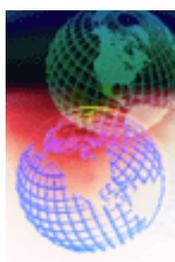
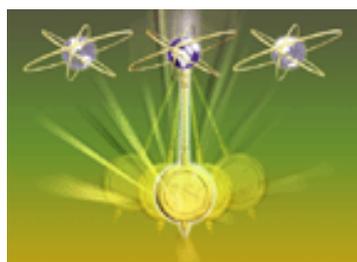
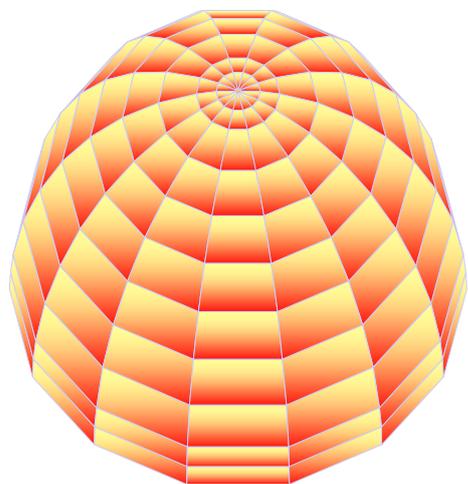


# PASCAS CARE RESORT RETREAT PROGRAMS



**“Peace And Spirit Creating Alternative Solutions”**

**PASCAS FOUNDATION (Aust) Ltd  
ABN 23 133 271 593**

**Queensland, Australia**

**Pascas Foundation is a not for profit organisation**

**Em: [info@pascasworldcare.com](mailto:info@pascasworldcare.com)  
Em: [info@pascashealth.com](mailto:info@pascashealth.com)**

**[www.pascasworldcare.com](http://www.pascasworldcare.com) [www.pascashealth.com](http://www.pascashealth.com)**

## PASCAS INTRODUCTION:

Documents assembled by Pascas are provided for your individual assessment and exploration. The contents are sourced from a variety of avenues and publications. Every endeavour is made to determine that the contents are of the highest level of truth and veracity. At all times we ask that you go within yourself, to ascertain for yourself, how the contents resonate with you.

Pascas provides these notes and observations to assist us all in the development and growth of our own pathways and consciousness. Pascas does not hold these contents as dogma. Pascas is about looking within oneself. Much of what we are observing is new to us readers and thus, we consider that you will take on board that which resonates with you, investigate further those items of interest, and discard that which does not feel appropriate to you.

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Health – Energy Level of Food. From each person’s perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

Contents are not to be interpreted as an independent guide to self-healing. The information sourced herein is not from a doctor or doctors, and any information provided in this document should not be in lieu of consultation with your physician, doctor, or other health care professional. Pascas, nor anyone associated with this document, does not assume any responsibility whatsoever for the results of any application or use of any process, technique, compound or potion as described within this document.

The sources of contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further these sources. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we apologise. In such cases, we will endeavour to make the appropriate notations within the documents that we have assembled as a service via our not for profit arm, to our interested community.

We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Living Feelings First, *John.*



***“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD***

**Pascas Health Resort Retreat Programs** involves three core venues:

- 1. Land based resort venues:



- 2. On Board Cruise Ship venues:



- 3. Coastal camping and caravan lodge parks:



## **OVERVIEW:**

Celestial Cruises plan to augment their product offerings to include a range of specific services to a defined market group. These services will emanate from the Health & Healing Sanctuary located on the Gold Coast, Queensland.

In the first instance the cruises will disembark from the Brisbane terminal whilst the Gold Coast Sea Terminal is being constructed.

## **OBJECTIVES**

To position these pre-marketed, profitable cruise programs as a unique offering to specified markets in order to:

- ✓ Generate interest from spiritual and/or open -minded adults and children to actively participate in metaphysical programs.
- ✓ Select the most suitable `practitioners` to conduct these courses on a repetitive basis or a pool to be selected on a rotational basis as required.
- ✓ All participating Pascas Health participants will conduct themselves professionally and in accordance with the TQM.
- ✓ To provide a variety of programs for cruise passengers so as to engender a good scope of options and maintaining interest that will cater for most tastes / needs.
- ✓ Being a cruise ship there will be an emphasis to keep the programs light and entertaining whilst delivering the appropriate messages.
- ✓ Additional revenue streams will be inculcated into cruise programs via personnel consultations.

## **KEY MARKET SEGMENTS**

Assumption:	Local (domestic)	80%
	Overseas	20%

### **Local Market Segments**

1. Spiritually minded people – vast majority female.
2. Spiritual Church Groups – South East Queensland.
3. Healing Groups – Orion; Chiron and the like.
4. Corporate Sector who are looking for `` sea change``.
5. Anyone who sees themselves as a lightworker, but not affiliated with any group.
6. Complimentary Practitioners.



## PROMOTION & ADVERTISING

To utilise existing marketing strategies and tag on the `holistic` cruises as a unique offering.

This will include additions to existing website.

A separate brochure highlighting the the benefits complete with dolphins, mermaids and stars on the ocean.

To specific groups who may wish to conduct their own conferences whilst partaking in other activities / or value adding the conference with their own teaching modalities and membership / networking opportunities.

### Media Vehicles

Magazines

Elohim

Living Now

Astology Monthly

WellBeing Magazine

Each with existing 1800 number.

### Suggested Headline:

Interested in holistic energy, clairvoyancy, tarot readings and healing and working with professional practitioners and complimentary therapists and want the fun of a luxury cruise liner...then come aboard Celestial Cruise lines.

Limited seating. Book Now on 1800xxxx.

## PROGRAM OUTLINE

All programs and activities are subject to prior approval and may be held in conjunction with set cruise activities.

As previously outlined, popular program activities will be included:

Healing Modules – such as orion; chiron; transference vibrational; diagnostic; kahuna and the like.

Guided meditation under the stars.



Therapies – dance; colour; prayer etc;

Talk on new Health & Healing Centre Of Excellence.

Technology- holographic displays of Centre; human body.

Astrology under the stars.

Learning to read the tarot.

Overhead Clairvoyancy readings.

### **COMPLIMENTARY THERAPY SESSIONS**

Group sessions working on ratio of 1:20

Naturopaths: Learn about your body

Function of the organs

Circulation

Iridiology

Nervous system

Nutrition

Herbs

Aromatherapists: Learn about oils

Massage

Skin etc

Chiropractic: Etc.

Additional revenues to be derived from individual consultations from all participating `staff`.

Programs will be developed in response to market demand and tailored to suit available facilities.



**Pascas Health Resort Retreat Programs**, be they on land in hotel resort settings, camping and caravan lodge parks or on cruise ships, will set the standards for healthy vacations for years to come. Whether you choose our resort in lush foothills or coastal settings of the Gold Coast, Australia, or the island settings of the Bahamas, you have the opportunity to focus your stay on a health related issue – anything from weight loss to smoking cessation and stress management to grief. If you are ready to make the commitment to a healthier lifestyle, we have programs and resources to help as well as the skills to help you with your personal health crisis or concerns.

The Life Enhancement Programs may be a weeklong, in-depth experience designed to guide you through significant lifestyle changes in an inspiring and fun way.

Whether you have a specific medical concern or just want to learn more about healthy living, you'll find the perfect balance of physical activity, private time, and workshops tailored to your interests.

The Life Enhancement Program focuses on self-discovery, preventive and supportive care, and the development of positive lifestyle habits. Specialty Weeks and Special Programs offer a variety of in-depth programs covering specific health and wellness concerns.

And because it's **Pascas Health**, you'll not only have a relaxing, unforgettable vacation experience – you'll learn how to keep that healthy feeling for life.

This dynamic program is held in the Life Enhancement Clinic, a separate, supportive setting for the focused, small-group experiences of the Life Enhancement Program.



### ***FOR PHYSICIANS and NURSES***

Health & Healing Sanctuary programs allow health professionals to enjoy a relaxing, fun vacation at a world-class resort while expanding their knowledge of leading-edge preventive care. Physicians and nurses may earn continuing medical education credits through several fully accredited programs.

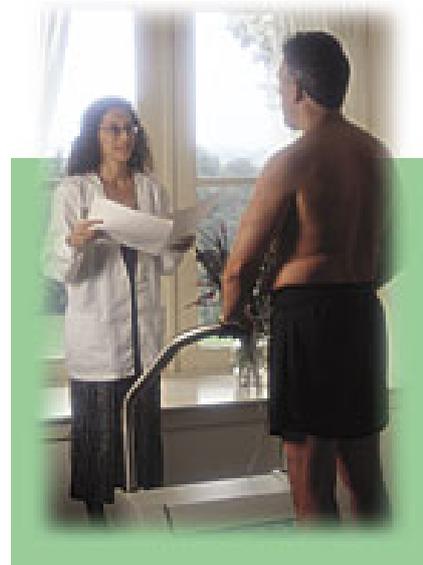
Some continuing education programs are held in our Life Enhancement Clinic, a separate, supportive environment on the grounds of the Sanctuary resort environment. Participants enjoy exclusive use of the

Clinic's fully equipped gyms, locker rooms, dining room, lounge, meditation garden, massage facilities and swimming pool.

Programs include:

#### **4-Night Program**

Physician-only program begins any day of the week throughout the year.

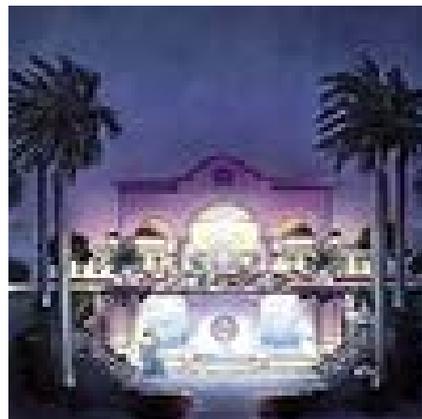
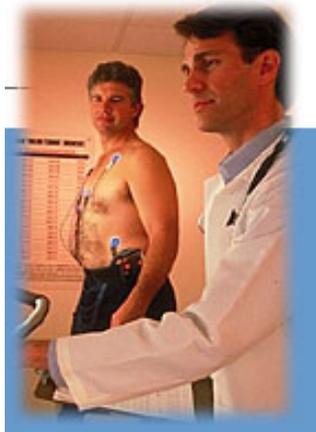


#### ***AN IN-DEPTH LOOK AT WELLNESS***

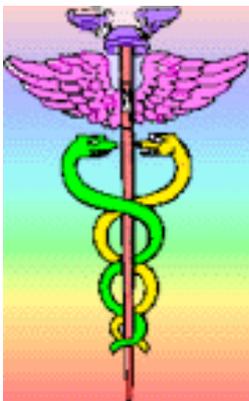
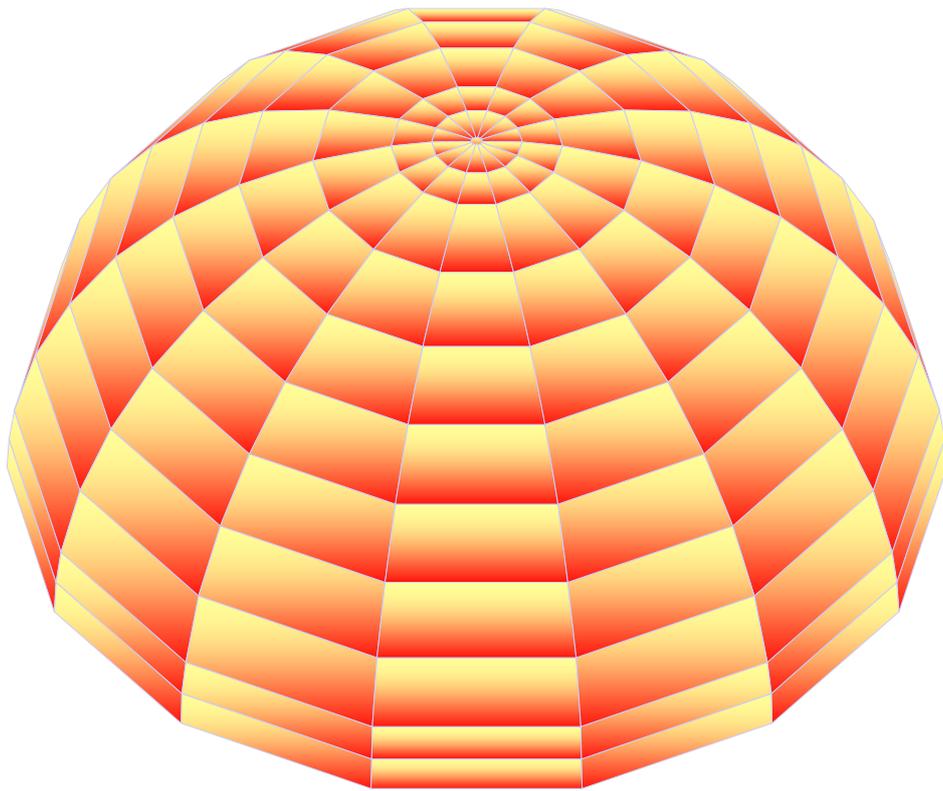
#### **Gold Coast, Australia and the Bahamas**

Our Health Packages give you information and inspiration to make lasting changes. Each package includes services that you hand-pick based on your special interests. An integrated team of health specialists reviews your wellness profile and advises you on fitness, nutrition, heredity issues and lifestyle.

**A stay of four nights or longer is required with most packages.**



# HEALTH DOME

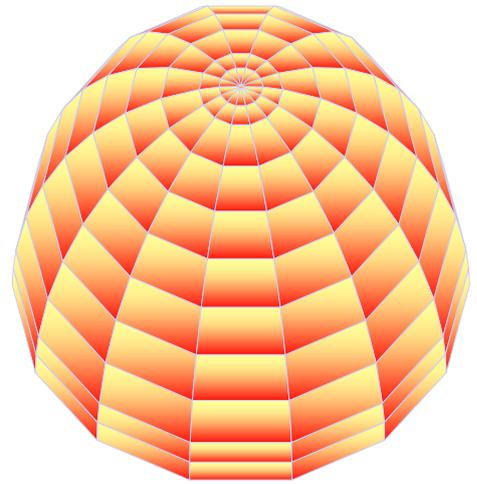


### MEDICAL HOLOGRAM:

This is a three dimensional presentation of holistic medical practices and options for treatment program development, management and realisation.

All medical services, technologies and procedures are interlinked and compliment each other. Each treatment program may require access to any of the modalities, and in the course of delivery of a program, they may access many of the services as and when required to deliver the required outcome for the patient / client.

The agenda is to enable a client to understand the options and to access same with the highest degree of convenience and confidence. The outcome required is to treat the cause, not just the symptoms.



**"Patients who are actively engaged in their own care do better than those who are not."**

President  
National Committee for Quality Assurance

**Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.**

## PROGRAM SESSION EXAMPLES:

## Fitness &amp; Activity Schedule

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-7:50	Mvt. Studio		<b>Tai Chi</b> Bonnie				<b>Tai Chi</b> Bonnie	
7:00-7:50	Spa Lobby	<b>Power Walk</b> Iala	<b>Power Walk</b> Iala	<b>Power Walk</b> Iala	<b>Power Walk</b> Patricia	<b>Power Walk</b> Susan	<b>Power Walk</b> Patricia	<b>Power Walk</b> Patricia
8:00-8:55	Mvt. Studio	<b>Cardio Ball</b> Iala	<b>Body Bar Cardio</b> Iala	<b>Cardio Ball</b> Iala	<b>Cardio Pump</b> Jeanne	<b>Karatebox</b> Patricia	<b>Body Bar Cardio</b> Patricia	<b>Karatebox</b> Patricia
8:15-8:25	Crystal Grotto	<b>Morning Ritual</b> Therapists	<b>Morning Ritual</b> Therapists	<b>Morning Ritual</b> Therapists	<b>Morning Ritual</b> Therapists	<b>Morning Ritual</b> Therapists	<b>Morning Ritual</b> Therapists	<b>Morning Ritual</b> Therapists
8:30-9:30	Spa Lobby					<b>Nature Walk Forest Ranger</b>		
9:00-10:25	Mvt. Studio	<b>Flow Yoga</b> Nicole	<b>Yogalates</b> Iala	<b>Hatha Yoga</b> Sharon	<b>Gentle Flow Yoga</b> Nicole	<b>Hot Yoga</b> Susan	<b>Gentle Flow Yoga</b> Nicole	<b>Basic Yoga</b> Achmed
10:30-11:25		<b>Aqua Aerobics</b> Iala Pool	<b>Mat Pilates</b> Iala Mvt. Studio	<b>Aqua Aerobics</b> Iala Pool	<b>Mat Pilates</b> Iala Mvt. Studio	<b>Aqua Aerobics</b> Achmed Pool	<b>Fit Camp</b> Patricia Mvt. Studio	<b>Pilates-Based Sculpt</b> Achmed Mvt. Studio
12:00-1:20	Spa Lobby		<b>Mountain Bike Excursion</b> Scott		<b>Mountain Bike Excursion</b> Scott		<b>Mountain Bike Excursion</b> Scott	

1:00-2:00	Library			Guest Lecture (Subject info @ Desk)			Guest Lecture (Subject info @ Desk)	
2:00-2:55	Mvt. Studio	Dance, Tone & Stretch Dance Sharon		Dance, Tone & Stretch Dance Sharon		Dance, Tone & Stretch Susan		
3:00-3:55	Mvt. Studio	Pilates Strength & Balance Tami	Cardio Strength Jeanne	Pilates Strength & Balance Tami	Pure Strength Tami	Cardio Strength Jeanne	Pilates Body Sculpt Achmed	Breathe Easy Susan
3:00-4:00	Cafe			Cooking Class			Cooking Class	
4:00-4:55	Mvt. Studio	Restorative Yoga Sharon	Qigong Paulette	Restorative Yoga Sharon	Qigong Paulette	Restorative Yoga Sharon	Qigong Paulette	Hatha Yoga Susan
5:00-5:25	Crystal Grotto	Meditation Sharon	Meditation Paulette	Meditation Sharon	Meditation Paulette	Meditation Susan	Meditation Paulette	Meditation Susan
5:30-5:55	Mvt. Studio	Evening Stretch Sharon		Evening Stretch Sharon		Evening Stretch Sharon	Evening Stretch Achmed	
Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



## WORKSHOPS AND LECTURES

Relaxation, fabulous food, and spectacular natural scenery – what else could you possibly want? How about some tips on how to feel your best and live happier and healthier for the rest of your life. Choose from a variety of workshops and special lectures on contemporary issues throughout the year. Please ask the spa reservation for a list of upcoming speakers, weekly workshops, and special lectures that will occur during your stay.



### Program 1

Wednesday	Kristina	<b>Feeling "Centred" on a Daily Basis</b>	Discover simple techniques to ground and focus your daily intentions.
Saturday	Janet	<b>Ayurveda</b>	Learn the Science of Life through this ancient whole health philosophy.
Wednesday	Leslee	<b>The Benefits of Supplements</b>	This discussion will introduce you to the use of supplements in a simple and fun way.
Saturday	Janet	<b>Ayurveda</b>	Learn the Science of Life through this ancient whole health philosophy.
Wednesday	Kristina	<b>Meditation</b>	You will learn the principles and tools and then practice meditation techniques.
Saturday	Janet	<b>Ayurveda</b>	Learn the Science of Life through this ancient whole health philosophy.
Wednesday	Leslee	<b>Herbal Medicine: Support for Body &amp; Mind</b>	Learn the benefits of natural herbs and supplements to improve the health of your mind and body.
Saturday	Janet	<b>Ayurveda</b>	Learn the Science of Life through this ancient whole health philosophy.

## Program 2

Wednesday	IaIa	<b>Journaling for Clarity &amp; Relaxation</b>	Learn how to use journaling for self-discovery, uplifting the spirit, and setting life goals.
Saturday	Janet	<b>Ayurveda</b>	Learn the Science of Life through this ancient whole health philosophy.
Wednesday	Leslee	<b>Cleaning the Mind &amp; Body</b>	Discover gentle and safe tips for internal cleansing.
Saturday	Janet	<b>Ayurveda</b>	Learn the Science of Life through this ancient whole health philosophy.
Wednesday	Susan	<b>The Healing Power of the Colour Green</b>	Green is the colour of the heart Chakra. In honour of St. Patrick's Day, come explore its healing power.
Saturday	Janet	<b>Ayurveda</b>	Learn the Science of Life through this ancient whole health philosophy.
Wednesday	Leslee	<b>Herbal Medicine: Support for Body &amp; Mind</b>	Learn the benefits of natural herbs and supplements to improve the health of your mind and body.
Saturday	Janet	<b>Ayurveda</b>	Learn the Science of Life through this ancient whole health philosophy.
Wednesday	IaIa	<b>Journaling for Clarity &amp; Relaxation</b>	Learn how to use journaling for self-discovery, uplifting the spirit, and setting life goals.

**Retreats for the Heart**  
Sanctuary's Calendar

***Healing the Heart Yoga Retreat:***  
*Reconnect the potential within*

(4 night inclusive program, low season rate, includes 3-60 minute treatments and 1-90, the Yoga program and all regular inclusions)

***Summer Solstice Week:***  
*Honouring Native Traditions*

(7 nights inclusive program, low season rate, includes 5-60 minute treatments and 5-90's and attendance to all Native American events as well as the Sweat Lodge and all regular inclusions)

***Serenity Yoga Retreat:***  
*Nurturing, Empowering and Celebrating Women*

(3 night inclusive program, low season rate, includes 2-60 minute treatments and 1-90 and the Yoga program and all regular inclusions – this is a women's yoga retreat)

***Communication & Relationships:***  
*A Couples Retreat at the Sanctuary*

(4 night inclusive program, mid-season rate, includes 3-60 minute treatments and 1-90, the program course and all regular inclusions)

***Rejuvenation of Mind & Body:***  
*An Anti-Aging Approach*

(3 night inclusive program, SPECIAL INTRODUCTORY RATE \$1,290 p.p (= \$300 below low-season rate!), includes 3-60 minute treatments and 1-90, all program events and all regular inclusions)

<http://www.pascashealth.com/index.php/library.html>

## **Library Downloads – Pascas Papers**

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address. [info@pascashealth.com](mailto:info@pascashealth.com)

## **MASSAGES and PERSONAL PAMPERING**



### **SWEDISH RELAXATION MASSAGE**

Our traditional full-body massage alleviates aches and pains, and leaves you feeling completely relaxed from head to toe.

### **SPORTS MASSAGE**

Get energized and feel ready-to-go! We warm up and stretch your muscles before you take to the tennis court, swimming pool or an aerobic class. This massage will help decrease your chances of injury and improve recovery time.

### **JAPANESE RESTORATIVE MASSAGE**

Eastern and Western techniques are combined in order to relieve stress and promote well-being. The Western contribution improves the circulation of your blood and lymphatic fluids. The Eastern style concentrates on acupressure point, restoring natural energy pathways to a normal balance.

### **FOOT REFLEXOLOGY**

This complete foot massage stimulates the reflexes to cause reaction in corresponding parts of the body. Working these reflex points will drain away stress!

### **THERAPEUTIC AROMA MASSAGE**

This massage works in combination with pure essential oils to enhance energy flow throughout the body and lymphatic system.

### **CRANIO SACRAL THERAPY**

A light-touch therapy that concentrates on the environment in which our brain and spinal cord develop and function. This system is responsible for the health and well-being of your entire body.

### **RAINDROP TECHNIQUE**

A detoxifying treatment which incorporates a sequence of seven essential oils designed to reduce inflammation, reduce pain, improve circulation and possibly destroy viral or bacterial agents that may be dormant along the spine.

### **SHIATSU**

An aggressive oriental massage that focuses on acupressure points and passive stretching. It increases vitality and flexibility and is performed through the clothing on a floor mat.

### **ULTIMATE SCALP MASSAGE**

This massage focuses on the scalp, neck and face, but feels like a full-body treatment. You may choose from two oil blends and the scalp treatment contains conditioners which may be left in.

### **REIKI**

An ancient system of natural healing that works with the human energy bio-field or aura. Only very light touch is used. This session is quiet and introspective and goals include physical well being and personal growth.

### **THE HEARTLAND STONE THERAPY**

This full-body massage therapy features the use of hot basalt and cold marble stones. The temperatures of our stones greatly increase the exchange of blood and lymph throughout the body, and our unique approach empowers guests to explore the body/mind/spirit connection.

### **NEUROMUSCULAR THERAPY**

A session dealing with one specific condition or area of pain and entrapment. Techniques include myofascial release, cross fibre friction, ischemic compression, mobilization and appropriate stretching. Examples of such conditions include carpal tunnel syndrome, tendonitis thoracic outlet syndrome, piriformis syndrome, rotator cuff entrapment, back and neck pain.

### **TWO BY TWO**

Enjoy your relaxing Swedish massage together in the same room: two guests and two therapists.

### **TWO ON ONE**

This is for the massage connoisseur who wants to experience something unique: two therapists working together on one guest.

### **AROMATHERAPY OIL WRAP**

This deep moisturizing treatment begins with a gentle dry brushing. A soothing full-body wrap using our synergistically blended oils combined with an Aromatherapy oil of your choice, such as relaxing

Lavender or reviving Grapefruit, or blends like Uplifting and Lullaby. Our warm oils will restore the vital moisture lost through daily cleansing and environmental abuse.

### **THE "COMBO"**

A treatment package combining our Sea Salt Body Scrub and our Aromatherapy Oil Wrap. An "awesome" spa body treatment. Your skin will be as soft as silk after experiencing this pampering indulgence. Don't go home without it!



### **MARINE MUD WRAP**

A full body mud treatment for moisture depleted and damaged skin. Included in this service is a gentle exfoliation with a dry brushing. Our mud replenishes your skin with vital nutrients, while detoxifying your pores, leaving it toned and supple.

### **BOTANICAL MUD WRAP**

Following a dry brushing, Botanical mud is applied to the skin for a marvellously rich body treatment sure to soothe

you. Natural minerals and trace elements stimulate the lymphatic system, releasing toxins, leaving the skin tissue firm and refined.

### **BOTANICAL BLISS**

Two services that compliment each other perfectly are now available in one salon visit. Our Sea Salt Body Scrub and Botanical Mud Wrap to totally pamper almost every inch of your body from the neck down.

### **SEA SALT BODY SCRUB**

Your skin will glow after we restore its natural radiance with this invigorating full body exfoliation. We apply warm oils and pure sea salt for a de-stressing and nourishing treatment designed to release toxins from the skin. You are then rinsed with a relaxing and therapeutic "Vichy Shower".

### **AROMATHERAPY ANCIENT SEA SALT SCRUB**

Our ancient sea salts provide an invaluable source of nutrients and trace minerals to the skin. They are blended with our pure Aromatherapy oils for an exfoliating treatment like no other. You can choose the nurturing effects of our Relaxing Sea Salts or the refreshing effects of our Stimulating Sea Salts.

## SMOOTHING BODY POLISH

Experience the silky feel of spa exfoliation. We use fine-buffing micro-beadlets suspended in a soap-free gel that is joined with moisture-protecting panthenol and stimulating peppermint extract for a purifying and hydrating indulgence.

## WAXING

Our wax consists of a blend of honey and beeswax. This is a gentle epilation treatment that lasts longer than tweezing or shaving. We do the eyebrow, lip, chin, full face, underarms, forearms, Full arms (including underarms), Bikini and legs!



## Tai Chi Chuan

An ancient art of meditation and movement. Utilize body, mind and breath to develop coordination and awareness and to reduce stress.

## Yoga

Stretch and energize the body, calm and focus the mind, uplift and nourish the spirit. Learn breathing, relaxation and body techniques.

## TRIPLE FRUIT ACID INTENSE EXFOLIATION

A simple resurfacing of the skin. Our 28.5% hydroxy acid solution is applied to the face after a thorough cleansing. Followed with a soothing masque, rich in hydrating herb extracts and panthenol to give you a smoother more youthful looking skin.



## NATURAL EUROPEAN FACIAL

A surface cleansing, using products with ingredients such as chamomile and balm mint. Includes a mild exfoliation, a facial massage and a nurturing masque specifically selected for your skin.

## MEN'S BASIC MAINTENANCE FACIAL

An invigorating treatment designed especially for our male guests. This facial incorporates our men's skin care products, including a mild exfoliation with steam, a facial massage, and a nourishing masque.

## **HONEY MUD FACIAL**

Revive your skin with this deep-pore cleansing facial, using ultra luxurious "mud" created from natural mineral clays blended with aloe vera and honey. This treatment is perfect for combination skin. The mud not only removes congestion from the oily areas of the face, but also rehydrates the areas that are too dry.

## **HYDRATING SOY FACIAL**

A unique blend of bioactive lipids replicate skin's own natural internal moisturizers, repairing damaged moisture-holding areas surrounding cells that cause dry, rough skin and increase wrinkle formation. Soy extracts reinforce the skin's natural barrier. Relax and enjoy as this facial includes two facial massages.

## **RADIANT "RIVERROCK" FACIAL**

Totally de-stress your skin, as well as your spirit, with the ultimate facial. After a thorough cleansing of the skin and a skin analysis you will feel the total gratification of "thermotherapy". With the use of hot and cool stones in this facial we are able to stimulate the circulatory system and promote self-healing, soften and relax the muscles and skin on the face, release toxins, and induce a state of deep relaxation that diminishes stress. An incredible indulgence for the body, mind and spirit.

## **VISIBLY FIRMER FACIAL\***

A mini face-lift in a facial! You'll see results immediately with this blend of skin-enhancing proteins and exfoliating plant enzymes. An incredible combination that dramatically firms facial contours, clears blocked pores and reveals fresh, new, more youthful skin within minutes. You can feel it!

## **VISIBLY SMOOTHER FACIAL**

A gentle resurfacing of the skin using a professional Alpha Hydroxy Acid Treatment, containing a 28.5% solution of naturally derived fruit acids. Our triple fruit acid gel works within minutes to diminish fine lines, soften skin discolorations and refine pores. The outer skin layer is coaxed to release old, unwanted cells to reveal the newer, younger cells below.

## **FULL BACK TREATMENT**

A deep-pore cleansing and conditioning of the back area. Designed for oily, acne or congested skin. Includes exfoliation and mud-detox treatment.

\*These facials include an exfoliation with steam, deep pore cleansing, stimulating massage to the face, neck and décolleté area and a mini massage to the hands and feet.

## **ESSENTIAL MANICURE**

Promoting and enhancing healthy nails and hands, this service includes shaping the nails to your

specifications followed by a tension-relieving hand massage. As a finale to your manicure we offer a selection of OPI Nail Lacquers to choose from.



### **SPA MANICURE**

Treat your hands to what they deserve. This treatment includes an exfoliation using natural herbs and luxurious oils to soften your hands. Warm relaxing paraffin is applied to renew them. This includes a massage from the elbow to the fingertips! This service ends with OPI Nail Products including: base coat, two colour coats and a top coat.

### **FRENCH POLISH**

Add this to a manicure or pedicure for the natural look of the ever popular polishing techniques of the French.

### **PARAFFIN BATH (HANDS OR FEET)**

This moisturizing treatment for the hands and feet is enriched with Vitamin E. We have peach scented paraffin for the hands and wintergreen scented paraffin for the feet.

### **MOISTURE INFUSION MANICURE**

Restore and re-hydrate with this “hand facial.” Fine lines, due to dehydration are diminished, dry patches are repaired and skin is visibly smoother and more vibrant. Relax and enjoy and invigorating exfoliation, a finger tip whirlpool, and an essential oil rich masque.

### **FRENCH POLISH**

Add this to a manicure or pedicure for the natural look of the ever popular polishing techniques of the French.

### **ESSENTIAL PEDICURE**

Following a cleansing and softening of the feet in a whirlpool bath, nails are shaped and cuticles are pushed back. This treatment includes a toe-tingling massage up to the knee.

### **FOOT FIX PEDICURE**

A spa pedicure you won't want to miss. Indulge in total relaxation as we pamper your feet with an invigorating exfoliation, a therapeutic whirlpool footbath, a marine mud masque and a stimulating massage up to the knee. This



treatment will leave you with satiny soft feet that are fully rehydrated. Why not give those feet a “jump start” to a healthier lifestyle too!

### **SOLE SOFTENING PEDICURE**

Let your soles delight with this pedicure for rough feet. Our masque with a combination of glycolic and salicylic acids and multiple antioxidants promotes rapid exfoliation, while shea butter helps nourish and condition dry callused skin. Finally, foot relief for dry, cracked heels and hard calluses.

### **PARAFFIN BATH (HANDS OR FEET)**

This moisturizing treatment for the hands and feet is enriched with 100% Vitamin E. We have peach scented paraffin for the hands and tea tree oil enhanced paraffin for the feet.

### **HAIR SERVICES**

Our salon is staffed with experienced stylists who are anxious to help you with your hair styling needs. We offer new designs, simple hair shapings and deep conditioning treatments.



