

# Wellness & Beauty

Every facet of daily life is aligned with the purpose of nurturing health, harmony, and spiritual growth and provides a complete experiential education in holistic living.





### **RELAXATION MASSAGE**

A flowing and soothing massage which assists circulation, allowing you to achieve total serenity.

### **DEEP/STRETCHING MASSAGE**

Concentrated on deep muscle tissue and fascia, enhancing circulation, reducing emotional stress, leading to renewed energy for the body and spirit.

### **BACK MASSAGE**

This massage incorporates slow, firm palm movements to manipulate muscles and joints and focuses on back and shoulders.

### **MANICURE AND PEDICURE**

Complete care for the hands and feet: nail polish application and moisturizing cream to protect the cuticles, while also nourishing the hands/feet and nails.

### **Hairdresser**

Discover hairstyles to inspire you and mix up your look depending on your mood.

