



## Take Time to Unwind

Give yourself a spring cleaning so you'll feel as good as you deserve. We offer Swedish, Custom Tailored, Deep Tissue and many more massage styles.

A Chocolate, Calm Skin, Firm Skin or any of our other facials, using the best and most natural products, will help your skin recuperate from the winter.

Come in to relax, recover and rejuvenate.

## Chakra Healing Massage

Chakra Healing Massage is a healing session that includes a combination of techniques intended for opening the individual Chakras for personal transformation and healing. Techniques include Energy healing, Acupressure, and treating the Governing Meridian Line mixed with some Deep Tissue Massage.

Each session is tailored to the individual and their needs. Chakra Healing Massage is great for releasing the effects of past trauma. It works on getting to the deep emotional issues that exist in the body and can help you heal them.

**90 min: \$120**

## Don't Miss the Next Healers and Readers Smorgasbord!

Celebrate the Pink Full Moon with us at Inner Peace with an evening of healing and insight!



We will have several phenomenal Readers and Healers. The cost is \$35 and you will have the choice of 3 sessions. The sessions with last 10-20 minutes. There will be Psychic Medium readings, object and picture readings, Reiki, Quantum Touch, Zen Head Rubs, past life messages, and all kinds of card readings - Tarot, Angel, Animal Spirit Guides, etc.

There are limited tickets, and the services are first come first served.

**Time: 5:00 p.m. - 9:00 p.m.**

**Date: Friday, April 22, 2016**

**Location: Inner Peace Holistic Center**

[Reserve your spot online.](#)

## Problem-Free Skin in a Bottle

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### SOCIAL MEDIA



Inner Peace Holistic Center now carries Eminence Organics' Clear Skin Willow Bark Exfoliating Peel.

This is a nut and gluten-free vegan deep-cleansing and clarifying professional peel solution for problem skin types. Clarify and refine the complexion without irritation while reducing the appearance of problem skin. Gentle salicylic acid removes surface impurities and dirt from the skin allowing the synergistic action of biosulphur and tomato extract to help balance sebum. Willow bark calms the look of skin while lilac and azelaic acid help to reduce the appearance of redness and inflammation. The peel reduces pore size and skin is left feeling clear, smooth and revitalized.



Regular use of this peel will improve problem areas, minimize pores and noticeably smooth and soften skin.

The Clear Skin Willow Bark Exfoliating Peel, along with other Eminence Organics and Sebastian Rey facial care products, are available at Inner Peace Holistic Center.

[Shop online.](#)

## Inner Peace Holistic Center Gives Back to Cincinnati



Inner Peace Center participated in Give Back Cincinnati! Jackie, Juliana, and Beth spent a morning last week at an elementary school teaching students the dangers of skin cancer and how to prevent it. Students were instructed on how to wash their faces, and the importance of sunblock, sunglasses, and wearing hats to protect themselves. Each student received a bag including sunblock, sunglasses, and a baseball cap.

