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FOR IMMEDIATE RELEASE

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KNOW THYSELF HEALING CENTER CELEBRATES ONE YEAR

(Greer, South Carolina) Know Thyself Healing Center now located at the Cottage Salon and Day Spa at 215 Memorial Drive, opened its door in Greer on August 15, 2008. Diana Charles, owner of ***Know Thyself Healing Center***, is a licensed massage therapist in South Carolina, a certified member of Associated Bodywork and Massage Professionals, and is nationally certified in Therapeutic Massage and Bodywork.

Know Thyself Healing Center services include therapeutic massage, Ionic Foot Detox, and several energy bodywork modalities. Her massage therapy integrates Swedish Massage with deep tissue, neuromuscular therapy, hot stones, and myofascial stretching, a combination that is just right for the individual client, whether male, female or prenatal mom.

Diana Charles is a practicing *Usui/Tibetan Reiki Master* and *Karuna Reiki© Master Teacher* licensed by The International Center for Reiki Training. She provides both Reiki healing sessions and all levels of Reiki and Karuna Reiki© classes. Other biofield healing modalities offered are Seventh Sense™ Healing, Reconnective Healing© and The Reconnection©. As an integral part of helping her clients achieve balance in their lives, Ms. Charles also offers constitutional assessments and herbal Traditional Chinese Medicine (TCM) from Natures Sunshine Products.

Diana Charles, owner of ***Know Thyself Healing Center*** stated, "Opening a new business at time of economic downturn has not been easy, but I am grateful to be of service to so many wonderful people in the greater Greer area."

Know Thyself Healing Center is offering an Anniversary Special; a 90 minute massage for the price of a 60 minute massage. This is a savings of \$20. Appointments are available; please call to schedule yours today.

For more information on ***Know Thyself Healing Center*** call Diana Charles at 864-905-4407, email Diana@knowthyselfhealingcenter.org, or visit the website www.knowthyselfhealingcenter.org.

For more information on Greer Station, Greer's Hip and Historic Downtown, please contact the Greer Development Corporation at (864) 416-0125, or visit their websites at www.greerstation.com or www.greerdevelopment.com.

The Greer Development Corporation is a non-profit organization established to promote and enhance economic growth and development in the Greer community. GDC is a 501c(4) public-private partnership focused on business recruitment and retention activities, targeted marketing, and product development.