

Greetings from Serenity Health Spa!!

As we are winding our way through the endings of another Summer, Fall is reminding us of the beauty that lies ahead. The trees are beginning to change to vibrant colors and the smells of Fall are upon us.

Speaking of smells.....we are very excited to announce the addition to our spa menu of Raindrop Therapy, Young Living Essential Oils and these beautiful Essential Oil Pendants and Bracelets by LauraMaree!!



We can order your favorite Young Living Oil to drop on your pendant and you'll have your favorite, healing scent with you all day long!!

Schedule a time to come in for a Raindrop Treatment and pick out your favorite jewelry and oils too!! Christmas shopping is just around the corner and these make GREAT gifts!

Raindrop Technique is a non-invasive treatment of aromatherapy, gentle massage and moist heat using therapeutic grade, Young Living essential oils. These oils are applied to the feet and spine like drops of rain and then worked into the spinal muscles.

The benefits of Raindrop technique go well beyond the physical benefits of massage. Since its adoption in 1989, users all over the world have reported benefits of relaxation, emotional release, tissue cleansing and help with spinal misalignments.

Some of the many benefits of Raindrop Technique:

- Reduces pain and inflammation
- Improves circulation
- Helps prevent the bacterial and viral causes of spinal misalignment
- Helps relieve stress
- Improves immune function
- Facilitates the release of pent-up emotions

Raindrop technique can not only help relieve pain and restore immediate physical well-being, but it can set in motion healing processes that will last for weeks or even months.

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