

the  
**CENTER**

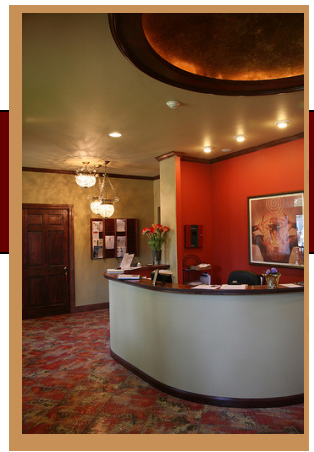
HOLISTIC HEALTH  
MASSAGE & SPA  
SKINCARE  
CLASSES



You have just discovered a very unique sanctuary for healing and spa for wellness! The Center integrates Eastern and Western approaches in its healthcare model, while embracing the need for prevention by providing services for pure relaxation and rejuvenation in a spa setting.

So whether you are looking for an escape from everyday stress, or looking for help with basic health or chronic illness we can help. Discover for yourself what our unique process and offerings can do for you, at The Center, our goal is to help you achieve your goals and to help you experience your highest potential...naturally!

# ENDORSEMENTS



*“On behalf of the Network and Board, I want to personally thank you for your service and personal attention at our annual retreat. Your facility is wonderful and thoroughly enjoyed by everyone! ...You're the best!” - I. Lyons*

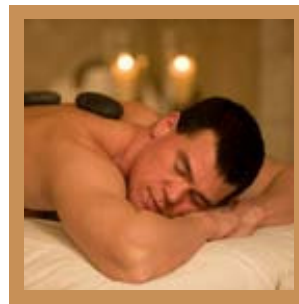


*“This is the most amazing Center – I have never felt so wonderful after our Chi-Yoga-Nosis class. Will continue forever!!!” - M. Tucillo*

*I feel better than I have in the last ten years...I would highly recommend anyone with a diagnosis such as mine to seek out The Center immediately.” - B. White*

*“The Center is beautiful and very peaceful. The instructor was warm, very knowledgeable and a terrific teacher. All in all, a wonderful experience.” - Reiki Student*

*“One of the best massages I have ever had!” - Dominic*



*“ I truly enjoyed having Jamie come to my home for massage to give me some relief from the accident I was in. I love great service and truly appreciate how responsive you were in handling my request with such urgency. This was such a treat for me.” -K. Kellogg*

# Holistic Health

At The Center, we believe that non-conventional treatments can be considered an "alternative", but more importantly we see them as a collaboration of a body of knowledge that serves to address the many facets of our multi-dimensional being (body, mind, spirit, emotion) in a manner that provides opportunities and choices for better health and well being.

Our collaborative team of Holistic Health Specialists understand the inter-connectedness and complexity of these facets and seek to support clients and patients by assisting them in examining the physical, mental, emotional, spiritual, bio-energetic and socio-cultural dimensions of the self to augment and maintain optimum health and wellness.

## Acupuncture.....Initial \$110. /1.5 h Follow Up \$75./1h

an ancient oriental therapy that stimulates a healing response in the bodies system by inserting very thin, hair-like needles into specific acupoints. Acupoints are energetic pathways that penetrate the skin. Acupuncture supports the natural healing powers within the body, improves and maintains general health. Useful for a variety of health, pain, and habitual related concerns. Oriental medicine also utilizes herbs, teas and massage type techniques to augment wellness.

## Aromatherapy Consult.....\$25. /30 m

With the rediscovering of essential oils many times the choices can be overwhelming, Spirit's Choice Aromatherapy consult takes the guess work out of knowing which one is best for you and how to administer it. Use this service when you want a custom choosing or blending of therapeutic grade essential oils that are especially for you!

## Chiropractic Care .....

Chiropractic care is available at The Center. To book an appointment Contact Dr. Christopher Stahl directly at his Skaneateles office. 685-1422

## Detoxification Program /Consult.....\$90. / h

An individually tailored detoxification or cleansing protocol designed for your specific needs and requirements.

## Ear Candling.....\$45. /25 m

A specially designed conical candle dipped in herbal beeswax is inserted in the ear. The smoke & warmth combined with the design of the candle creates a natural vacuum to loosen ear wax and eliminate fungus deep in the ear canal. Ear candling has been useful for the following conditions: *Ear Infections, Ringing In The ears, Hearing Loss, Migraines, Sinus Problems, Ear Aches and Pressure, Balance Problems, Problems With Mental Clarity, Sixth And Seventh Chakra Blockages.*

## Energy Medicine.....\$105. / h

Energy Medicine encompasses a variety of non-invasive healing modalities that are rooted in Eastern philosophies of medicine and are based on quantum physics. Intervention techniques utilize three major interacting systems: energy centers (chakras), energy pathways (meridians and acupoints), and the human bio-field (systems of energy that envelop the body) to assess the overall state of balance and address the underlying cause, change the course of the disorder and regain health more naturally rather than simply managing symptoms or struggling with life circumstances. Energy Medicine is useful for a broad range of concerns from everyday stress and changing life patterns to disorders that are debilitating and/or life threatening.

# Holistic Health

**Functional / Naturopathic Medicine.** Initial \$150. /1.5 Initial Pediatric \$100. /1 h Follow Ups \$50. / 30 m

Naturopathic medicine is a patient centered primary healthcare approach that uses natural therapies to restore and optimize health. Naturopathic Doctors utilize nutrition and natural health remedies for a variety of health concerns and complaints. Specialty areas include, but are not limited to, natural family medicine, cardiovascular concerns, allergies, digestive complaints, women's health, and cancer support.

**FirstLine Therapy (FLT)** .....\$500. /3 mo. program

FirstLine Therapy is a structured 3 month program that consists of both private naturopathic medicine consultations and group meetings to help you get the supervision and expertise you need to:

- Establish realistic, personalized goals to improve health
- Learn how to eat and shop for healthy, nutritious foods that manage (not increase) cravings
- Exercise according to your fitness level to build muscle and gets rid of unwanted fat
- Relax and manage unhealthy stress, feel better and do more!
- Monitor your progress and help you stay on track

**Homeopathy**.....Initial Adult \$250. / 2.5 h Initial Ped. \$150. /1.5 h Follow Ups \$50./ 30 m

Homeopathy is a gentle yet powerful system of medicine that is over 200 years old. This system uses highly diluted substances that are like the symptoms you may be experiencing in order to help the body heal. These remedies work to enhance the body's innate healing response to dysfunctions. A homeopathic analysis is based on the whole person; meaning that mental, emotional, physical and spiritual symptoms as well as behavioral tendencies and personality traits are explored before a remedy is prescribed.

**Hypnosis**.....\$100. /h

Hypnosis is a tool to bypass the conscious mind and directly access the power of the subconscious mind which governs our habits and behavioral patterns. Our inner belief system, negative self talk and past experiences can sabotage our attempts to create what we want in life. Hypnosis can erase past negative influences and establish positive belief patterns and behaviors. All that is required is an open mind, an imagination and a willingness to follow guided directions.

**Life Coaching**.....\$50. /h ....\$75. / couples

Similar to counseling but less analytical, life coaching helps individuals better understand, release, and move forward with past/present concerns in their life. Life coaching gives you tools and strategies to help you manifest what you want in life.

**Meridian Stress Assessment**.....Initial \$80. / 60 m Follow Up \$60. / 45 m

MSA testing uses Galvanic Skin Response (similar to lie detectors) to measure electrical resistance at various acupoints which represent the organs, glands and systems of the body. This combination of Chinese Medicine and Western Technology allows us to conduct an interview with the body ~ identifying imbalances in the energy flow and offering natural alternatives to achieve optimal health.

**Nutrition/Supplement Counseling**.....\$75 /30 m

Have you ever wondered if you're getting enough of the proper nutrients in your diet? Are you aware of the possible interactions between certain medications and supplements? Have you ever wondered if your taking the right supplements for maintaining your health? Are your supplements of good quality and are you taking the proper amount for preventive medicine? A consultation with our trained specialists can help you find the answers?



**Raindrop Therapy**.....\$115. / h

Raindrop Technique combines aromatherapy with cellular-level cleansing. Discovered by the Lakota Indians, it uses several antiviral, antibacterial therapeutic-grade essential oils along the spine. Raindrop is a complete body and mind detox and has helped to bring relief from chronic pain, digestive discomfort, and has made visible improvement in scoliosis

**Reflexology**.....\$45. / 30 m. \$80. / h w/scrub add \$15.

a specific pressure technique which works on precise reflex points on the feet. Pressure is applied to these reflex areas using specific thumb and finger techniques. This causes physiological changes to take place in the body and allows the body's own healing potential to be stimulated. The benefits include: relaxation and stress reduction, improved circulation and oxygenation, improved lymphatic flow and stimulation of the immune system which helps the body take up more nutrients, detox, revitalize and energize the body....It also just plain feels great!

**Reiki**.....\$85. / hr.

Reiki (ray-key) is an ancient Japanese healing technique that has been used for centuries for stress reduction, relaxation, and healing. The word Reiki means universal life force energy; the energy found in and around all living things. The aim of this healing energy is to balance all levels of being: physical, mental, emotional and spiritual as well as enhance the natural power of the body to balance and heal itself.

**R&R (Reiki & Reflexology package)** .....\$120. /120m

Reiki and reflexology are a dynamic duo that work very well together for overall balance and well being of body, mind, spirit and emotion! You'll love it!

**R&M**.....\$115. / 90 m

Enjoy the experience of reflexology combined with a traditional Swedish full body massage!

**Stress Reduction**.....\$75. / h

This Individualized stress reduction session includes assessing what your major stressors are, how your body may be manifesting signs of stress and what types of de-stress techniques would best be suited for your lifestyle, learning style and temperament. You will experience some de-stress techniques and begin to build your own set of de-stress tools.

**Shirodhara**.....\$105. /h

Shirodhara is a purifying and rejuvenating Ayurvedic therapy designed to eliminate toxins and mental exhaustion as well as relieve stress and ill effects on the central nervous system. It begins with a lemon and Dead Sea salt scrub on the feet, warmed oil is then drizzled over the forehead as marma points of the head and suture lines are worked.

**Yoga (private)**.....\$75. / h

A one hour **private yoga session** is customized to meet the individual needs of the client. Whether you want to de-stress, work on poses (asanas) to enhance specific sports performance, increase flexibility, learn how to begin a yoga practice or just to fit a yoga session into your schedule this is for you. Each session includes: breath work, yoga poses (asanas) and a guided visualization meditation suited to your needs. *Note: Also available for Physioball Core Strengthening & Pilates*

# Massage & Spa

**Back to Basics Massage**.....\$75. / 1h    \$110./ 90 m

The classic Swedish massage to relieve tension and accumulated daily stress. Loosens tense muscles, and improves circulation and mobility.

**Abdominal Massage**.....\$100. / 1 h    \$135. / 90 m

A traditional Swedish with an emphasis on specific techniques for the abdominals that stimulates the peristalsis of the small intestines, tones muscles of the abdominal walls and mechanically helps to eliminate the contents of both the large and small intestines.

**Acupressure Massage**.....\$105. / 1 h    \$135. / 90 m

Combines Western massage with Eastern percussive and pressure techniques that are applied to meridians and acupoints to produce greater flow of blood and oxygen to designated areas. Promotes a release of tension and relaxes the body and mind, improves overall energy, alleviates muscle aches and pains, is helpful for headaches, helps the body clear toxins and stimulates the bodies own energies to help fight illness and restore harmony to the entire system.

**Aromatherapy Massage**.....\$85. / 1 h    \$120. / 90 m

A blend of therapeutic essential oils geared towards your specific needs to enhances the benefits of the basic Swedish massage.

**Bamboo Massage** ..... \$105. /1 h    \$135. / 90 m

Heated bamboo stalks of varying lengths and diameters are used to provide deep-tissue work. The application of the warm bamboo melts away tension creating a deeply relaxing and soothing experience. The massage itself promotes circulation, sensory nerve perception, and lymphatic drainage and provides a deep sense of well-being.

**Body Bliss Massage**.....\$150 / 90 m

A head to toe treatment that takes you on a journey to pure bliss. Treatment includes a full body massage, a stimulating and re-mineralizing Dead Sea Salts foot massage with Rosemary & Peppermint oils followed by a soothing Rosemary scalp massage and a mini facial.

**Hot Stone Massage**.....\$105. /1 h    \$135. / 90 m

Hot stone therapy provides a deep warm massage that penetrates deep into the tissue to detoxify the body and create an overall deep relaxation experience.

**Integrative Massage**.....\$135./90 m

A 90 minute specialty treatment that utilizes a number of different massage techniques specialty oils, and reiki healing depending on individual needs.

**Injury Rehab/Orthopedic Massage**.....\$135. / 90 m

This specialty massage helps aid the body's recovery from various conditions such as whiplash, TMJ disorder, carpal tunnel, TOS, plan tar fasciitis. Prevent further damage and relieve discomfort of fibromyalgia and multiple sclerosis. The therapist works in major muscle segments releasing attachments from bony landmarks and nerve compression Deep pressure is used. Increases range of motion and helps to return the body to normal function.

**Na Plai (Recovery massage)**..... \$125. / 1 h    \$165. / 90 m

This amazing massage experience incorporates three massage modalities concentrating on the back, neck, shoulders, face & skull where the stress manifests most. Your journey to recovery starts with acupressure massage to release knotted muscles, followed by the application of a hot steamed poultice containing organic herbs to relieve stress, detoxify, increase circulation and re-energize. An aromatherapy massage to revitalize and nourish dehydrated skin completes your path to total recovery

**Note:** You may add the benefits of an aroma massage to any treatment for an additional \$10.00

Or add extra abdominal work to your massage for an additional \$25.00 for 15 min.

**LaKota Indian Raindrop Ritual**.....\$150. / 90 m .....\$180. / 120 m

Raindrop Technique combines aromatherapy with cellular-level cleansing. Discovered by the Lakota Indians, it uses several antiviral, antibacterial therapeutic-grade essential oils along the spine. Raindrop is a complete body and mind detox and has helped to bring relief from chronic pain, digestive discomfort, and has made visible improvement in scoliosis. This treatment is combined with your choice of a 30 or 60 min. Swedish Massage for deeper relaxation and relief of muscular tension. Or your choice of a 30 or 60 min. Reiki Treatment.

**Neuromuscular Deep Tissue**.....\$105./h \$140. / 90 m

A customized massage specifically designed for those individuals suffering from certain aches, pains, injuries or tension to certain areas of the body or specific muscle groups. Tools utilized can include heat, cold, connective tissue work and trigger point therapy to release knots, increase range of motion and return the body to normal function.

**Pregnancy / Special Needs**.....\$85. /1h \$125. /90 m

Designed to accommodate individuals with physical disabilities or special challenges. Aids are invited to accompany you in your treatment session.

**Salt Glow Massage**.....\$145. / 100 m

An invigorating and cleansing Dead Sea salt and aromatic rub that purifies, rejuvenates and exfoliates coupled with a 60 min. lemongrass body butter massage to bring balance to the body's various systems and to reinforce the skins natural ability to renew itself.

**Shiatsu Bodywork**.....\$85. / 1 h \$125./ 90 m

Shiatsu massage is both deeply relaxing and energizing. Shiatsu helps to loosen and relax muscles and joints, increases flexibility and range of motion, balance a person's energy flow, and strengthen the vital organs. Other benefits include: improved circulation, centers the mind and body.

**Sports Massage**.....\$85. / 1 h \$125. / 90 m

Sports massage is the science of applying soft tissue manipulation to increase athletic performance and speed the recovery process from injury. Not just for the elite athlete.

**Spirit of the Sea**.....\$165. / 110 m

This specialized spa treatment begins with a dry brushing technique designed to stimulate the lymphatic system and enhance the effects of our detoxifying seaweed and chroma therapy hydro-soak. This treatment is followed by an aroma massage with specially blended therapeutic grade essential oils that are designed for your specific needs and purpose.

**Time for Two** .....Swedish - \$155. /h \$220. /90 m .....Aroma - \$175. /h \$240. /90 m .....Body Bliss - \$305. / 90 m

Share a massage experience in the same room with someone special... perhaps your spouse, child, significant other or best friend!

**Thai Poultice Massage** .....\$125. / 60 m \$165. / 90 m

This massage combines the use of traditional Thai herbs (Prai, turmeric, lemon grass, kaffir lime, camphor) wrapped in muslin and steam heated to help soothe sore muscles and relax the body, mind and spirit. Additionally, this steamy herbal poultice helps to reduce inflammation, alleviate pain and draws out toxins from tired muscles, while increasing circulation. The Poultice is your to keep for use in the bath or soaked and heated for self massage (allow to air dry in between use).

**Zen Garden** .....\$140. / 90m

Hinoki aromatic hydro-soak coupled with a hot bamboo massage. In Japan, no daily ritual is more important to an individual's well-being as a Hinoki bath. Hinoki is a tree related to the cypress family and grows only in Japan. It is considered a sacred wood and when infused in a bath it is viewed as a time of purification, renewal and relaxation from the stress and tensions of the modern world.

# Spa Celebration Packages

*All Spa Celebrations include 30 min. "Quiet Time" -*

*a special time devoted to intimate conversation, relaxation or introspection...offering a fresh cheese and fruit tray, choice of one of our fine specialty teas or glass of Champagne.*



**Viaggio d'Amore!**.....\$140. pp \$260. couple /110 m

Begin your "Journey of love" with a bubbling hydrotherapy bath to quiet the mind and relax the body followed by an aromatic body massage for an overall experience that delights all the senses!

**Soul Mates**.....\$140. pp \$260. couple / 110 m

Release, relax and unwind in an aromatic Dead Sea salt mineral soak that draw toxins from the body and balances and frees the nervous system from worries and stress, followed by an aromatic massage with custom blended oils for you and your mate.

**United**.....\$185. pp \$360. couple / 120 m

w/ Bubbling Chroma Hydrobath 140 min. / \$210.00 pp \$405.00 per couple

Experience ultimate rejuvenation with a head to toe treatment that includes a full body massage customized to meet your individual needs, a stimulating and mineralizing foot massage using dead sea salts, rosemary and peppermint therapeutic grade essential oils, a soothing and clarifying rosemary scalp massage and mini facial.

**Ancient Ritual**.....\$190. pp \$355. couple / 140 m

A pampering mineral bath followed by a hot stone massage, aromatic foot scrub & Juniper & sage scalp massage.

**La Buona Vita**.....\$280. pp \$520. couple / 200 m

Experience "The good life" with a specially blended aromatic hydrotherapy soak followed by a luxurious massage with custom blended oils and the ultimate king and queen facial.

*Note: King and Queen Facials includes: A customized facial specifically tailored to your skin care needs by our licensed esthetician, extractions for a deep pore cleansing, and special treatment ampoules.*

## Spa Treatments & Body Wraps

**Cellufirm Essential** .....\$130. / 75 m

This specialized spa treatment begins with a dry brushing technique followed by a seaweed salt rub, seaweed hydro-bath, and application of cellufirm body serum all designed to stimulate the lymphatic system to improve the immune system, detoxify, slim, firm and tone the body.

**Cellufirm Spa Ritual** .....\$160 / 100 m

This specialized spa treatment begins with a dry brushing technique followed by a seaweed salt rub, Body Wrap, seaweed steam shower and application of cellufirm body serum all designed to stimulate the lymphatic system to improve the immune system, detoxify, slim, firm and tone the body.

**Touch of Morocco**.....\$225.00 / 130 m

This Moroccan inspired spa treatment begins with a Kessa mitt slough designed to stimulate the lymphatic system and exfoliating the skin of dead cells while enhancing the effects of our Rhassoul & Dead Sea salt mud wrap. After your wrap, enjoy a gentle steam shower with pine tar wash followed by a nurturing massage with specially blended oils to give you the ultimate therapeutic experience that is purifying, relaxing and pleasurable!



When your complexion looks tired and stressed, a spa facial with our advanced multi function facial instrumentation and exclusive line of skin care products, known as cosmeceuticals can provide you with the revitalization you need to restore skin's natural vibrancy and youthful appearance!

**European Facial** (hydrating).....\$65. / 50 m

Specially formulated hydrating facial for dehydrated or dry skin types.

**Deep Cleansing Facial** (oily skin).....\$65. / 50 m

Specially formulated for individuals with combination, oily and/or congested skin.

**Baby Face Facial** (sensitive skin).....\$65. / 50 m

Specially formulated for individuals with combination or sensitive skin.

**Deep Pore Facial** (problem skin).....\$95. / 60 m

Specially formulated facial for individuals who struggle with clogged pores or have acne prone skin. Includes extraction.

**Turn Back the Clock Facial** (anti-aging) .....\$110. / 75 m

An anti-aging facial utilizes high frequency treatment and specially formulated products for mature skin to reduce the appearance of fine lines/wrinkles. Includes mild facial resurfacing, plumping lip treatment that moisturizes and enhances lip contours, and special ampoule application that acts as a "second skin" to guard against the stresses of environment without impeding the natural transpiration process.

**Clean 4 Teens Facial** (pubescent).....\$55. / 40 m

w/galvanic current treatment and extraction \$85. /60 m

Specially formulated facial for Pubescent/Teen skin. Facial includes customization and Informative skin care lesson.

**Fountain of Youth** .....\$35. / 25 m \$25. w/any facial .....pkg. of 5 treatments / \$140.

High frequency treatment that includes anti-aging serums to reduce the appearance of fine lines/wrinkles, reduce oxidative stress, neutralizes and eliminates free radicals while repairing oxidative damage and helping the skin to produce collagen. The results..... healthy, supple, youthful looking skin!

When utilized in a series of treatments high frequency produces long term lasting lifting and firming effects!

**RX Facial** .....\$110. /75 m

Specially formulated facial for individuals who struggle with conditions such as Rosacea, Hyper pigmentation, and other skin challenges. Includes special products and instrumentation for problem skin.

**It's (also) A Man's World Facial**.....\$65. /50 m .....w/extraction \$95.

A customized facial specially formulated for men's special needs to combat the rigors of shaving and calm skin irritations. Men's essential focuses on deep cleaning and extracting to refine and reduce the appearance of congested, large or clogged pores and special treatments to diminish fine lines & wrinkles for healthy, younger-looking skin.

...P.S. When your significant other remarks on your glowing appearance, just tell her you're happy to see her!

## Skincare & Other Add On Options

**Take a Break** (mini-facial does not include steam).....\$45. / 25 m

A quick express facial for those times when you need a refreshing skin care “pick me up” or for individuals “on the go”. Treatment includes: Skin specific cleansing, exfoliation, mask, toning and site specific gels and emollients for: lips, eyes, face followed by an aromatic temple massage.

**King/Queen Facial**.....\$135. / 100 m

Roll out the red carpet and experience the ultimate royal treatment! Relax and enjoy a customized facial specifically tailored to your skin care needs. This treatment includes: extractions for a deep pore cleansing, special treatment ampoules, paraffin hand dip, face, décolletage, shoulder, arm and hand massage.

**Organic Grape Wine Peel** .....\$45. / 25 m .....\$30. w/ any facial

Our grape wine peel is a “natural” alternative to harsh salicylic acid peels. This multi-fruit acid complex made with white grape wine and fresh fruit pulp gently exfoliates the upper epidermis while wine polyphenols brighten and condition the skin.

**Back or Chest Care** (site specific ).....\$55. / 45 m

For problematic skin on the back or chest. Consist of all the elements of a facial; cleansing, exfoliation, massage, extractions and a mask. This treatment will leave your back or chest feeling remarkably healthier and smoother!

**Galvanic Frequency Treatment** .....\$20. / 10 m

An add on to any problematic skincare treatment. Useful for acne, rosacea and hyper pigmentation

**Hand / Foot Aroma Salt Glow** .....\$20. / 10 m .....\$35. / Both Hands & Feet

Rosemary, peppermint and eucalyptus therapeutic grade essential oils are combined with Dead Sea salts to exfoliate dead skin cells and rejuvenate tired hands and feet.

**Full Body Salt Glow**.....\$55.00 / 30 m

A blend of therapeutic grade essential oils (your choice of oils to rejuvenate , relax, or detoxify the body.) are combined with Dead Sea salts to exfoliate dead skin cells.

**Paraffin Dip for Hands or Feet** .....\$15. / 15 m \$25./Both

Paraffin dip increases circulation, relieves pain and stiffness of muscles and joints and improves dry, dehydrated skin leaving hands and feet feeling rejuvenated, softer and luxuriously moisturized!

**Hydrotherapy Soak**.....\$30. single \$45. couple / 20 m

Relax in our amazing hydro tub with its powerful jets and colored lights filled with your choice of a bubbling Seaweed, Aroma baths blended to your personal needs, or Dead Sea salt soak

**Steam Shower or Chroma Shower**.....\$20. / 10 m

Enjoy the privacy of a quiet steam to open and cleanse the pores while relaxing the body or for a unique color therapy experience bathe yourself with different color lights while you shower!

**Serenity Chic & Sleek**.....\$17.00

Shampoo with invigorating scalp massage and blowout styling at the *Serenity Salon* located at *The Center*.

**“Quiet Time” w/ Refreshments**.....\$35. pp .....\$55. couple / 30 m

30 minutes of quiet time in a private room, while being served fresh fruit of the season, cheese, crackers, tea biscuits and your choice of 1 gourmet teas or gift of champagne.

# Ongoing Classes & Workshops

The Center offers many programs, workshops, and classes that cater to a variety of interests and age levels. Check our calendar website for a complete listing!

Yoga

Core Strengthening Fitness

Drumming

Group Stress

Reduction

Group Hypnosis

Reiki Certification

Pilates

Meeting Banquet Facility



## Other Offerings Located at The Center

- Serenity Chemical Free & Organic Hair Salon Professional Make-up tutorials and application at *Serenity Salon*. Teens receive 25% of makeup tutorial and application with the purchase of a “clean for Teen” Facial!
- Chiropractic Care
- Gift Shop



A SANCTUARY FOR A LIFESTYLE  
OF WELLBEING

## **THE CENTER**

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