



# NEMACOLIN WOODLANDS RESORT

WOODLANDS SPA &  
HOLISTIC HEALING CENTER





## A WORLD AWAY

Soothing sounds, invigorating aromas and relaxing touches. A place where nature meets luxury. Treatments that heal, programs that educate and sessions designed to build closer relationships. All paths lead to one common place: a state of peace, health and well-being.

## PACKAGES

### Full Day Packages

#### **WOODLANDS TRANQUILITY PACKAGE (5.5 HRS)**

- Woodlands Massage (50 min)
- Purifying Herbal Wrap (50 min)
- Ritual Facial (110 min)
- Woodlands Indulgence Pedicure (80 min)

#### **WOODLANDS RENEWAL PACKAGE (5 HRS)**

- Mystical Massage (110 min)
- O<sup>2</sup> Body Perfection (80 min)
- O<sup>2</sup> Radiance Facial (80 min)

### Half Day Packages

#### **WOODLANDS CLASSIC COLLECTION (3.5 HRS)**

- Woodlands Massage (50 min)
- Woodlands Facial (50 min)
- Woodlands Scrub (25 min)
- O<sup>2</sup> Perfection Pedicure (50 min)

#### **WOODLANDS CUSTOMIZED PACKAGE (3 HRS)**

- Massage of your choice (80 min)
- Facial of your choice (80 min)  
*\*Excludes 80 min HydraFacial and Diamond Decadence*

#### **FIT TO BE WELL: MIND, BODY & SOUL PACKAGE (2.5 HRS)**

- Fit to be Well Consult (30 min)
- Warm Slow Flow Yoga Practice (50 min)
- Rosemary Mint Immersion (50 min)

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*Packages may not be split between guests and are to be performed in one day.*

# SKIN CARE SPECIALTIES

## **RITUAL FACIAL (110 MIN)**

A tailored regimen of anti-aging, brightening and restorative products. Your experience begins with a relaxing back treatment, followed by a customized deep cleanse using an organic Sweet Cherry enzyme exfoliation to brighten the skin. An exclusive 24 karat gold masque firms and restores elasticity. An ancient holistic Kansa massage lifts and firms. A nourishing hand, arm and foot treatment and specialized scalp massage complete the treatment.

## **DIAMOND DECADENCE FACIAL (80 MIN)**

An anti-aging and brightening facial using a highly-concentrated skin system giving a youthful, luminous glow. Includes a 3-step exfoliation to diminish the appearance of fine lines and hyper-pigmentation. A sculpting massage and healing quartz crystals leave you feeling revitalized and radiant.

## **ULTIMATE TRANSFORMATION FACIAL (80 MIN)**

A regenerative treatment combats signs of aging using the most effective and active plant based, organic ingredients. Argan plant stem cells and tri-retinols work together to plump and reduce fine lines and wrinkles.

## **O2 RADIANCE FACIAL (80 MIN)**

This targeted facial treatment will hydrate, brighten, and firm, infusing essential nutrients into the skin. Oxygen-infused treatment perfect for all skin types and ages.

## **MYSTIC FACIAL (80 MIN)**

Excellent for all skin types, this personalized facial is enhanced with a Gua Sha jade massage. This unique process re-contours the face by instantly lifting and firming the skin. It minimizes pores by clearing the channels for energy and blood flow which detoxify and nourish the skin.

## **CITRUS ESSENCE FACIAL (50 MIN)**

An antioxidant treatment that restores vitality to sun damaged skin and helps minimize signs of premature aging. 100% pure vitamin C will stimulate collagen production and renew skin firmness.



## **WOODLANDS FACIAL (50 MIN)**

This customized facial is designed to address specific skin concerns including sensitivity, uneven pigmentation, acne, dryness or aging.

## **THE CURE FACIAL (50 MIN)**

An antidote for the ravaging effects modern lifestyles have on our skin. A deep cleansing facial with an innovative enzyme that detoxes and purifies the pores revealing extraordinarily soft, radiant skin.

## **MEN'S ESSENTIAL FACIAL (50 | 80 MIN)**

Designed to deep clean, help alleviate bumps or irritation caused by shaving, as well as relax and release unnecessary stress. The 80-minute facial includes a firming and hydrating mask as well as a soothing scalp and hand massage.

## Skin Resurfacing Therapies

### **HYDRAFACIAL TREATMENTS**

The HydraFacial is a non-invasive, non-surgical procedure that delivers instant results with no discomfort or downtime. This resurfacing treatment provides cleansing, exfoliation, extractions and hydration all while Vortex-Fusing™ antioxidants, peptides and high concentrations of vitamins into the skin.

- Hydra-Express (25 min - face only)
- Hydra-Infusion (50 min - face, neck and décolleté)
- Hydra-Age Prevention (80 min - lymphatic therapy, DermaBuilder™ age prevention, LED light therapy, specialty hand treatment, neck and décolleté treatment)

### **HYDRAFACIAL ENHANCEMENT (15 MIN)**

Include a relaxing and firming facial and décolleté massage to any HydraFacial treatment for the ultimate experience.



## THE MASSAGE EXPERIENCE

### **MYSTICAL MASSAGE (80/110 MIN)**

Our skilled therapists blend massage techniques and therapeutic body work to help heal the body, mind and spirit. Service can include a combination of Swedish, Deep Tissue, Aromatherapy and Hot Stone massage.

### **HOT STONE SHIRODHARA (105 MIN)**

This soothing, warm massage is designed to increase blood circulation, improve sleep, and infuse minerals into the body. Ayurvedic oils stream onto the "third eye," allowing the mind to become still and peaceful. Healing energy work is incorporated, bringing the body into balance, both physically and spiritually.

### **DREAM CATCHER (105 MIN)**

A signature service blending the region's Native American heritage with the sacred Hawaiian Lomi Lomi style of massage. The treatment begins by clearing energies with the burning of white sage. Using music as a guide for pace and timing, techniques such as reiki, cranial sacral, and anointing of oils cleanse the spirit. The Lomi Lomi massage promotes deep relaxation, quiets the mind, and heals the soul. Completion of the service involves the traditional "casting of the nets" which symbolizes rebirth.

### **LOMI LOMI (80 MIN)**

Experience the art of this ancient Hawaiian massage ritual passed down for generations. Beneficial in providing recuperation and treatment of ailments, massage techniques travel the length of the body in soothing waves.

### **MINDFUL MASSAGE (80 MIN)**

This holistic, relaxing and clarifying experience begins with an aroma sensory assessment and grounding Tibetan bells. Guiding you through breathing techniques, your therapist will help calm both mind and body. This full body massage is designed to rebalance, ground and soothe, finishing with a re-energizing face massage using warm rose quartz crystals.

### **WOODLANDS MASSAGE (50 MIN)**

Your choice of traditional Swedish, Deep Tissue or Hot Stone massage personally tailored to suit your individual needs.

### **AROMATHERAPY FACE AND SCALP MASSAGE (50 MIN)**

A relaxing facial massage is followed by a soothing scalp massage and pink mud scalp treatment making the perfect experience.

### **PRENATAL MASSAGE (50/80 MIN)**

A soothing full-body massage using our safe, but effective prenatal products and techniques meant to relax specific muscle groups strained by pregnancy.

### **DELUXE REFLEXOLOGY (50 MIN)**

This 4,000-year-old technique focuses on the feet. Treatment begins with an exfoliation on lower legs and feet paired with an application of peppermint balm to stimulate tired legs.

### **CRANIAL SACRAL THERAPY (50 MIN)**

A gentle healing technique utilizing light touch to address the joints of the head, spinal column and sacrum.



# BODY TREATMENTS

## **ESPRESSO MUD DETOX WRAP (80 MIN)**

This deeply detoxifying scrub infused with coffee beans, Indian sarsaparilla, honey and tobacco will penetrate the skin to lift away toxins and leave your skin supple, pure and with a healthy balance. A heated wrap in a mineral rich serum is applied to the body to eliminate lymphatic sluggishness and restore healthy body tone. Relax with a light massage using therapeutic anti-inflammatory arnica oil to help boost circulation, revive tired muscles and stimulate the immune system. This is the perfect enhancement for those on a path to wellness.

## **PURIFYING HERBAL WRAP (50 MIN)**

This treatment begins with a dry brush exfoliation to prepare the skin. Relax during a heated wrap in a mineral-rich serum with potent herbal extracts to eliminate lymphatic sluggishness and restore healthy body tone. After the wrap, enjoy a full body application of moisturizing Sicilian Bergamot lotion enhanced by a cooling Alpine Arnica joint repair gel meant to target areas of concern.

## **O2 BODY PERFECTION (80 MIN)**

An oxygenating body treatment, highly recommended for lackluster, dehydrated or dull skin. This body treatment includes an exfoliation, wrap and oil application rich in macronutrients that provides an intense firming and rejuvenating effect. Helps prevent fluid retention, eliminate toxins and reduce cellulite.

## **CITRUS INFUSION (80 MIN)**

A nutrient rich, rejuvenating body treatment ideal to protect skin from environmental free radicals. This wrap begins with a citrus scrub followed by a whipped vitamin C soufflé mask to stimulate and revitalize. Highly concentrated vitamin C and collagen emulsions protect the skin from dryness and premature aging.

## **BAMBOO REFINEMENT (50 MIN)**

Bamboo microparticles exfoliate and remove impurities from the skin's surface. Its extraordinary properties of anti-inflammatory and healing properties will leave the skin looking luminous and completely renewed when finished with a vitamin C moisturizer.



## Service Additions

Booked in conjunction with spa treatments.

### **FOCUSED MASSAGE (25 MIN)**

An effective service that focuses on areas of concern.

### **WOODLANDS SCRUB (25 MIN)**

Pamper the body with an express full body exfoliation removing dead skin cells and impurities. Followed with an application of moisturizer to leave your skin nourished.

### **SPA REFLEXOLOGY (25 MIN)**

A revitalizing treatment that uses reflexology points to enhance overall well-being.

### **WATER PATH RITUAL (25 MIN)**

Designed exclusively for the Woodlands Spa, the "Water Path" stimulates circulation and improves immune functions. Alternating water temperatures along the pebbled pathway improve blood and lymph flow. Followed by a relaxing soak in a mineral spa filled with therapeutic salts from the Sarvar Springs of Hungary.  
*(Swimwear is required.)*

# HYDROTHERAPY RITUALS

## WOODLANDS RESTORATIVE EXPERIENCE (105 MIN)

Retreat into a ritual of intense therapeutic transformation. Begin with a relaxation massage using a blend of cardamom, amber and grape seed oil, calming the body and increasing circulation. An invigorating lemon coffee exfoliation purifies the skin, followed by a creamy, jasmine rose Rhassoul clay wrap. An aromatic neroli cypress mineral bath eliminates toxicity allowing the body to enter a state of release. Treatment concludes with a rejuvenating body spritz and moisturizing tangerine fig butter application.

## ROSEMARY MINT IMMERSION (50 MIN | 80 MIN)

A combination of a 25 or 50 minute massage and hydrotherapy soak will leave you feeling renewed and invigorated.



## NATURAL NAIL CARE

*Recommended for both men and women.*

### O2 PERFECTION MANICURE (50 MIN)

The power of oxygen deeply hydrates revealing smooth, supple skin. A PHA Hydra Peel anti-aging exfoliant, moisturizing massage and anti-aging soufflé mask restores vitality to your hands, firms, and brightens skin.

### GEL MANICURE (50 MIN)

This natural nail manicure is followed by a gel polish application. Nails are instantly dry with a long-lasting finish. Treatment includes a hydrating anti-aging soufflé treatment to treat hands and nourish.

### WOODLANDS INDULGENCE PEDICURE (80 MIN)

An intensely restorative and nourishing pedicure designed to relieve aches and pains and restore hydration. Includes a citrus exfoliation to reveal smoother skin, a hydrating soufflé mask with vitamin C and collagen, heated rose quartz crystal massage and finishing moisturizer.

### O2 PERFECTION PEDICURE (50 MIN)

The power of oxygen deeply hydrates revealing smooth, supple skin while soothing discomfort of tired, achy feet. A PHA Hydra Peel anti-aging exfoliant and moisturizing foot and calf massage is performed. A deeply nourishing and restorative soufflé treatment delivers ultimate hydration.



# MAKE-UP

## AIRBRUSH MAKE-UP APPLICATION

A light weight make-up that can give you that superstar look. Airbrush make-up is perfect for weddings and special events and can be applied from "natural" to "high drama."

## MAKE-UP APPLICATION

A polished application of Jane Iredale, a high performance and healthy skin care line.



# THE SALON EXPERIENCE

- Ladies' Haircut & Style
- Men's Haircut & Style
- Shampoo & Style
- Formal Hair Styling
- Single-Process Color
- Multi-Tone Highlights
- Highlights - Partial or Full
- Balayage (Hair painting)

## REPLENISHING HAIR INFUSION (80 MIN)

Our deep conditioning, essential oil infusion begins with a luxurious massage to stimulate and revitalize the scalp. A restful and relaxing heat treatment allows ingredients to deeply penetrate the hair providing nourishment and color protection. This deluxe service includes a special moisturizer for the hands as well as a full blow out.

## MEN'S REVITALIZING SCALP TREATMENT (50 MIN)

This stimulating treatment begins with a dry scalp massage technique designed to loosen and remove dead skin cells, followed by a relaxing shampoo infused with rich masculine aromas and essential oils to deeply hydrate the scalp. Service concludes with a revitalizing treatment applied to increase circulation promoting a healthy scalp.

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*The Salon at the Woodlands Spa uses only the finest Eufora Professional color and products.*

# THE BRIDAL EXPERIENCE

We know that looking and feeling radiant is of the utmost importance on your special day. Our talented staff specializes in bridal hair styling and make-up artistry.

## Bridal Offerings

- Personalized Consultations
- Hair Styling
- Mineral Make-up
- Airbrush Make-up

## We Travel

The Woodlands Spa's bridal team can also travel to your wedding location. Please coordinate with our Spa Planner for pricing and availability.



# FITNESS

## **FIT TO BE WELL: MIND, BODY & SOUL PACKAGE**

Discuss the latest Fitness guidelines for a healthier you. Pursue progress not perfection during a soulful Yoga practice, followed by a bath soak and therapeutic neck, back and shoulder massage.

### Package Includes:

- Fit to be Well Consult (30 min)
- Warm Slow Flow Yoga Practice (50 min)
- Rosemary Mint Immersion (50 min)

## **PERSONAL TRAINING (50 MIN)**

Personal Training session options include TRX, Tabata, cardio, and weight resistance training.

## **TAKE HOME FITNESS PROGRAM (50 MIN)**

Our exercise specialists will design a fitness program that reflects your goals, lifestyle and current fitness level.

## **PADDLE BOARD YOGA (75 MIN) SEASONAL**

A gentle flowing practice under the sun and on top of the water!

## **YOGA FOR RUNNERS (30 MIN)**

Whether your goal is a 5k or a marathon, we have the perfect post-run routine to improve focus, balance, core strength and flexibility.

## **PERSONALIZED YOGA (30/50 MIN)**

Join our certified yoga instructor for a one-on-one class in a private, comfortable setting.

## **YOGA PLUS ONE (50 MIN)**

A shared experience with your soul mate, partner or friend. Experience stillness in your mind, relaxation in your body and heart.

## **SYNERGY 360 CHALLENGE (30 MIN)**

A high-energy total body workout that features cardio and strength stations to challenge your endurance and grit. Complete the challenge and receive a Woodlands Spa fitness swag bag.

## **SQUASH COURT RENTAL (50 MIN)**

All equipment provided.

## **PRIVATE GROUP CLASSES**

Call our Spa Group Planner for availability, prices and reservation information. *(3-12 people required for class.)*





# GENERAL POLICIES

The Woodlands Spa is accessible to guests 14 years of age and older. Spa guests under the age of 18 must be accompanied by an adult during their spa treatments, excluding salon.

A notice of 24-hours is required for any cancellation or adjustment to your spa appointment(s). All services canceled/rescheduled within the 24-hour period will be charged for the service plus gratuity.

## ABOUT YOUR WOODLANDS SPA VISIT

In order to fully enjoy the Woodlands Spa, please arrive approximately 30 minutes prior to your first spa service. Late arrivals will result in a modification of services in order to honor the next scheduled appointment.

- For your convenience, a 20% service charge will be added inclusive of gratuity and tax that is adjustable based on your satisfaction.
- If you have a preference for a male or female provider, please advise at the time of reservation.

## DAILY SPA RITUAL EXPERIENCE

Access to the Woodlands Spa includes use of the indoor heated lap pool, whirlpool, steam and sauna areas, locker rooms, and fitness center. Access is included in the cost of all spa treatments.

Resort guests not receiving treatments may purchase a day pass to access the spa. Non-resort guests will need to book a spa treatment or have a minimum salon spend of \$150 to gain access to the spa.

## FOR YOUR CONSIDERATION

Pregnant women and individuals with heart conditions or varicose veins should avoid all heat treatments, steam, sauna and whirlpool areas.

To prevent irritation, guests should avoid shaving prior to body treatments and pedicures.

## SPA BOUTIQUE

Spa products, gift items, fitness wear and many other items are available in the Spa Boutique. For your convenience, mail order and online order services are available.



# MAKING RESERVATIONS

Our trained Resort Reservations Specialists are available to assist you in selecting and booking appointments. Making reservations at least two weeks in advance will help to ensure that you receive your desired services and appointment times. Short term bookings will be accepted on a first come, first serve basis.





## FOCUS ON HEALING

The Holistic Healing Center hosts private group events, corporate retreats and workshops.

Seminars that are focused on nutrition and Western science are hosted by well-respected professionals in their individual fields of study.

All treatments are personalized and customized to best suit guest's individual needs.

# HOLISTIC HEALING CENTER

Located in a private and serene setting just a short shuttle ride from the Chateau, the Holistic Healing Center focuses on integrative methods designed to achieve life balance and wellness. The state-of-the-art center features treatment rooms, a group and private meditation room, private consultation space, Holistic workshops and classes centered around yoga, coaching and meditation.

Holistic medicine and treatments take into account the state of mind, emotions, physical body, lifestyle and goals, rather than just symptoms of disease. A holistic approach allows individuals to evaluate every aspect of their lifestyle including mental, emotional, physical and life activity. Our highly-qualified therapists, educators, wellness and medical practitioners can identify the imbalances within those momentums and begin to correct them. By applying appropriate treatment and education, individuals can restore balance and harmony once again allowing them to achieve personal goals and balanced health.





## ACUPUNCTURE

### ACUPUNCTURE (50 MIN | 80 MIN)

Acupuncture promotes natural healing. It is a safe, painless and effective way to treat a wide variety of medical problems such as: anxiety, stress, fertility issues, cravings and addictions, chronic conditions, pain management, weight loss, fibromyalgia, migraines, digestive problems and others. *It is recommended that all initial sessions be 80 minutes. Nemaacolin acupuncturists do not diagnose any type of medical condition.*

### HOLISTIC THERAPY (50 MIN | 80 MIN)

This integrated therapy includes several modalities combined to achieve optimal results: acupuncture, medical massage, body work stretching, sound therapy and medical Qi-Gong. Treatment is based on therapist's recommendation. Conditions that may be addressed include stress, muscular or skeletal pain, nervous system, injuries, PTSD, fertility and sleep management.

### ACU-KILA (50 MIN | 80 MIN)

Acu-Kila is an integrative mind and body treatment which combines our exclusive Kila Body Work massage with the added support of acupuncture and Qi-Gong energy work.

### ACU-VITALITY (80 MIN | 110 MIN)

Acu-Vitality is designed to balance and restore the body's functional ability by incorporating specific massage techniques, acupuncture, and energy work. This technique is especially effective for anyone experiencing low energy, fatigue, stress and can help boost immune system and improve brain function.

### PAIN RELIEF THERAPY (50 MIN | 80 MIN)

Addresses lower back and hip pain, neck and shoulder pain, or localized pain and stiffness. This treatment may include medical massage, acupuncture, healing energy work (Qi-Gong), cold laser and the education of mindful practice to resolve underlying emotion or stress.

### SCALP ACUPUNCTURE (50 MIN)

Scalp acupuncture is frequently used in the rehabilitation of paralysis due to stroke, multiple sclerosis, automobile accidents and Parkinson's disease. It is also used in pain management and muscular skeletal disorders.

### CUPPING MASSAGE (50 MIN)

An ancient technique that has found its place in the modern world of healing, massage cupping is a modified version of the customary practice of cupping therapy, used in traditional Chinese medicine. Through suction and negative pressure, massage cupping releases rigid soft tissue; drains excess fluids and toxins; loosens adhesions and lifts connective tissue; and brings blood flow to stagnant skin and muscles. *Cupping can leave mild to moderate bruise marks on the skin, along with minor swelling. These effects are temporary.*

## ENERGY WORK

### HEALING MEDITATION (25 MIN)

Meditation has been scientifically proven to boost immunity, balance emotions, lower blood pressure, increase fertility and calm the mind. Enjoy the benefits of a relaxing guided meditation.

### ENERGY WORK SESSION (50 MIN)

By using a combination of Reiki, Qi-Gong and Sound Therapy, this session promotes physical, emotional and spiritual healing as well as stress reduction to create a truly peaceful experience.





## MASSAGE

### **THERAPEUTIC MASSAGE (50 MIN | 80 MIN | 110 MIN)**

This customized massage treatment may incorporate the familiar massage techniques of Swedish, deep tissue and sports massage as well as more specialized modalities based on your needs and practitioner recommendations.

### **STRESS RELIEF THERAPY (50 MIN | 80 MIN)**

Stress relief therapy combines several different techniques of massage and energy work to help lower stress levels and improve overall well-being of body and mind.

### **KILA BODY WORK (80 MIN | 110 MIN)**

Take the time to experience a powerful massage that combines Russian, Swedish and Eastern body work with healing energy techniques. This deep tissue massage opens the joints, works out the kinks and helps to heal injury with unique stretches, trigger point therapy and acupressure.

### **MINERAL RESTORATION RITUAL (80 MIN)**

This personalized ritual begins with a constitutional quiz to pair the appropriate products and minerals based on deficiencies. Treatment includes a customized exfoliating and nourishing body wrap, and scalp massage. Followed by a specialized cleansing to clear toxins from the body. Treatment concludes with a mineral rich oil application.

### **AYURVEDA ABHYANGA MASSAGE (80 MIN | 110 MIN)**

This traditional Ayurvedic massage utilizes custom blended Ayurvedic herbal massage oils aimed to balance all constitutions. This treatment may be utilized to calm the central nervous system, reduce stress and anxiety, boost the immune system, and increase metabolism.

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*Select massages are available as a couples massage at the Holistic Healing Center, please inquire at time of booking.*

### **THAI MASSAGE (50 MIN | 80 MIN)**

Thai Massage is performed on a mat and requires comfortable loose fitness-type clothing. Thai Massage is a unique and powerful massage therapy combining gentle yoga-like stretching, acupressure and rhythmic compression with thumbs, palms, elbows, knees and feet to stretch soft tissues and clear energy pathways.

### **TUI NA MASSAGE (50 MIN | 80 MIN)**

Focuses on specific problems associated with muscles, joints and the skeletal system. Tui Na is especially effective for sciatica, muscle spasms and arthritis.

### **THAI POULTICE TREATMENT (80 MIN | 110 MIN)**

A unique treatment dating as far back as the fourteenth century to soothe muscle aches and pain. Thai herbs are wrapped in a muslin bag which is steamed and applied to the body, combined with nurturing massage strokes and stretching. Benefits include: reduced joint and muscle pain, increased circulation and lymphatic flow, accelerated muscle recovery, detoxified and boosted immune system.

### **GARDEN HARVEST EXPERIENCE (80 MIN)**

A one of a kind garden-to-table experience. Pick from beautiful and fragrant, fresh potted herbs to incorporate into a customized oil, lotion and sugar scrub. This ultra-personalized treatment includes a full body massage using a tailored, herbal-blended oil and is finished with a light exfoliation with your customized scrub.

### **HERBAL TURMERIC WRAP (50 MIN)**

White Turmeric contains powerful anti-inflammatory, purifying and antioxidant properties for the body. Treatment includes a white turmeric body wrap, scalp and facial massage and a nourishing full body lotion application designed to reduce inflammation and detox the body.





## EXERCISE PHYSIOLOGY

*All sessions require exercise attire.*

### **METABOLISM TESTING (50 MIN)**

Oxygen utilization measurement equipment is used to scientifically gauge the rate at which your body burns calories. Test results identify metabolic rate as slow, normal or fast, and provides precise numbers as to how many calories you should eat to lose or maintain a healthy body weight. Session includes results interpretation, calorie tracking resources and methods to boost resting metabolism. *Pre-test prep: No food, exercise, caffeine or other stimulants four hours prior to test. Exercise attire is not required.*

### **FUNCTIONAL FITNESS ASSESSMENT AND EXERCISE PRESCRIPTION (80 MIN)**

An individualized assessment and exercise prescription tailored to your personal health fitness goals, or other physical health concerns. Assessments may include movement dysfunction and muscle weakness screening, posture alignment concerns, range of motion restrictions, movement compensation patterns related to muscle imbalances, muscle misfiring order sequencing, and spinal and core stability.

### **GOLF SPECIFIC FITNESS ASSESSMENT AND CONDITIONING (50 MIN | 80 MIN)**

Includes analysis of golf posture to identify power leaks, spine stiffness associated with maximum power transfer and swing range-of-motion limitations. Corrective exercise program is provided based on the new science of golf conditioning and golf assessment results.

### **GOLF SPECIFIC RANGE OF MOTION ASSESSMENT (50 MIN | COUPLES 80 MIN)**

A comprehensive analysis and identification of golf specific flexibility limitations and restrictions. Includes a dynamic flexibility exercise program to improve club head speed and range of motion for optimal golf performance.

### **POSTURE ASSESSMENT AND CORRECTIVE EXERCISE PRESCRIPTION (50 MIN | COUPLES 80 MIN)**

Faulty postural patterns are identified, and an inside-out approach is used to develop efficient postural realignment strategies. Exercises are provided to address muscle imbalances.

### **ACTIVE TRAINING WITH FOAM ROLLERS (30 MIN | COUPLES 50 MIN)**

Relieve stress, reduce tension and facilitate total body relaxation with self-massage. Trigger-point release techniques and progressive relaxation stretching are performed using compression rollers, trigger-point body balls and stretching straps.

### **OPTIMAL EXERCISE FOR NECK / BACK PAIN RELIEF (50 MIN)**

Research documented exercises to prevent, minimize and relieve pain and discomfort in the neck and back. Exercises are tailored to each participant's current neck and back health status. Includes exercise technique training and programming materials.

### **PERSONALIZED TAI CHI SESSIONS (50 MIN)**

An introductory class to Tai Chi, which is derived from Chinese martial arts. Considered a mind-body form of exercise often referred to as meditation in motion. Learn movements from the Yang-style short form, which is known for its slow, smooth, relaxed and continuous flowing movements.



## YOGA

*All sessions require yoga attire. Practitioners specialize in Ayurvedic yoga, Holistic, Yin, prenatal, athletic and restorative yoga.*

### **PERSONALIZED YOGA SESSIONS (50 MIN | 80 MIN)**

Join a certified yoga instructor for a one-on-one class in a comfortable, private setting. This is ideal for those looking for an introduction to yoga, for enhancing your at-home or studio practice, for diving deeper into the anatomy and alignment of poses.

## INFRARED SAUNA THERAPY

**(15 MIN | 30 MIN | 45 MIN)**

*Receive half off a Sauna Therapy session when booked with another service.*

Experience the health benefits of infrared sauna therapy: detoxification, relaxation, pain relief, weight loss, lower blood pressure, better circulation and skin purification. This clinically-backed near, mid and far infrared system feels similar to a “sunbathing” experience as it warms your core body temperature delivering personalized results. The additional combination of “So Sound” acoustic resonance therapy and chromo (light) therapy enhances the overall healing experience and creates a truly harmonious, comfortable and relaxing environment.

## PERSONAL PACKAGES

### **HEALING FROM THE INSIDE OUT (3HRS)**

- Healing Meditation (25 min)
- Therapeutic Massage (80 min)
- Acupuncture (50 min)

### **ULTIMATE STRESS RELIEF (3HRS)**

- Healing Meditation (25 min)
- Private Yoga or Tai Chi Class (50 min)
- Stress Relief Therapy (80 min)

### **ULTIMATE COUPLES EXPERIENCE (2.5HRS)**

- Healing Meditation (25 min)
- Couples Yoga or Tai Chi (50 min)
- Couples Massage (50 min)

### **INDIVIDUAL HOLISTIC LIFE COACHING SESSION (50 MIN)**

### **INTEGRATIVE WELLNESS CLASSES & MIND / BODY CLASSES**

Exciting and interactive classes and packages are available as daily class options or private sessions. Group meditation, labyrinth and three-dimensional rhythmical stretching are just a few creative offerings.



Expect the Unexpected

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