

SANCTUARY



Plant the Seed of Wholeness: Gardening for the Soul©

Plant the Seed of Wholeness is a self-discovery and self-growth series. The garden is a metaphor for soul growth. The course is designed to unearth the person you desire to be and nurture. Meditation, visualization, breath work, journaling and other modern rituals are some of the practical tools used for personal development and transformation.

Available as a course, workshop or retreat for young and adult women.

Lecture Series

Aromatherapy, Fitness, Massage, Reiki and Stress Management are a few of the wellness topics available. Lectures and workshops on any holistic topic can be created for your company, organization or group.

\$125 per hour

Chair massage

Chair massage is also known as on-site massage because it can be conveniently brought into any setting. The massage usually last between 5-30 minutes. It is an ideal start to a workplace wellness program because it allows employees to remain fully clad and does not require the use of oils. Research shows that a chair massage is effective in elevating job performance, increasing company productivity, cutting down on absenteeism and boosting company morale. Chair massage is also a unique theme or addition to an office party or special event.

1-hour....\$150

Ladies Night In

Enjoy an evening of spa indulgence with your favorite friends. Learn how to make simply delicious beauty products. Fabulous spa creations and fantastic friends are the formula for an unforgettable Ladies Night In.

\$125 plus materials

Ladies Night Out

This is the perfect antidote for stress. Experience a local spa with a group of your favorite friends. Learn how to properly use saunas, steam rooms, various water treatments and beauty products for maximum relaxation and renewal.

\$75 plus materials

Tarot Card Reading

Tarot is an illuminating tool for inner guidance. Its rich symbols create an opportunity for personal evaluation and growth. A reading will provide a mirror for clearer insight and understanding of Self.

Love offering