

# **THERAPEUTICALLY SPEAKING**

*The Aromatic Recipe Box for Emotional & Physical Well Being*



## **Spa Theology**

**Breathe, Pause, Exhale**

*Bellis Therapeutic Spa offers an array of spa services including Massage Therapy, Anti-Aging Facials, Natural Nail Services, Hydrotherapy, Spa Packages, Wedding Pampering, Couple's Massage and Body Treatments with 100% All Natural essential oils.*

*Pamper yourself with spa treats while you relax in our spa sanctuary of serenity.*

***Replenish, Relax, &  
Redefine your Ultimate Spa  
Experience!***

## **What are the benefits of Hydrotherapy / Hot Tub Baths?**

*Hydrotherapy, or warm water therapy in hot tub spas, consists of three main healing ingredients; heat, buoyancy, and massage.*

*Together, they create an experience that is both relaxing and healthy. Hydrotherapy on a regular basis provides physical health benefits that go much deeper than just relaxation and pleasure.*

*Water is so pure and simple, yet it can do the most amazing things. Whether you are experiencing joint or muscle pain, having trouble sleeping, or are just plain stressed out, spending time in hot tub baths can provide therapeutic benefits for just about everyone.*

*A Hydrotherapy treatment would go hand and hand with a wonderful Rain Drop Therapeutic Massage for that final touch.*

*One may ask, "What's so good about Rain Drop therapy? Rain Drop Therapy is unlike anything you'll ever experience in Spa services. Raindrop Therapy is a treatment that uses a sequence of essential oils, heat, and massage. The essential oils are used to detoxify, heal and balance the body, mind and Spirit.*

*Once the oils have been massaged into the skin, heated towels are applied to various pressure points for approximately 5-8minutes to allow the body to absorb the full benefit of the 100% essential oils.*

*This powerful technique will continue to stimulate the body for 3 to 5 days after treatment.*

***Now Announcing...***

***The Grand Opening of the New Location for***

***Bellis Therapeutic Spa***

***Surround yourself with the relaxing beauty and elegance of the new location of Bellis Therapeutic Spa, with three times the size, additional staff members and NEW Therapeutic Services, to make your spa visit and unforgettable one.***

***Bellis Therapeutic Spa will celebrate the Grand Opening of the new location on August 1st, 2010, offering a great exhilarating experience of Aromatic Bath Soaks by Indigo Wild ZUM all natural Body Wash, Lotions, Candles, Soaps, and much more.***

***For more information visit our website at: <http://www.bellistspa.com>***

***Hold the control (ctrl) key down and click on the above website link:***

## What is Aromatherapy?

Aromatherapy is a technique in which essential oils from plants are used with the intention of preventing or treating illness, reducing stress, or enhancing well-being.

Although many stores & gift shops sell scented candles, pomanders, and potpourri as "aromatherapy," true genuine aromatherapy treatments uses higher strength or more concentrated essential oils, drawn from various herbs.

Society would have it where more people are becoming health-conscious and are switching to more holistic, natural and wellness orientated ways of living including using aromatherapy in their daily routine.

Aromatherapy is one of the fastest growing fields in alternative medicine, and is already making an impact into the mainstream of our everyday life.

## A Sweet Recipe Treat for you!



### Moroccan Pomegranate Mint Yogurt

1/2 cup nonfat Greek yogurt (such as Fage)  
1/3 cup pomegranate arils (the pulpy seeds)  
2 tsp thinly sliced fresh mint (about 5 leaves)  
Fold mint into yogurt. Layer yogurt mixture and pomegranate arils in a clear dessert dish.  
Makes 1 serving. Per serving: 145 cal, 0 g fat (0 g sat), 69 mg sodium, 19 g carbs, 4 g fiber, 16 g protein

COUPON COUPON COUPON COUPON COUPON COUPON

# \$119.99

Total Time 150 minutes (Save over \$60.00)

## Summer Serenity Spa Special

60 Minute Signature Massage

45 Minute Sensational Facial

30 Minute Hot Stone Foot Massage

15 Minute Soothing Sauna Treatment

Expires 7/31/2010

Must have coupon at time of service. Not valid with any other offer. No substitutions for other services. Minimum 2 participants per coupon.

COUPON COUPON COUPON COUPON COUPON COUPON

# \$79.99

Total Time 90 minutes (Save over \$30.00)

## The Summer Escape Special

60 Minute Signature Massage

30 Minute Sensational Facial

Expires 7/31/2010

Must have coupon at time of service. Not valid with any other offer. No substitutions for other services. Minimum 2 participants per coupon.

Introducing.....

## Couples Sunday Precious Moments

Great for that You & I "Get away Escape"  
Quality time for relaxing with that special someone  
Show them appreciation, gratitude or love, through the gift of Serenity.

Husband & Wives, Engaged, Friendship or simple  
Togetherness!

By Appointment Only on 2<sup>nd</sup> & 3<sup>rd</sup> Sundays

Hours: 12pm – 5pm

Offers a Slower Paced Private Environment

No Walk in Traffic

All Sunday appointments are prepaid appointments