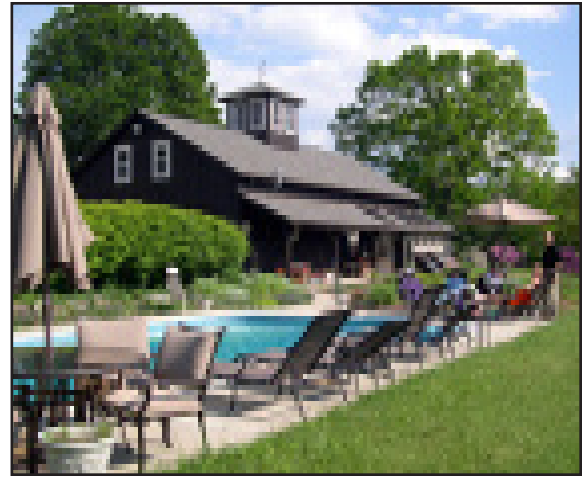




Namaste' Center for Wellbeing Day Spas



Friends, family groups and business associates can find reconnection, relaxation and rejuvenation at Namaste' Center for Wellbeing.

Day spas are available Tuesdays, Thursdays and Fridays from 10-3 and Saturdays from 11-4, cost \$100 per person, minimum 5 people for day spas.

Celebrate birthdays, bridal showers, bachelorette parties and other occasions in an atmosphere of wellbeing.

Melora McNutt, certified massage and yoga therapist, will start your day with a wonderfully relaxing yoga centering.

After yoga, your group will enjoy a delicious healthful luncheon prepared by Maryellen Bonavita (choose from the entrees below).

You can then choose between facial care, foot care or hand care for your group. This will include a paraffin dip, hot herbal steam, exfoliation and moisturizing.

Your group will then experience the relaxation of chair massage while lounging at the pool, enjoying a healthful, refreshing fruit smoothie. Bring your suit for a cooling swim.

Choose an entree' for your group:

Chicken Cacciatore

Tomato, Kale, Asparagus Quiche

Swiss Chard, Zucchini & Cheesy Rice Casserole

Shrimp Scampi

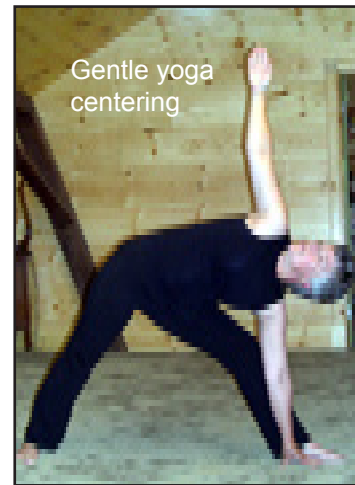
Chicken Alfredo

Enchilada Casserole

Chicken & Asparagus with Pepper Cream

Luncheon will include a green salad, bread, iced tea and dessert.

*Reconnect, relax and rejuvenate
at The Namaste' Center for Wellbeing*



Namaste' Center for Wellbeing

at The Lollipop Farm

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