

Experience The Natural Way

Helping you feel relaxed and rejuvenated



Aromatherapy Spa Facial - for men and women

Spring is around the corner; I like to think of this wonderful time of the year as a new beginning, a rebirth, of good times ahead. Of warmth and bulbs breaking through the ground. Watch for the snowdrops, and the crocuses, which are also beginning to open up.

Now is also an excellent time to prepare your skin for the fun days ahead, when we are outside and enjoying good weather and wanting to look our best.

It's all about YOU,

Your face is a portrait of your personality and the first thing people notice about you.

So what can we do to help ourselves celebrate our individual beauty?

There are some things we have no control over:

- Natural Aging
- Climate, Sun, Humidity, Temperature, Wind
- Pollution - Air

Then they are some things we do have control over:

- Stress
- Nutrition, Water
- Exercises
- Sleep

Benefits of a Spa facial:

- To visually slow down the aging process, by reducing the appearance of fine lines and wrinkles
- Hydrate - rejuvenate
- Improve skin texture
- Feel and look radiant
- Reduce Stress and feel relaxed

Close your eyes and imagine yourself on a beach, with the sound of gentle waves and a warm breeze blowing. Imagine having your hands, arms and neck and shoulders massaged using wonderful aromatic oils while you relax and drift away.

Your personalized facial begins with the Skin D.R., to determine your skin's texture and appearance, followed by cleansing and exfoliating with jojoba beads, ginseng and chamomile to gently remove dead skin cells and accelerate natural exfoliation. A gentle facial massage and acupressure follows, using essential oils, specific for your skins needs to stimulate and improve circulation, while removing toxins. While a gentle spa and masque are applied, your tired hands, arms, neck and shoulders are massaged.

Listen to the music, smell the aroma, feel the warmth, and feel rejuvenated.

An Aromatherapy Spa Facial is not just for pampering, a treat, it is to help you feel and look radiant and to reduce your stress.

You deserve it

Do you want to look and feel as vibrant and healthy as possible?

Inner Health = Outer beauty

Call today to book
Your appointment

Yours in good
health,
Christine



Improved
mental
focus

Pain-free
activity



Aromatherapy
Spa Facial



Reiki
∞



Aroma-
Reflexology



Aromatherapy
Massage



Supplements



Health
∞
Mobility
∞
Serenity



The Natural Way
Helping you feel good naturally

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