

# EXPLORE THE BENEFITS OF CUPPING

**FREE CUPPING**  
A \$10 SAVINGS

**SEPTEMBER 10 TO SEPTEMBER 28, 2018**

**CODE: CUP18**

DETAILS: RECEIVE FREE CUPPING (A \$10 SAVINGS) WHEN YOU SCHEDULE A 60 OR 90 MINUTE MASSAGE W/ CUPPING WITH SHERRI FROM SEPTEMBER 10 THROUGH SEPTEMBER 28, 2018

*WHAT IS CUPPING? CUPPING IS AN ANCIENT TECHNIQUE THAT CAN IMPROVE YOUR HEALTH AND PROVIDE NUMEROUS BENEFITS. CUPPING IS USED TO INCREASE CIRCULATION AND RELIEVE BACK AND NECK PAINS, STIFF MUSCLES, ANXIETY, FATIGUE, MIGRAINES AND MORE. ONE WAY TO THINK ABOUT CUPPING IS THAT IT'S THE INVERSE OF MASSAGE. RATHER THAN APPLYING PRESSURE TO MUSCLES, THE SUCTION (NEGATIVE PRESSURE) IS USED TO PULL SKIN, TISSUE AND MUSCLES UPWARD. THIS IS OFTEN RELAXING AND SOOTHING.*

**SCHEDULE YOUR APPOINTMENT TODAY!**

**952-777-0522**

OR ONLINE AT [WWW.CARINGPALMSMASSAGE.COM](http://WWW.CARINGPALMSMASSAGE.COM)



**JOYFUL SPIRIT**  
*Massage & Wellness*

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