

WOMEN'S SELF CARE – SPA DAY

November 4, 2017 – 12:00pm-3:30pm



Today is your day, and you deserve it! Treat yourself to a FREE afternoon of much needed fun and self love! Check out our VIP package!

Pre-Event Treat 9:30-11AM

World renowned Yoga Therapist and author, Dilip Sarkar, MD, FACS, CAP, C-IAYT, will lead a Yoga Therapy workshop on Self Care.

Self Care Mini-Workshops - FREE

- Mini-Facials by Lisa Gilbert
- Make-Up by Amy Laffreniere
- Yoga for Self Care by Bonney Barnes
- Home brewed Kombucha by Victoria Raine
- Breathe Easy with Ayurveda by Mary Johnston
- Creating a Self Love Environment in Your Home by Justine Hernandez
- iTovi wellness scan & personalized essential oil-infused products by Jennifer Harmon
- Sacred Mendhi Henna & Trinity Braiding by AHAVARAS
- Skin So Soft hand treatment by Karen Thomas
- Mini Satin Hands Treatment by Barbara
- Protein Punch by Dedra Moon

VIP

Pamper Me Package

\$40

Bag of Goodies
Catered Lunch by Bites by JC
Treats by Khadiza's Cucina and bagelNUTZ®
Entry for Raffle - 2-Hour Ayurvedic Spa Treatment
Choice of three 20 Minute Body Therapy Sessions

Chair Massage by Autumn Henderson
Cranial Sacral by Marcia Balobek
Myofascial Release by Sonja Jones-Corrigan
Reiki by Karen Simon
Massage Cupping Therapy by Khadiza Zahra
Infrared Red Heat Journey Attunement by Niqua
Bamboo Fusion Chair Massage by MerySerket Anitefnut

VIP - LIMITED SESSIONS - Requires Advanced Reservation & Payment

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