

Firmi-Sea Mud Treatment: An ocean full of active marine seaweeds to penetrate the skin. Purifying, smoothing, firming and stimulating. Containing amino acids and trace elements to rehydrate and repair skin, increase circulation and refine skin texture. This luxurious mud also contains nourishing jojoba, avocado, peach and sunflower oils to further replenish dry or damaged skin. Can be used alone or incorporated with essential oils of your choice. **60 minutes @ \$110, HST included.**

For the most effective use of this product, incorporate an exfoliation treatment before this mud treatment. Also any massage noted above can be incorporated! Option to incorporate a 'Scorpion Brush' for a higher level of rejuvenation. Helps to break down cellulite cells.

Sugar Body Polish: Revive skin radiance and smoothness while polishing away dryness, flakiness and rough skin. Contains natural brown and white sugars, natural firming hydrators, protectors, cleansers of milk proteins, honey, clover and royal jelly (from Queen Bees). A wonderful replenishing blend of nutrients to stimulate circulation and exfoliate to reveal a young healthy glow! **60 minutes @ \$110, HST included.**

Any massage as noted above can be added to this invigorating treatment to really do it right! How about Hazelnut Chocolate, Hazelnut Vanilla, Creamsicle,, Peppermint Patty, etc massage to work in tandem with the Sugar Body Polish? Option to incorporate a 'Scorpion Brush' for a higher level of rejuvenation. Helps to break down cellulite cells.

Ear Candling: Relaxing, cleansing and rejuvenating. For hearing loss, sinus issues and the soul. Usually **45 minutes. \$70, HST included** (one pair of candles)

Paraffin Wax With Massage for Feet, Hands or Both: 'Hands Down' (hands only) OR 'Foot Loose' (feet only) OR 'At The End of My Limb' (hands and feet) 20 minutes each or 40 minutes for both. **\$60 for either one OR \$80 for both, HST included.**

Scalp Massage: (20 minute or 30 minute) – with **Aveda Blue Oil**. So many people ask... "Do you ever have anyone get just a scalp massage?" *An Over The Top AHHH!!* **\$45/\$60 respectively, HST included.**

Pilates/Yoga or General Fitness Private Individualized Sessions: (includes goal setting consultation at first visit to get you on track) **60 minutes @ \$100 HST included.**

Personal Fitness Training Packages also available and prices reduce with added commitment.

NEW SERVICE! PILATES REFORMER AND STABILITY CHAIR Private Sessions:

Experience Pilates Like Never Before! Most folks are unaware of the full concept Joseph Pilates implemented decades ago! This is not Matwork Pilates. My goal for a few years has been to bring the full spectrum of Pilates to Peterborough! It has now arrived! **SIGN UP NOW FOR INTRODUCTORY RATES** that are the same as a Matwork Private Session!

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