

Spa & Wellness Packages

Bridal Package \$190

- Combo Massage (Swedish/deep tissue)
- Contour Body Wrap
- Facial
- Foot & Callous Treatment

Body Rejuvenation Package \$180

- Hot Stone Massage w/ aromatherapy & hot towels
- Contour Body Wrap
- Foot Detox w/Foot & Callous Treatment

Renewal Package \$185

- Swedish Massage
- Parafango Body Wrap
- Facial
- Foot Detox

Contour Body Wrap Dress Size Reduction Program \$650

(Payment plan available)

- Lose up to 2 dress sizes in 12 wraps
- Tighten & Tone Loose Skin

- Reduce Cellulite
- Builds Circulation
- Skin Conditioning
- Cellulite Cream & Holistic herbal supplement for cellulite reduction

Foot Detoxification Program \$170

(8 foot detox)

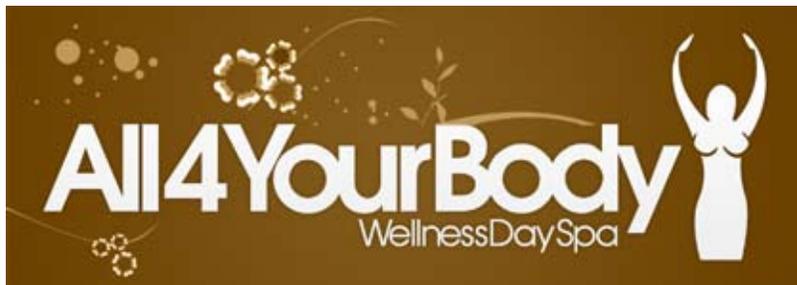
- Remove toxins from your liver, kidney, colon and blood stream through the sweat glands in your feet

Benefits:

Increase Energy, Sleep Better, Remove Yeast, Remove Headaches, Reduce Sinus Pressure, Remove Environmental Toxins, Remove Free Radicals, and more.

Contour Body Wrap \$70.00

- Lose 4-15 inches in one wrap. Lose up to 2 dress sizes with our body wrap and detoxing program. Cellulite reduction, improves circulation and skin conditioning.



Products and Holistic Programs

(call for a personal consultation)
704-200-6846

Candida Program - Candida is an over-infestation of yeast in the body. It can invade the brain and every tissue of the body, and it grows and lives on what you eat. It makes your body crave what it needs to grow, and rampages until you eat it. Many medications, such as steroid drugs, birth control pills, and antibiotics can increase the likelihood of a Candida yeast imbalance.

Symptoms include frequent yeast, bladder or skin infections, chronic fungus such as athlete's foot or thrush, allergic reaction or increased sensitivities to foods or chemicals, bowel disorders, muscle pain or weakness, and fatigue.

Through an effective balance of dietary changes, nutritional support, and the increase of friendly bacteria, yeasts can be brought under control within 30-60 days. In this short period of time, a new level of vitality and health will have been reached that can be maintained for a lifetime.

Weight Management - According to the Centers for Disease Control and Prevention (CDC), over half of American adults are overweight, and about one-third are obese. (Overweight is roughly 10-30 pounds over an ideal weight and "obesity" is defined as 30 or more pounds over an ideal weight.) This is a concern because excess weight has a huge negative impact on the overall health of an individual, leading to a risk for diabetes, heart disease, liver disease, cancer, arthritis, and most other degenerative health problems.

The program is based on the fact that to lose weight, you must not only consume fewer calories, but also give your body the right types of calories and adequate nutrition for optimal wellness. This program provides a safe weight loss that does not use addictive or chemical substances, and does not

create imbalances or cause ketosis. It utilizes sound nutrition and natural products that work together to dissipate fat and help correct weight-related health problems. Fat is not the enemy (as there are some essential fats), and carbohydrates are not the enemy (as they provide fuel for every function of the body). The key is to eat a diet based on balance, following sound nutritional advice.

Fibromyalgia - Common symptoms of fibromyalgia include; chronic, widespread pain that can be disabling, fatigue in body and mind, sleep disorders, irritable bowels, memory and concentration difficulties, chronic headaches, TMJ, anxiety and depression. Conventional medical treatment includes anti-depressants, muscle relaxants and chemical painkillers. Though between 7 and 10 million people in the US alone suffer from fibromyalgia, it is frequently misdiagnosed and under-recognized. It is often referred to as "The Invisible Disease" because its sufferers don't look sick. Abnormalities do not appear in any blood test, X-ray, thyroid test, HIV test, liver scan, MRI, or CT scan.

Symptoms are felt all over, yet traditional medical tests can find nothing wrong. Sufferers are often misdiagnosed with hypochondria, Alzheimers, or psychological problems, leading to depression and despair. Fortunately, the existence of fibromyalgia is becoming better understood in the medical community. The American College of Rheumatology published criteria for its diagnosis in 1990. Eighteen "tender points" have been detected on the body, and pain caused by gentle pressure on at least 11 of these 18 points is the only known way to receive an accurate diagnosis of fibromyalgia. A trained Consultant can assist with this type of screening. Once the challenge is clear, All 4 Your Body Wellness Day Spa offers natural solutions to be symptom free in less than six months.