

### Pilates

Exercise routine of stretching and strengthening the body through coordinated breathing techniques. Pilates has proven beneficial for the rehabilitation of injuries and slowing down osteoporosis. It also develops sleek and functionally strong abdominal muscles, as well as a strong and supple back.



### Meditation, Yoga and Pilates Classes:

One-on-One Class	45 Min	\$ 70
Package Of Five Classes		\$ 325
Group Class	45 Min	\$ 12
Package Of Five Classes	45 Min	\$ 50

### FACIALS

#### Rejuvenation Facial

Erase any signs of aging by firming and revitalizing the skin with all natural products. The facial leaves the skin soft and radiant. It encourages new skin growth and diminishes wrinkles.

#### Acne Treatment Facial

The acne facial is an effective deep cleaning and purifying treatment for blemished skin. It soothes inflammation and controls all discomfort.

#### Acu-Facial

Combination of face massage, acupuncture point and herbal masque is used to smooth the fine lines and rejuvenate the skin.

### All Facial Treatments:

45 Min	\$ 75
Package Of Five Treatment 45 Min	\$ 350

### BODY CARE

#### Herbal Body Wrap

The herbal body wrap detoxifies the body and opens up the pores. It stimulates the sweat glands and improves blood circulation. It helps to lose inches.

### VACCUUM THERAPY AND CELLULITE REMOVAL

#### Vacuum Therapy

This therapy eliminates cellulite and firms the body without the surgery. It is an effective therapy to tone the

skin. This treatment is generally applied to face, breast, and the waistline.

60 Min	\$ 75
Package Of Five Treatments	\$ 350

### MICROPIGMENTATION

Micropigmentation is not a fad but the cosmetic line of the future. Imagine having perfectly designed eyebrows, gorgeously defined eyes, and sensational looking lips, which last not just for a day - but for years!



Permanent Make Up:  
Eyebrow, Lip, Eye 90 Min \$ 300

Paramedical Micropigmentation  
Paramedical micropigmentation can camouflage the scars from accidents, burns or surgery by restoring the natural skin coloring.

Tailored treatment for each individual upon consultation.

### DEPILATION

Complete Leg Depilation	60 Min	\$ 65
Partial Leg Depilation	40 Min	\$ 40
Arms	40 Min	\$ 35
Underarm	20 Min	\$ 20
Full Face	40 Min	\$ 30
Upper Lip	10 Min	\$ 12

### THREADING

Threading is a convenient, professional and painless hair removal system to eliminate hair as permanently as possible. It's a less common method in the West for removing hair at the root and is used primarily on facial hair. Rows of stray hairs are yanked out with twists of cotton thread.

Face	40 Min	\$ 30
Upper Lip	10 Min	\$ 12

### VEDIC PALM READING

Palm reading is an ancient art and science. One's emotional tendencies, social attitudes, conscious awareness and subconscious fears, blockages and strengths can be understood in great detail through this in-depth system.



Session	30 Min	\$ 75
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### HYPNOSIS

A state of heightened awareness and focused concentration that can be used to manipulate the perception of pain, to access repressed material and to re-program behavior.

Session	45 Min	\$ 130
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### GIFT CERTIFICATE

Gift Certificates can be purchased for a specific service, treatment and product in any dollar amount.



*It is your birthright to be healthy,  
filled with vitality and life energy.*

*We are here to assist you in  
claiming that birthright.*



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## HOLISTIC THERAPIES



### Acupuncture

A 5000 year old ancient system of Chinese medicine that views health as the balance within an individual's healing energy, or chi. Hair fine needles are inserted at specific points along the meridians to stimulate, disperse and balance the flow or energy. As a result, it relieves pain, illnesses and injury. Acupuncture treats variety of chronic, acute and degenerative conditions.

### Ayurveda

Science of healing and life based on ancient knowledge which aims at restoring and maintaining health naturally and establishing stability and well being. Patients are classified according to three metabolic body types: vata, pitta and kapha. Natural means of disease prevention including herbs, oils, minerals, heat, water, massage, yoga, meditation, elimination therapy and counseling are recommended according to body type.

### Homeopathy

A therapeutic system of medicine that is based on the principle of similar-like cures which means that a substance that can cause certain symptoms in a healthy person can cure similar symptoms in an unhealthy person. Homeopathy aims to aid and stimulate the body's own defense and immune processes. This holistic approach treats a wide range of medical conditions, such as physical and emotional problems.



### Herbal Medicine

This is a complete holistic system of medicine, which uses the healing properties of medicinal plants. Each patient is treated on an individual basis, according to his needs. This approach is experiencing a huge resurgence as consumers seek out alternatives to synthetic, costly and potentially harmful drugs.

### Aromatherapy

A complementary therapy based on the healing properties of essential plant oils. Aromas of pure essential oils, extracted from plants, are used to relax, balance and rejuvenate the body, mind and spirit. Aromatherapy helps improve the quality of life on an emotional, physical and spiritual level.

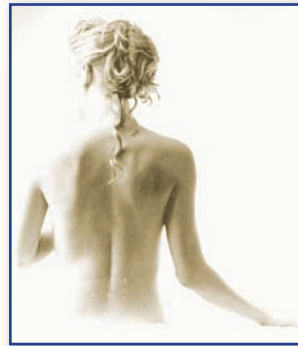


All Holistic Therapies listed on the left:

Initial Visit	90 Min	\$ 120
Follow Up Visit	45 Min	\$ 75
Package Of Five Follow Ups		\$ 300

## CRANIOSACRAL THERAPY

This is a manual therapeutic procedure for remedying distortions in the structure and function of the craniosacral mechanism—the brain and spinal cord, the bones of the skull, the sacrum, and interconnected membranes. It is used to treat chronic pain, migraine headaches, TMJ, and a range of other conditions. It also will reduce tension and counteract any physical trauma you may have experienced.



## REIKI

Reiki is a system of enlightenment and a hands on healing therapy. It is an art that uses light touch from the practitioner to channel healing energy to the recipient. Used to relieve physical and emotional pain and to promote spiritual clarity, Reiki also speeds the healing process and balances the body's energy.

Craniosacral Therapy and Reiki Treatments:

55 Min	\$ 75
Package Of Five Treatments	\$ 300

## MASSAGE

### Shiatsu Massage

A Japanese bodywork technique of acupressure used on pressure points to improve energy flow. It can be helpful for sport injuries and stress-related conditions. Shiatsu helps to revitalize the balance of the immune and endocrine systems and to stabilize energy flow.

### Deep Tissue and Neuro-muscular Massage



awareness are balanced, and elasticity is revived.

Frees congestion of the muscle attachments. Deep work brings about realignment of postural distortions and restores proper range of motion. Liberation of emotional tensions may also result. Muscle function and



### Prenatal Massage

Prenatal massage therapy focuses on the special needs of the mother-to-be. It can alleviate the stress on weight-bearing joints, like the knees, which are impacted by the extra weight of a growing baby. It provides relaxation by relieving stress on joints, eases neck and back pain, helps to keep good posture and relaxes and provides flexibility to birthing muscles. This massage reduces swelling stabilize hormone levels, and relieves nervous tension and fatigue throughout the body.

Shiatsu, Deep Tissue and Prenatal Massages:

55 Min	\$ 80
Package Of Five Treatments	\$ 350

### Infant Massage

Gentle soothing strokes and pressure applied to the baby's muscles promoting relaxation, digestion and weight gain. It improves baby's sleep and lessens irritability. It also relieve the symptoms of gas and colic.

### Swedish Massage

A classical European massage technique that is used to improve circulation, relieve muscle pain and tension. It also increases flexibility and induces relaxation.

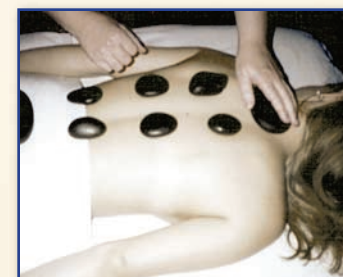


### Tension Relieving Head Massage

Combination of Reiki, Acupressure and Craniosacral therapy is used to ease all the tension and the stress in neck, head and the face.

Infant, Swedish and Tension Relieving Massages:

55 Min	\$ 75
Package Of Five Treatments	\$ 300



### Hot Stone Massage

This therapy employs a technique that uses smooth, heated basalt stones, which are placed on specific acupressure points on the body, to melt away knots, tension and stress. The hot stone experience relieves pain, promotes harmony, balance and peace.

55 Min	\$ 90
Package Of Five Treatments	\$ 400

### Thai Massage

Thai massage is an ancient holistic therapy which is like yoga combined with acupressure. It uses a wide variety of stretching movements and pressure points to produce a uniquely relaxing yet energizing and highly effective therapeutic treatment. It promotes wellness and vitality by helping the body return to a state of balance, harmony, flexibility, and health.

55 Min	\$ 100
Package Of Five Treatments	\$ 450

## FOOT AND HAND TREATMENT

### Reflexotherapy

Applying pressure to specific points on the feet in order to ease pain, relieve tension, and restore energy.



### Special Foot Treatment

After soaking the feet in warm water, a delightful massage is applied on the feet, followed by a paraffin bath, to reduce tension.

### Special Hand Treatment

Hands are soaked in warm water and essential oils to reduce tension. Moreover, a delightful massage is applied, followed by a paraffin bath, to vitalize and soften hands.

Reflexotherapy, Special Foot & Hand Treatments:

45 Min	\$ 60
Package of Five Treatment	\$ 250

## CLASSES

### Meditation

The scientific means of contacting one's soul and of eventually becoming at-one with the soul. A mental technique, meditation helps to focus and calm the mind, creating a restful state of physical being.

### Yoga

Yoga is an ancient Indian mind/body practice, which traditionally prescribes physical postures and movements (asana), breathwork (pranayama), diet, ethics, concentration and meditation in order to live skillfully and to achieve emancipation (samadhi). Gentle postures stretch and tone muscles, joints, organs, and glands. Yoga helps relieve physical and mental tension to achieve greater health.

