Health to all. Peace to all. Light to all.

Cybelle

In addition to the FABB Facial Membership Club, Face & Body Bar is now offering a monthly massage membership. Schedule and receive a therapeutic massage each month for only \$59.95. For this special pricing, massages must be performed every month and do not rollover to the next month. To book a massage, contact Cybelle at enlightenartinfo@gmail.com or 407-227-2721.



- Crown - Spiritual
- 3rd Eye - Perception
- Throat - Expression
- Heart - Love
- Solar Plexus - Power
- Sacral - Sex
- Root - Survival

Cybelle is also a LYT (Licensed Yoga Teacher) and will be offering workshops throughout the year. Our next one is a Chakra Balancing and Gong Clearing Workshop. These eight energy centers known as chakras not only store our emotional, physical and spiritual experiences, but they also house vital energy to nourish our lives. When we are balanced, these centers are fully open like a flower blossom, but when we are distressed, they are closed tight like a bud. Come join us for this richly balancing workshop, which will be held in September. A definite date will be posted in next month's newsletter. Light refreshments will be served.

Quote of the Month

Ever notice that in the long run
those who don't eventually go "within",
often go "without"?

You've got the power,

The Universe

That's where all the answers lie.



GIFT CERTIFICATES—Gift Certificates make great gifts any time of the year. Treat a loved one to a fabulous Facial and massage designed especially for them. You can call me at 407-221-8716, email me at dmfacials@aol.com, or simply visit my website below to purchase gift certificates online.

I'm on the Web!

www.debbiemclaughlin.skincaretherapy.net

Discover How Essential Oils Can Naturally Reduce Common Ailments—FREE WORKSHOP

- * Muscle soreness after exercise? Deep Blue is the answer!
- * Need immune support? Frankincense or OnGuard Blend can help.
- * Have a headache? Try Peppermint or Past Tense Blend for instant relief.
- * Tummy troubles? DigestZen will help soothe it.
- * Need relaxation after a long stressful day? Diffuse Serenity Blend for a calming effect and restful sleep.
- * Need a mood lifter? Wild Orange or Citrus Bliss to the rescue.
- * Congested or need respiratory relief? Diffuse Breathe Blend or put across bridge of nose for relief.
- * Need some overall health and wellness? Our Lifelong Vitality Pack is AMAZING!

These are just a few ailments that can be helped the natural way using certified pure therapeutic grade essential oils. If you've been wanting to learn more about these amazing "Gifts of the Earth", please come to our FREE workshop. You'll learn where these oils come from, how they work and how to get relief from everyday common ailments. We'll have LOTS OF FUN, door prizes and light refreshments will be served. RSVP to Debbie at 407-221-8716.

WHEN: AUGUST 15th @ 2:00 pm

WHERE: Face & Body Bar, 855 East SR 434, Suite 2201, Winter Springs
(Villaggio Plaza where Senior Tequilas and Salamanders are)

COST: FREE