



HILL COUNTRY RESORT  
1 RESORT WAY, BOERNE TX 78006  
830-537-5010

[WWW.PURESOLSPA.COM](http://WWW.PURESOLSPA.COM)



**PURESÓLSPA®** embraces the tradition of naturally caring for the health and the beauty of the body. Salt extracted from healing Polish salt mines remain the pillar of the spa. This boutique-style spa and salt cave, situated in the Tapatio Springs Resort amid the Texas Hill Country, brings a unique opportunity to its visitors to experience world-class services.



# Spa Etiquette

## ARRIVAL

We recommend that you arrive 30 minutes prior to your scheduled appointment to allow us to welcome you and introduce you to the spa facilities. Clients will have a form to fill out if they did not already fill out online. This also allows ample time to prepare for your services. Arriving late will simply limit the time of your treatment.

## CANCELLATION POLICY

As a courtesy to other guests and our service professionals, we ask that you notify us a minimum of 24 hours in advance. If you must reschedule or cancel your appointment, 50% of the value of the treatment will be charged for cancellations received less than 8 hours before your scheduled appointment. No shows and cancellations within 4 hours of your scheduled service are non-cancelable and are charged at full value of the services. A credit card number is required at the time of booking.

## HEALTH CONDITIONS

When making your spa reservations, please advise us of any health conditions, allergies or injuries which could affect your service.

## GUESTS

The spa welcomes both hotel guests and external guests for any of our services.

## AGE REQUIREMENTS

The minimum age requirement for access to the spa is 18, with exception of select teen treatments and salt cave inhalations.



## CELL PHONE USAGE

Our spa offers each guest the chance to relax in a tranquil setting. Please turn off any mobile devices to preserve the serenity of the spa and respect of our other guests within our environment.

## GRATUITY

As in all service-related businesses, it is common practice for gratuities to be given to the person who has done a good job to the satisfaction of the guest. We suggest 15-20% of the cost of service. For your convenience, a 20% service charge will be automatically added for 2 or more services in all groups.

## GIFT CERTIFICATES

Any amount is available at our spa reception. Gift certificates expire 6 months after purchase.

## GROUPS AND SPECIAL OCCASIONS

PURESOLSPA® is the perfect environment to celebrate birthdays, bridal parties and work functions. The spa can be used solely for your event or a private area can be set aside.

## SPA CUISINE

If you wish to enjoy lunch during your visit, you are welcome to enjoy our exceptional spa cuisine offered by La Cascada Kitchen & Bar on the resort premises.

## ADVANCED BOOKING

We highly recommend booking your treatments in advance to ensure your preferred time and services are available.

## PREGNANCY

Please let our Spa Concierge guide you in selecting suitable treatments which have been specially designed with well-being in mind for expectant mothers. Treatments are available after the first trimester.

## BOOKING ONLINE

Most services are able to be reserved online at [puresolspa.com](http://puresolspa.com). Bookings that require multiple services will prompt you to call the spa directly so we can be sure to create the proper combination of timing.

# Salt Cave Etiquette

- Reservations for adults are suggested, but it is required for sessions with children.
- You will be scheduled for a public session, which can accommodate up to 6 people, unless you request a private session.
- Every session starts exactly at the beginning of the hour and lasts 30 or 45 minutes.
- Please arrive 10 minutes before the appointed session. If you arrive late, your session will end at the originally scheduled

time, so the clients in the next session are not penalized. If you arrive late and the salt therapy session has begun for other attendees, you cannot take part in the session and will be placed in the next session if space is available.

- No shoes are allowed in the salt cave. We provide shoe covers, or you can bring spare clean socks.
- Turn your cell phone off and store it with your belongings in our locker room area.
- Please refrain from excessive noise during the session to maximize the tranquil experience of the salt cave, and out of respect for the other guests.
- No food or drinks are allowed in the salt cave.
- Do not touch walls or any equipment inside the salt cave.
- The spa employee will inform you when the session is over.
- Staying in the salt cave is an effective method of treatment for chronic respiratory diseases. The process works well with or without medical treatment and without any known side effects.
- You may experience a dry throat and increased coughing at the beginning. This is an absolutely natural part of the cleaning process of the respiratory system, during which the pollution accumulated over time is expelled from the deepest regions of the lungs. Pregnant women with asthma or other respiratory diseases could use this therapy without any harm to the child. Please contact your doctor if you don't feel comfortable.

Research has proven the therapeutic values of salt caves and their positive influence in the treatment of such ailments and diseases such as:

- Respiratory illnesses
- Insufficient circulation of blood
- Asthma and bronchial tube inflammation
- Post heart attack conditions
- Chronic obstructive bronchitis
- Illnesses of digestive system
- Bronchiectasis
- Duodenal and gastric ulcer
- Chronic inflammation of lungs
- Inflammation of large intestines
- Chronic inflammation of sinuses
- Gastritis
- Dust disease (pneumoconiosis)
- Vegetative nervous system malfunction
- Under-active cutwater gland
- General nervousness and exhaustion
- Ear, nose and throat, esophagus and sinus conditions
- Stress Reduction
- Emphysema
- Deepens and slows down breathing
- Heart and cardio-vascular diseases
- Improves the ability to concentrate
- Brings the feeling of freshness and satisfaction

**SPECIAL NOTE:** In case of overproduction of the hyperthyroidism, tuberculosis and claustrophobia, a doctor must be consulted.

# Salt Cave Inhalation Sessions

	ADULTS	SENIORS 65+	CHILDREN 3-17	CHILDREN UNDER 3
<b>One 30 min session</b>	<b>\$30</b>	<b>\$25</b>	<b>\$25</b>	<b>\$20</b>
<b>One 45 min session</b>	<b>\$35</b>	<b>\$30</b>	<b>\$30</b>	<b>\$25</b>
<b>Private group session (max 6 person per session)</b>	<b>\$175 per 45 minute session.</b>			
Ask our Spa Concierge about the Salt Cave Membership or go to <a href="http://puresolspa.com">puresolspa.com</a>				



*Salt Therapy* 

Our salt cave is made from the very salt that is home to the largest underground salt cave rehabilitation center in the world and known for its healing microclimate. It is a man-made, above ground made out of 20 tons of salt that re-creates the unique microclimate similar to the famous, healing mine in Poland. This sealed environment is where the negative ions (these are the good guys) are dispersed in the atmosphere and absorbed by the body via the skin and the respiratory system.

Apart from the advantageous negative ionization, the air in the salt cave includes sodium, potassium, magnesium, calcium, iron, bromine and iodine. These are naturally absorbed into body during the therapy by breathing the saturated air into the lungs and thus improving the intake and increasing supply of these important elements necessary for good health, performance and overall fitness for all ages. Three days worth of breathing in beach air in under an hour!

**DISCLAIMER:**  
 The information advice and services made available at PURESOLSPA® and the [puresolspa.com](http://puresolspa.com) website are not intended to replace the services of a licensed physician, nor does it constitute a doctor-patient relationship. Services at PURESOLSPA® and information on our website are provided for informational purposes only and are not a substitute for professional medical advice. You should not use this information for diagnosing or treating a medical or health condition. You should consult a physician in all matters relating to your health and particularly in respect to any symptoms that may require diagnosis or medical attention. Any action on your part in the response to information provided at PURESOLSPA® and on its website is done at the reader's discretion. Readers should consult their own physician prior to beginning any sessions, especially if they are pregnant or have any other type of medical type of health conditions including (but not limited to) hyperthyroidism, tuberculosis and claustrophobia. PURESOLSPA® makes no representations or warranties with respect to any information offered through its office or provided on its website regarding any treatment or action. PURESOLSPA® is not liable for any direct or indirect claim, loss or damage resulting from use of its facilities or its website and/or any website(s) linked to/from it.

# Massage Treatments

## WELL-BEING MASSAGE

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Unwind with a soothing, custom massage providing a unique combination of traditional Swedish technique with therapeutic touch and your personal preferences.

50 minutes \$150  
80 minutes \$210

## ESSENTIAL MASSAGE

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A Swedish/Deep tissue fusion massage that relieves discomfort from sore muscles and joints. This treatment combines moist heat and healing synergy oil.

50 minutes \$160  
80 minutes \$220

## PURESÓLSPA® SIGNATURE MASSAGE

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Release your stress and tension with a muscle melting Essential Massage performed inside our salt cave. Experience this treatment in the purest micro-climate environment saturated with minerals and negative ions.

50 minutes \$215  
80 minutes \$305

## MASSAGE BY DESIGN

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Our customized massage experience is designed specifically for you. Whether you are seeking a full body relaxation session or remedial treatment, our therapist will employ the most effective modalities to soothe your body and melt away stress

25 minutes \$95  
50 minutes \$165  
80 minutes \$220

## DEEP RELIEF MASSAGE

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A structural massage that relieves aches and pains that are stored in the deepest parts of the muscles. Great for working out the knots and alleviating the most stubborn tension and soreness from injuries or athletic performance.

50 minutes \$175  
80 minutes \$230



## GOLFERS FLEXOLOGY

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After a hard day on the greens, this treatment soothes aching muscles. Enjoy the full body massage using deep tissue techniques and warm compress, to ease muscles.

50 minutes \$165  
80 minutes \$220

## FOOT RITUAL

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The ultimate pampering for tired feet! Stimulate energy flow and circulation throughout your body with therapeutically applied pressure to reflex points in the feet.

25 minutes \$95

## PURESÓLSPA® SALT STONE MASSAGE

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Bring relief to muscles and joints and release stress with this ancient, healing art. This treatment incorporates heated salt stones for deep, penetrating heat, with warm oil massage to unravel tension for a relaxing experience.

80 minutes \$225

## THERAPEUTIC CUPPING MASSAGE

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Cupping is an ancient Chinese form of alternative medicine in which local suction is introduced to the skin. This mobilizes blood flow in order to promote healing. By creating suction and negative pressure, it releases rigid soft tissue, drains excess fluids and toxins, loosens adhesions, lifts connective tissue and brings blood flow to stagnant skin and muscles.

50 minutes \$165  
80 minutes \$225

## INTENTIONS AROMATHERAPY

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Customized with your intention to Calm, Energize, or Restore.

Choose from:

**CALM:** Soothing aromas with soothing light petrissage strokes and rocking movements to calm the nerves and increase blood flow

**ENERGIZE:** Uplifting aromas with vigorous strokes and cold stones to ease pain, tension and improve mobility and range of motion

**RESTORE:** Healing aromas with medium pressure and stretching movements to reinstate balance, calm and tranquility.

50 minutes \$165  
80 minutes \$220

BOOK ONLINE AT  
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# Couples' Massages

## COUPLE'S WELL-BEING MASSAGE

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Unwind with a soothing massage providing a unique combination of traditional Swedish technique, therapeutic touch and your personal preferences.

50 minutes \$300  
80 minutes \$415

## COUPLE'S SIDE BY SIDE AROMATHERAPY MASSAGE

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Intensify your massage experience with an evocative scent from our selection of the purest aromatherapy oils.

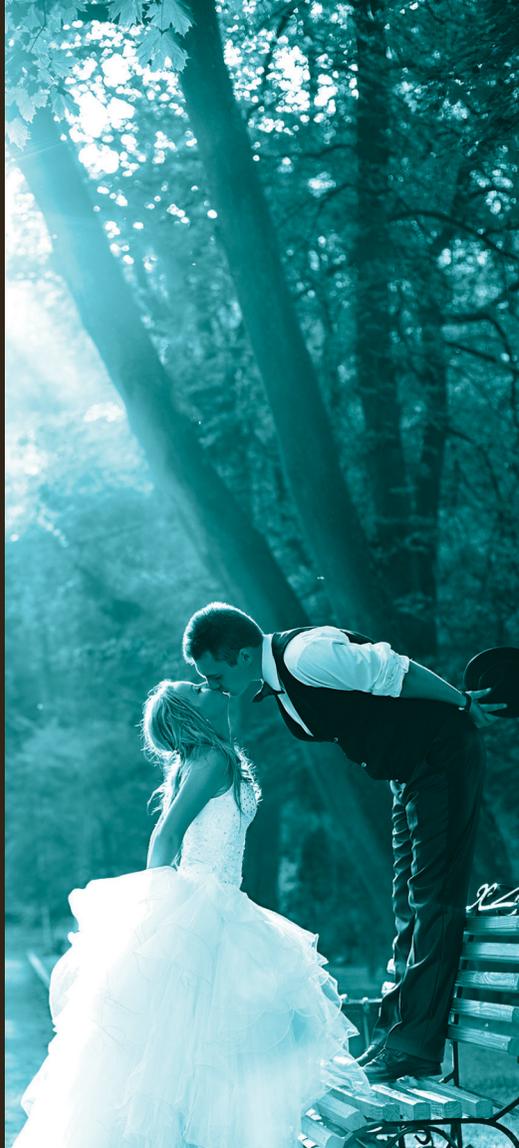
50 minutes \$310  
80 minutes \$430

## COUPLE'S ULTIMATE PURESÓLSPA® SIGNATURE MASSAGE

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The ultimate total body wellness FOR TWO! Release your stress and tension with a muscle melting Essential Massage performed inside the salt cave. Experience this treatment in the purest micro-climate environment.

50 minutes \$420  
80 minutes \$600



# Wedding Packages

Weddings can be a particularly stressful period of time. It is also one of the best times of your life to make memories. Let us help you with both.

## BRIDE TO BE PACKAGE

*(Recommended 1 month prior to wedding)*

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Begin with an 80-minute body glow treatment. The result will be that your skin will look firm, hydrated and polished. Next, enjoy an 80-minute massage of your choice. A rejuvenating massage works stress relief wonders at the time when poise and charisma are essential. Finish with our Signature HydraFacial. This moisturizing, rejuvenating facial treatment provides a glowing complexion and will assist in keeping your makeup looking fresh. This package includes a complimentary light lunch.

3.5 hours \$650

## JUST FOR YOU PACKAGE

*(Recommended the day of the wedding)*

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On this very special day take some private time just for you! Enjoy our Signature Massage in the privacy of our salt cave. Experience this treatment in a unique microclimate saturated in negative ions, minerals, and micro-elements. The pure alkaline environment will help reduce stress, calm nerves and balance your overall body system.

80 minutes \$305

## GROOM TO BE PACKAGE

*(Recommended the day of the wedding)*

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Experience a unique body treatment just for the groom! Begin with time in our relaxing sauna. Next, relax with a gentle full body salt scrub exfoliation with a hydrating and rejuvenating mask under an invigorating steam bath. Ultimate tranquility is achieved with calming head and neck massage with our unique Whiskey and Cigar scented spa products. Lastly, enjoy a Deep Tissue massage and complete your journey with a refreshing session in our Salt Cave.

3 hours \$315

## GROOM'S ESCAPE

*(Recommended the day of the wedding)*

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Today's the big day! Kick nerves to the curb with our relaxing Signature Massage in the privacy of our salt cave. Experience this treatment in a unique microclimate saturated in negative ions, minerals, and micro-elements. The pure alkaline environment will help reduce stress, calm nerves and balance your overall body system.

80 minutes \$305

# Body Treatments

## VICHY BATH & SOAKS

Experience a luxurious full body massage as you relax under a cascade of falling rain. **Vichy Showers** increase your blood circulation, detoxify your body, hydrate your skin, and relax your muscles.

This water massage treatment is particularly effective following a body scrub or body wrap, to circulate the recently absorbed products through your system, producing enhanced benefits, ultimately leaving the body and mind fully relaxed and invigorated. Includes infrared radiation, steam, massages using water or air bubbles and more!

### WELLNESS RENEWAL WITH SEASONAL SENSATION

Our Vichy services are inspired by the four amazing seasons of Poland. This invigorating spa experience features specialty body scrubs including Winter Wellness, Spring Renewal, Summer Refresher and Autumn Balancing. Each treatment begins with a warm rainwater rinse, followed with a salt scrub exfoliation melted to perfection with synergy stone massage and mask under an invigorating steam bath.

80 minutes \$235

### HERBAL BODY DETOX RITUAL

Begins with a gentle, full body exfoliation using our herbal scrub containing chamomile, marigold, nettle and refreshing mint. The ritual is complimented with a full body peat mud mask under a warm steam bath. Ultimate tranquility is achieved with a mind calming head and neck massage.

50 minutes \$160



### ANTI-OXIDANT BODY RITUAL

This ritual begins with a gentle full body exfoliation with using our anti-oxidant scrub containing argon and avocado oils. These oils are rich in vitamins A, C, D, E and F. Next, a full body mask to enhance anti-oxidant and energizing action under a warm steam bath, is applied. Ultimate tranquility is achieved with a mind calming head and neck massage.

50 minutes \$160

### THE DISTINGUISHED GENTLEMAN BODY RITUAL

This unique body treatment is just for men! Begins with a gentle, full body salt scrub exfoliation with a hydrating and rejuvenating mask under an invigorating steam bath. Ultimate tranquility is achieved with a calming head and neck massage with our unique whiskey and cigar scented spa products.

50 minutes \$170

### BEER SOAK OR CHAMPAGNE BATH

A great accent to any package or special event, enjoy the seasonal soaks the Mesopotamians and Egyptian Pharaohs invented long ago. Hops are filled with antioxidants, while barley and yeast combine with alcohol to create the moisturizing and cleansing properties to make a truly refreshing experience. In the same process, treat yourself to a fruity blend of champagne grapes and sweet aromatherapy in a bubbly bath.

25 minutes \$65

# Facial Treatments

## PURESÓLSPA®SIGNATURE EUROPEAN FACIAL

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Our Signature Facial is individually tailored to meet your skin's needs and restore optimal skin health. Included is a thorough skin analysis followed by appropriate cleansing and exfoliation, with extractions if needed. Select skincare treatments, soften, and smooth your skin for a younger-looking, healthier appearance. *Experience thorough deep relaxation and stress relief.*

50 minutes \$155  
80 minutes \$215

## SKIN FITNESS FACIAL

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A deep cleansing facial designed to melt away any impurities. Light extractions are performed, followed by a mask, and rejuvenate your skin.

30 minutes \$95

## TEEN FACIAL

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Caring for your skin can be difficult —that is why we created this special experience. Enjoy a thorough cleansing and exfoliation with a customized treatment and facial mask. At the end of your facial, your therapist will give suggestions on proper at-home skin care techniques. This personalized service is ideal for our clients age 12-17.

30 minutes \$95

## MEN'S FOCUS FACIAL

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A custom treatment suited for gentlemen, our Men's Focus Facial consists of a two-part exfoliation system to remove dead skin cells while vitamins, minerals, peptides, and botanical extracts improve tone and texture and address irritation associated with shaving, all while combating the visible signs of aging skin.

50 minutes \$155

# Anti-aging and Rejuvenation Facials

## HYDRAFACIAL™ MD

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HydraFacial MD® is a hydra-dermabrasion treatment that simultaneously cleanses, exfoliates, and extracts with intense hydration using results-driven, proprietary serums filled with antioxidants, peptides, and hyaluronic acid. This non-invasive, nonsurgical treatment delivers instant results with no discomfort or downtime

50 minutes \$185  
80 minutes \$275

## TEMPLE OF BEAUTY

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A personalized, holistic approach to spa and wellness, which is deeply rooted in our philosophy of honoring your skin and honoring your life. We believe that skin is far more than just the surface of the body; it is an expression of our innermost being. The temple of beauty facial is designed to breathe new life into your skin, calm your mind and elevate your spirit. This spa ritual brings together elemental life forces: raw, pristine unadulterated botanicals pair with aromatherapy benefits, ancestral medicine and crystal vibrations. Because each person is unique, a completely bespoke concentrated cocktail of vitamins, antioxidants, plant extracts, and medicinal herbs are infused into the skin, through ancestral facial techniques, essential oils and vibrational crystals.

80 minutes \$215



*New Life*

### MATERNITY MASSAGE

Benefits of a pre-natal massage which alleviates lower back discomfort, fatigue and improves elasticity while nourishing the skin.

50 minutes \$160  
80 minutes \$220

### THE FOOT RITUAL

The ultimate pampering for tired feet! Stimulate energy flow and circulation throughout your body with therapeutically applied pressure to reflex points in the feet, finishing with a hot stone treatment.

25 minutes \$95

# Spa Boutique

To continue your spa regimen when you return home, all spa products used in treatments are available in our spa boutique. Our signature product line has been developed especially for PURESÓLSPA®. Our product range includes bath milks, bath salts, salt scrubs, body lotions and body butters. All our products are crafted with certified organic ingredients and all are paraben free. Our other popular product lines are of the highest quality and contain only naturally derived ingredients. These products provide an ideal extension of your spa experience beyond your appointment and into your daily life.



SHOP ONLINE AT  
[WWW.PURESOLSPA.COM](http://WWW.PURESOLSPA.COM)



## Other Beauty Enhancements

### WAXING

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Eyebrows.....	\$25
Lip.....	\$15
Chin.....	\$15
Full Face.....	\$55
Half Arm.....	\$30
Full Arm.....	\$45
Half Legs (LOWER).....	\$45
Half Legs (UPPER).....	\$55
Full Legs.....	\$95
Bikini from.....	\$40
Brazilian Bikini from.....	\$75
Underarm.....	\$25
Back.....	\$60

### PERM AND TINTING

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Lash Tint.....	\$30
Brow Tint.....	\$20
Lash Perm.....	\$55

# Spa Escapes

Ask us about our gift certificates and surprise your loved one with an escape!

## RELAXATION ESCAPE

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Unwind with our soothing, custom Well-Being Massage providing unique combinations of traditional Swedish technique paired with a therapeutic touch massage. Next, experience our European facial treatment individually tailored to meet your skin's needs to restore optimum skin health. Service includes a thorough skin analysis, followed by appropriate cleansing and exfoliation, and extractions, if needed. Selected skin care treatments will feed nutrients into the skin to repair, soften and smooth your skin for a younger looking, healthier appearance. This facial brings deep relaxation and relieves stress through an extensive massage, finishing with a calming session in our salt cave.

2 hours 30 minutes \$285

## DETOX

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Begin a unique rejuvenating Herbal Body Detox Ritual with a gentle full body exfoliation using our herbal scrub containing chamomile, marigold, nettle and refreshing mint. Finish with a full body peat mud mask under a warm steam bath complimented with a calming head and neck massage. Lastly, enjoy a Deep Tissue or Therapeutic Cupping Massage, and complete your journey with a relaxing session in our salt cave.

3 hours \$315

## TEXAS TWO-STEP GOLF AND SPA

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After a rewarding morning enjoying 18-holes on one of the finest courses in the Hill Country, you'll unwind with time in our relaxing sauna, followed by a 50-minute PURESOLSPA® Signature Massage in a private session of our salt cave. Release your stress and tension with a muscle melting Essential massage. Experience this treatment in the purest environment saturated with minerals and negative ions. Finish out by enjoying a shot of fine Texas whiskey. You'll be ready to conquer the rest of your day after this spa package that is truly fit for Texas royalty.

5 hour and 30 minutes \$300 (includes 18-hole golf voucher)

## BLISS

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Begin with a relaxing time in our salt cave. You will then receive our Wellness Renewal Body Treatment, which is our Vichy service inspired by your choice of journey essences featuring specialty body scrubs. Each treatment begins with a warm rainwater rinse, followed by a salt scrub exfoliation melted to perfection with a warm stone massage and a mask under an invigorating steam bath. Next, experience our Salt Rock massage. Bring relief to muscles and joints and release stress with this ancient, healing art. This treatment incorporates hot salt stones for a deep, penetrating heat, along with a warm oil massage to unravel tension for a highly relaxing experience. Lastly, finish with our Signature Hydrafacial. The newest non-laser skin resurfacing treatment in the industry. Hydrafacial removes dead skin cells and extracts impurities while simultaneously bathing the new skin with cleansing, hydrating and moisturizing serums including Vortex-Fusion of antioxidants, peptides, and hyaluronic acid. Complimentary light refreshments/tapas and beverage included with this great service combination.

5 hours \$650

## TOTAL WELLNESS

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The ultimate total body wellness! Begin with our PURESÓLSPA® Signature Massage in a private session of our salt cave. Release your stress and tension with a muscle melting Essential Massage. Experience this treatment in the purest environment saturated with minerals and negative ions. Finish with our Wellness Renewal Body Treatment. Vichy services inspired by the four amazing seasons of Poland. These invigorating spa experiences feature specialty body scrubs including Winter Wellness, Spring Renewal, Summer Refresher and Autumn Balancing. Each treatment begins with a warm rainwater rinse, followed with a salt scrub exfoliation melted to perfection with a warm stone massage and mask under an invigorating steam bath. Complimentary light lunch included with this great service combination. You will leave feeling refreshed and relaxed!

3 hours 30 minutes \$500

## PURIFICATION

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Relaxing sauna time complimented with a peaceful session in our salt cave.

45 minutes \$45

# Meditation

## Morning meditation

Profoundly impact the rest of your day by starting your morning in the serenity of sitting meditation. Meditation is a powerful tool for stress reduction, concentration, and insight. Develop or strengthen your practice by booking any meditation experience on a daily schedule.

## Evening Meditation

To end your day up into a calming conclusion that will improve your mindfulness and awareness. Access inner tranquility by finding or creating sensations of rest in the body. This meditation helps to minimize suffering and maximize fulfillment by finding peace through states of physical and emotional repose

## Sound Bowl Meditation

Rest into the healing sound vibrations from crystal bowls as you experience the activation of the body's chakra energy centers through this guided visualization meditation.

*Meditation 30 minutes \$35*

# Yoga

## Encourage - Chair Yoga

Breaking barriers by focusing on ability.

## Strength – Core

Concentrate on strengthening the body and mind through "core" poses.

## Growth - Flow

Awaken the body and mind through movement.

## Empower - Flexibility

Focus on stretching through body and mind connection.

## Nidra

Be guided into a state of deep, meditative relaxation while remaining wakeful and expanding conscious awareness. Yoga Nidra promotes deep rest and relaxation that isn't found in your average meditation practice.

*Yoga 30 minutes \$40*



# Just Breathe

PRACTICING MINDFULNESS...



*"Almost everything will work again  
if you unplug it for a few minutes,  
including you."  
- Anne Lamott*





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