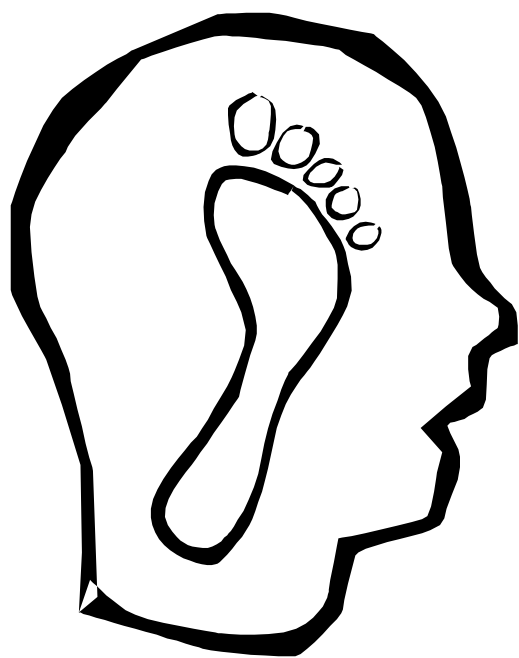


# Do you have PMS and cramps? Menopause and stress? Learn how Reflexology can help you.



Mark your calendar:

May 13th - Relieving Cramps & PMS

*Bring the Moms in your life*

**RSVP By May 12th**

**(818) 248-5500**

[www.TuscanySkinSpa.com](http://www.TuscanySkinSpa.com)

**Saturday May 13th at 10:30am**

**Taught by Rhio Blair, Reflexologist**

TUSCANY SPA

*Skin & Body Clinic*

**2210 Florencita Ave., Montrose**

North of Honolulu Ave & Montrose Shopping Park,  
Between Oceanview Blvd & Montrose Ave

Tuscany Spa is hosting a  
**FREE SEMINAR**

*Reflexology - The Art of Pressure Point Foot,*

*Hand & Ear Massage*

In this seminar, learn how to use  
reflexology on yourself and loved ones to help  
relieve PMS, cramps, menopause and stress.

Light Refreshments will be served

*Please RSVP because our space is limited.*