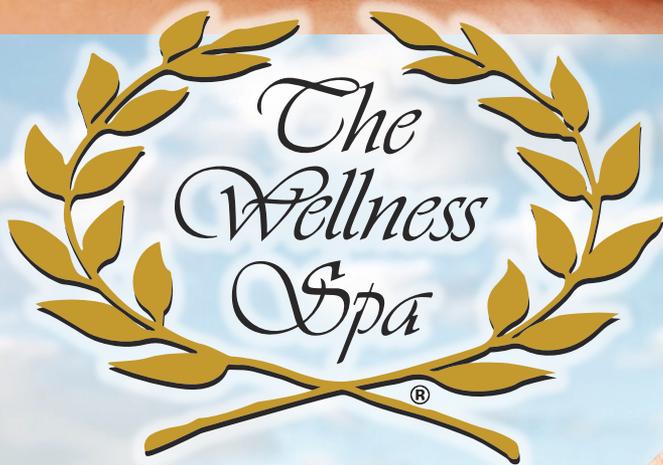


Celebrating 25 Years



One of Wisconsin's Finest Spas since 1994

*3916 Water Street
Stevens Point, WI 54481*



*715-341-3333 • Toll Free: 877-341-WSPA (9772)
www.WellnessSpaResort.com*

The Wellness Spa Celebrates 25 Years!

One of Wisconsin's Finest Destination Spas Since 1994

Founder & CEO, Deborah Adams reflects on the past 25 years



To share everything about the past 25 years would take the length of a novel. So many experiences, so many hardships, so many lessons learned, so much knowledge acquired, so much joy and frustration and fun and excitement and stress and opportunity, and creativity and blessings ... the list could go on and on and on.

These words, have guided me through 25 challenging yet wonderful years in business:

Passion

Luck

Tenacity

Intuition

Consistency

Creativity

Integrity

Gratitude

Each of these words are equal in importance and all have been an integral part of the growth and continuation of this beautiful business. Here's a history of how everything came together:

The Wellness Spa began in 1994

Moved to current location in 1999

Expanded with large addition in 2004

Began the weekly Tai Chi Tuesday Class in 2006

Added Qi Garden Salt Spa in 2014

Added Clarity Boutique in 2016

Added Fire Horse Qigong Center in 2018

Will be Adding Water Dragon Inn & Luxury Retreat Center in 2019

Thank you to everyone who has been a part of The Wellness Spa throughout the years. I am so grateful for amazing employees, fantastic customers, family, friends, Qi family, vendors, all of the local businesses who have helped us along the way, and for the universal energy that connects us all.

Thank you to my daughters and for all the sacrifices they've made growing up with a business Mom. Emma who has worked as a Spa Coordinator since she was 13, is now the best Spa Manager we've ever had. Ella is working in several areas of the business and plans to become a licensed therapist after high school. Aria, my youngest, was the inspiration to create Qi Garden Salt Spa with my husband Dave. Thank you to my husband Dave who celebrates my strengths and is a source of constant encouragement – we will be joining forces to create the 'Destination Wellness' brand with new projects and developments.

Thank you especially to my mom Dee, who, since I was young, has been my source of tenacity and strength. She has shared this wellness adventure with me from the start, and after 25 years, finally retired at age 80. Since I was in high school, she has told me I should be an Entrepreneur. Although I constantly balked at her suggestion, her shared intention set me in the direction that was truly the right one for me. I will never be able to repay her for all she's done for me and for The Wellness Spa. The best thing I can do for her is to continue being who I am and apply the wisdom I've acquired from being her daughter.

Sharing my Gratitude & Joy!



Deborah

Give a Gift Experience

Gift  *Card*

Wellness Spa Gift Cards make the perfect gift for any occasion.

Purchase in-house and we will gift wrap it for you in our signature gold box.

Never miss a birthday, anniversary, holiday or special occasion again -Instant Gift Cards online

www.WellnessSpaResort.com

Print purchased online Gift Card yourself or send it directly to the recipient via email.

Series Packages

Purchase 5 Sessions of any spa service ~ Receive the 6th FREE!

The perfect choice for regular spa-goers who can save hundreds every year by purchasing Series Packages for their favorite services.

Services must be purchased in a six-pack of the same service and must be used by the same individual named on the card. Series cards are purchased in advance of being used to receive free sixth service. *Price depends on service choice.*

Stressed? You are in the right place.

Become a member of

www.HEALstress.com

The online healing resource of The Wellness Spa & Qi Garden Salt Spa

JOIN NOW FOR ONLY \$10*

***10 per month special pricing to celebrate The Wellness Spa's 25th Anniversary.**

- ~ 4 Track, 16 Part Roadmap to Healing Stress
- ~ Full Access to Private Interactive Community Forum
- ~ Full Access to Continually Expanding Library
(video, podcasts, recordings, articles)
- ~ No committment, cancel anytime

Spa Packages



Time for Two Package

2½ or 3 hour package - \$325/375 per couple

Spend time in our luxurious private Retreat Suite while we pamper you from head to toe. Relax side-by-side enjoying our new Ancient Thai Foot Treatment followed with some spa time sharing an elegant snack and beverage together before deeply relaxing with our Couples Massage ~ complete with a Hot Stone Sampler and Foot Indulgence Enhancer.

- Ancient Thai Foot Treatment
- Foot Indulgence Enhancer
- Couples Relaxation Massage (50 or 80 minute)
- Hot Stone Sampler
- Elegant snack and beverage

Ancient Healing Ritual

3 hour package - \$195

Combining ancient world practices and rituals, we have created this healing experience to dispel your stress, detoxify your body and free your spirit. Rejuvenate in our HydroTherapy Tub. Transform with our Buddha Body Ritual, using hand-made warm Thai compresses and relaxing Swedish massage techniques. Conclude with deep meditative rest in our Salt Spa to increase overall wellness and restoration.

- HydroTherapy Bath
- Buddha Body Ritual (includes massage)
- Salt Spa Session

Taste of the Spa Life Package

3-4 hour package - \$185

Relax with a special day at the spa by creating the package of your dreams. Choose one service from each category below. Complimentary Spa Snack included with this tasty package. *Upgrades available for additional charge.

APPETIZER

- Body Glow
- Hot Stone Indulgence
- Head Trip
- Sole Serenity
- Essential Manicure

MAIN COURSE

- Relaxation Massage 80
- Deep Tissue Massage 80
- Hot Stone Massage 70
- European Facial
- Maternity Massage

DESSERT

- Enzyme Therapy Facial
- Essential Pedicure
- Total Tranquility
- Salt Spa Session
- Relaxation Manicure

Create Wellness Spa Package

2½ hour package - \$145

Create your own Wellness with a treatment that you design. Includes a visit to our Blending Bar to mix up a take-home body care product that you create.

- Relaxation Massage (50 minute)
- Two Alchemy Massage Services of your choice
- CreateWellness Product of your choice (with Silver Intention Charm)

Signature Treatments



NEW Platinum Luminescence

The Wellness Spa's New Luxurious Signature Treatment. This facial and body treatment includes three different facial masks; Enzyme, Radiance and Platinum to give your skin the ultimate glow, plus our Neck Lift treatment mask, entwined between body exfoliation, hand and foot indulgence, and a sumptuous face and scalp massage to reveal fresh, glimmering skin while entranced in a dreamy spa vacation for your soul! 110 minutes - \$175

Nirvana Experience

Begin with a full body scrub to soften skin before enjoying a relaxing aromatherapy massage using your choice of essential oils, followed by a full body steam treatment to detoxify and hydrate your body while your face is massaged with refreshing cooled globes. Heaven aka Nirvana!

75 or 105 minutes - \$115/135

The Athena

An exquisitely relaxing treatment so great, the goddess Athena would have approved. Our Hot Stone Back Indulgence followed by a full body relaxation massage flows into our Total Tranquility face massage. A deeply relaxing, blissful blessing for your body, mind, and soul.

75 minutes - \$115

The Atlas

Let us lift the weight of the world off your shoulders with a stimulating back scrub, hot stone back massage and deep tissue massage of your back and neck. A soothing foot massage completes this treatment ~ so good, Atlas himself would approve.

75 minutes - \$115

Buddha Body Ritual

Nourish and detoxify your body while you relax and restore. With a recipe dating back to the 14th century, our handmade steamed compresses of aromatic herbs and spices, induce immense calmness while reducing aches and pains, increasing lymphatic drainage, recouping deficiencies and harmonizing your entire body. Continue to deeply relax with a soothing full body massage using aromatherapy oils and long Swedish massage strokes to increase 'Qi' flow.

75 minutes - \$125

Ancient Thai Foot Treatment

Combining wisdom from the ancient monks of Bangkok with the healing powers of herbs and spices, this treatment uses heated compression, pressure point foot massage and black obsidian stones to relax and realign energies in the body. This 2000-year-old practice can ease discomfort, open energy pathways and produce a deep feeling of balance, relaxation and well-being.

50 minutes - \$75

Wellness Spa Facial

Our Signature Facial. Thorough cleanse and skin analysis followed by a deep pore lifting Enzyme mask, relaxing face massage, Lip Smoothing and Eye Renewal treatment masks, as well as a specially-blended customized facial mask. Includes a relaxing moisturizing hand and foot massage. Amazing!

80 minutes - \$115

*Service & prices subject to change without notice
Brochure release February 2019*

Massage Therapy

Relaxation Massage

Relax with flowing, broad massage strokes to help calm the nervous system, soothe muscle pain and relax your body and mind.

50, 80 or 110 minutes - \$70/105/140

Deep Tissue Massage

Specific massage techniques to physically break down adhesions in muscles, tendons, and ligaments to relieve pain, calm inflammation and restore natural movement.

50, 80 or 110 minutes - \$80/115/150

Mini Massage

Intended for site specific work such as back, neck, shoulders, or problem areas. Please note: time does not allow for full body massage.

20 minutes - \$50

Hot Stone Massage

Natural stone massage helps to release tension and promote relaxation while accelerating overall circulation and alleviating stress.

Full Body Treatment: 75 minutes - \$110

Back Massage Only: 45 minutes - \$80

Couples Relaxation Massage

Spend time together receiving side by side relaxation massage in our special couples massage room. Includes your choice of Complimentary Hot Stone Sampler or Hand Indulgence Enhancer. 50 or 80 minutes - \$175/225 per couple

Upgrade with additional Enhancer, Deep Tissue or Maternity for \$10 extra per person.

Maternity Massage

Enjoy well-deserved pampering on our special contour body pillow to ensure comfort during this specialized massage to relax and offer pain relief.

50 minutes - \$80

Reflexology

Reflex points in your feet are worked with unique pressure-point massage to relieve tension, increase energy flow and energize your body.

20 or 50 minute session - \$45/75

Cupping

Relieve aches and pains by moving 'stagnant Qi' from the body with this unique and ancient style of massage using small cups for an effective therapy.

20 or 50 minute session - \$45/75

Massage Enhancers

Choose one or more micro-styled Enhancers to customize your massage, adding more benefit without adding extra time.

Add-in Only \$10 each

Hot Stone Sampler

Warmth of hot stones massaged onto your back to deeply relax muscles.

Hand Indulgence

Moisturize dry skin and soothe hands with aromatic oils and heated mitts.

Foot Indulgence

Nourish dry, achy feet with blend of healing oils and warm herbal booties.

Moisturizing Body Treatment

Moisturizing lotion with shea butter used in place of traditional massage oil.





Massage Alchemy

Upgrade your massage experience by creating your own healing body blend. Add one of our Alchemy treatments to customize your massage to your needs.
*Cannot be added to our Signature Treatments or 110 minute massage

Alchemy added onto one of our traditional massages: 20 minutes - Only \$35
Alchemy as a stand-alone service (without massage): 20 minutes - \$50 each

Body Glow

Light exfoliation with a soft brush is used to increase circulation and lymphatic flow, which can strengthen your immune system while making skin silky smooth.

Head Trip

Whether headache pain, sinus pressure or scalp massage – our therapists use a combination of treatments including hot or cold stone therapy, aromatherapy, acupressure point massage or their own specialized techniques to offer needed relief.

Hot Stone Back Indulgence

Warm smooth stones are used to promote deep muscle relief, increase circulation and alleviate tension. A therapeutic way to begin any massage.

Sole Serenity

Hot towel foot wrap, exfoliating lower leg and foot scrub followed by a relaxing aromatherapy foot massage. Finish with rejuvenating leg gel.

Total Tranquility

Incredibly tranquil facial massage to enhance deep relaxation and ease pain by using hot towels, marma-point massage and aromatherapy.

Facial Therapy



NEW Platinum Luminescence

The Wellness Spa's New Luxurious Signature Treatment. This facial and body treatment includes three different facial masks; Enzyme, Radiance and Platinum to give your skin the ultimate glow, plus our Neck Lift treatment mask, entwined between body exfoliation, hand and foot indulgence, and a sumptuous face and scalp massage to reveal fresh, glistening skin while entranced in a dreamy spa vacation for your soul! 110 minutes - \$175

Diamond Illuminating Facial

Our most advanced age-defying luxury facial. With the help of micronized diamonds, whitening agents, peptides blend, collagen and vitamins, this facial penetrates to revitalize from the inside out and visibly illuminates skin, resulting in a noticeably fresh, rejuvenated, radiant, and lighter complexion. Includes V-neck treatment, warm gemstone facial massage and hand & foot moisture treatment to bring relaxation, radiance and transparency to your skin. Diamonds are a girl's best friend! 80 minutes - \$145

Golden Goddess 24 Karat Facial

Gold not only gives us beautiful, glowing and youthful skin but it also slows down collagen depletion, increases skin's elasticity, lightens complexion, stimulates cells to firm skin, improves blood circulation and prevents premature aging and wrinkles. Now add all those benefits into our incredibly indulgent facial including a gemstone face massage, Ultimate Neck Lift, and shea butter hand and foot massage and you'll experience a facial that is...golden! 80 minutes - \$145

Wellness Spa Facial

Our Signature Facial. Thorough cleanse and skin analysis followed with a deep pore lifting Enzyme mask, relaxing face massage, Lip Smoothing and Eye Renewal treatment masks, as well as a specially-blended customized facial mask. Includes a relaxing moisturizing hand and foot massage. Amazing! 75 minutes - \$115

Wonder Facial

This 4-layer Repechage® Facial will plump up skin, brighten color, smooth fine lines and soften wrinkles. Unique lift-off facial mask hardens while it penetrates nutrient-rich products into your skin for a healthy, glowing appearance. Includes cleanse, extractions, face massage, hand and foot wrap. 80 minutes - \$145

(Not recommended if allergic to Iodine or seaweed)

Earth Minerals Facial

Our unique 100% natural raw Algae Seed Collagen Mask helps prevent premature aging, relieve dryness and improve overall skin condition. This facial will make your skin look and feel noticeably better immediately. Includes chilled gemstone facial massage and shea butter hand and foot massage with warm wrap. 75 minutes - \$110

Balancing Botox Facial

Bring your skin into balance with our New Botox facial mask to deeply exfoliate and eliminate fine lines and wrinkles so your skin can rebuild natural collagen from the inside out. Includes Flaxx-C neck firming mask, DNA and Oxygen treatment creams, hand and foot massage. 60 minutes - \$110

Acne Deep-Pore Facial

Revitalize skin with our invigorating cleanser that percolates on your skin, lifting debris and dead skin from your pores, followed by an enzyme infusing mask and Intense Peptide Serum treatment. Includes moisturizing hand and foot massage. 50 minutes - \$85

Chemical Peel

Whether Lactic Acid, Salicylic or Charcoal Detox, our powerful, yet gentle peels leave very little redness or recovery time yet can dramatically help fine lines and wrinkles, breakouts, premature aging, hyperpigmentation, clogged/enlarged pores, Milia, dull/rough texture, dehydration. \$35 Add-on

Cleansing Facial for your Back

A must have for back acne or skin problems surfacing on your shoulders and back. Includes all the skin care essentials needed to revitalize skin with a deep cleanse, extractions and customized mask. 50 minutes - \$90

We suggest a Salt Spa Session before or after a back facial as salt is anti-bacterial and will help in healing acne problems. 45 minutes - \$35 Add-on

Traditional Facials

European Facial

Truly a "Spa" facial with all the essentials needed for a fresh glow; thorough cleanse, deep pore mask, relaxing massage and customized facial mask. This facial focuses on massage of the neck, face and scalp to relax your entire being. Includes moisturizing hand and foot massage.

75 minutes - \$100

Cleansing Facial

Whether to refresh skin, address acne or skin problems, or use as a monthly maintenance treatment, this is our core facial with all the skin care essentials needed to revitalize skin. Includes moisturizing hand and foot massage.

50 minutes - \$70

Enzyme Therapy Facial

Using a natural exfoliant of papaya and pineapple to separate dry, dead cells and lift them from the skin, this is a perfect mini treatment to brighten your skin.

25 minutes - \$50

Facial Enhancers

Choose one or more Add-In Enhancers below to customize your facial to your specific needs, adding more benefit without adding extra time.

Smoothing Lip Treatment

Soften fine lines and wrinkles around the mouth while healing cracked and dry lips with our unique infused layered mask. \$10

Ultimate Eye Lift

Relieve tired eyes while reducing puffiness and dark circles with this moisturizing and hydrating eye mask to firm and tighten the eye area. \$15

Ultimate Neck Lift

Moisturize and hydrate your neck with marine-based collagen mask, aloe, vitamin E, C and rose oil to naturally moisturize, tone and tighten skin and lessen the appearance of wrinkles. \$20

High Frequency

Stimulate, sanitize and heal skin while increasing blood circulation and oxygen. Perfect for acne, skin lesions, cold sores, fine lines, sagging skin and puffy eyes while improving overall appearance. \$10



Dermaplaning

Instantly smoother, flawless-looking skin!

This advanced technique refinishes top skin layers through controlled surgical scraping. Much like microdermabrasion but with NO recovery time or pain. Can be used alone or in conjunction with a chemical peel or facial. A sterile surgical disposable blade is used to remove top layers of dead skin and fine vellus hair (peach fuzz). It triggers cell turnover and instantly brightens skin, increases product absorption, diminishes appearance of fine lines and wrinkles, removes trapped dirt and acne scarring, plus allows makeup to go on much smoother.

Can be done as often as every 2-4 weeks. Best results occur with a series of sessions.

Upper Lip \$20

Full Face \$75

Add-on any facial \$45



Eye Lash Extensions

Your Eyes are the Windows to your Soul ~ Enhance them with beautiful Eyelashes!

Eliminate the need for mascara with this low-maintenance option. Our lashes are made from premium synthetics, curled to imitate natural lashes.

Full Set Lash Extensions

Includes under eye mask treatment.

Full set should last 4-6 weeks with proper care.

90-120 minutes

Classic Lash \$195

Royal Lash \$225

Volume Lash \$250

Lash Refill

Includes under eye mask treatment.

Refill 2-3 weeks after initial application

(price variation depends on lash style, weeks between refills and time required).

30-60 minutes \$45-95

Lash Removal (full set)

30 minutes \$30

Nail Therapy



Hot Stone Pedicure

Our ultimate warming pedicure for deep relaxation from head to toe – literally! Enjoy professional nail care with the indulgence of Hot Stone foot and lower leg massage while you relax with our cozy eye and heated lap pillows. Includes hydrating hand treatment, foot mask and nail color of your choice. 60 minutes - \$75

Relaxation Pedicure

Our lavish combination of professional nail care plus the pleasure of an elegant relaxing spa service. Includes pampering acupressure foot massage, hydrating heated hand treatment, foot mask and nail color of your choice. 60 minutes - \$70

Foot Rubby Rubby

Back by Popular Demand! This foot treatment is a spa-goer's favorite with 50 minutes devoted to your feet. Start with a bubbling foot soak followed by exfoliation of your feet and lower legs. Then lay back and rest as you enjoy a long, relaxing foot and lower leg massage, including warmed gemstone massage. Finish with refreshing gel and foot spritz. 50 minutes - \$70

Essential Pedicure

All the essentials needed to keep your feet and toes looking great; soak, scrub, nail and cuticle care, lotion application and nail color of your choice. 45 minutes - \$50

Princess Pedicure

Pretty Pedicure for little pampered feet. Includes foot soak, filing, lotion application and nail color of her choice plus a princess gift. Ages: 4-10 years 20 minutes - \$30

Wellness Mani-Pedi Package

Wellness for your hands and feet ~ two beautiful nail treatments in one lavish package to get you ready for your special event, vacation, or just because you deserve to look and feel your best! Relaxation Pedicure & Essential Manicure: 90 minutes - \$95
Upgrade to Shellac Nail Treatment - \$110

Relaxation Manicure

Indulge yourself with professional nail care, scrub, hydrating hand mask and acupressure hand and arm massage plus our stress-relieving shoulder and neck massage, concluding with nail color of your choice. 60 minutes - \$50

Essential Manicure

Thorough nail and cuticle care, scrub, lotion application, nail color of your choice. 30 minutes - \$30

Shellac Nail Treatment

Shellac Manicure won't chip, smudge, or wear off for 14 days! No waiting for polish to dry. Perfect for vacation, wedding or special events. (includes manicure to prepare nails) 60 minutes - \$45
Shellac Removal: 15 minutes - \$15

Princess Manicure

A manicure to make little girls feel like a princess; includes filing, hand massage and nail color of her choice plus a princess gift. Ages: 4-10 years. 20 minutes - \$20

Allow an extra 15-30 minutes for drying to ensure great-looking nails before you leave the spa.

Nail Enhancers

Choose one or more Add-ons below to customize your nail service. \$5 - \$15

French or Regular Polish

Add "French-styled" color tips to your nails.
10 minutes - \$10

Hand Indulgence

Soothing and moisturizing treatment for dry hands to renew skin tone while making skin silky smooth.
10 minutes - \$10

Foot Indulgence

Pure pleasure with a nourishing moisture treatment for dry achy feet as heated booties renew your soles with a rich blend of natural aromatic oils.
10 minutes - \$10

Nail Art

Go for glamorous nails with personalized nail art and designs. 5-15 minutes - Starting at \$5

Nail Alchemy

Upgrade your nail experience by creating your own healing blend ~ customized to your needs with one of our Alchemy choices below

**Alchemy added onto nail service
20 minutes - Only \$25**

**Alchemy as a stand-alone service
20 minutes - \$45 each**

Foot Stress Reliever

Treat your feet to a warm bubbling foot soak, foot and lower leg scrub, acupressure foot massage and refreshing citrus-mint foot gel and spritz.

Stress Relieving Treatment

Enjoy our moisturizing hand indulgence to soothe joint pain while making your hands silky soft. Then relax with a shoulder and neck massage. Soften hands while your stress level drops in this calming spa service.

Face & Body Waxing



Eyebrows	\$20
Upper Lip	\$15
Chin Wax	\$15
Side of Face	\$15
Nape of Neck	\$15
Brows/Lip/Chin	\$35
Full Face	\$45
Underarm	\$25
Lower Arms	\$30
Full Arms	\$40
Lower Legs	\$45
Upper Legs	\$55
Full Legs	\$80
Bikini Line	\$35
Brazilian	\$90-\$110
Abdomen	\$20
Lower Back	\$20
Full Back	\$70
Chest	\$50
Men/Shoulder	\$35

Wisconsin's First Salt Spa

~ Established 2014 ~



**Naturally Effective Therapy
for Respiratory Condition,
Skin, Immune Strength,
Better Sleep & Stress Reduction**

What is Salt Therapy?

Salt Therapy, also known as HaloTherapy, is a 100% natural, drug-free, non-invasive treatment that alleviates problems associated with asthma, allergies, COPD, sinusitis, bronchitis, and many other respiratory and skin issues. This form of therapy has been used successfully for over 30 years in European countries and is now available in the USA for lung, sinus and skin problems.

How Does Salt Therapy Work?

The Qi Garden Salt Spa is a climate-controlled room where the walls and floor are covered with 20,000 pounds of Dead Sea Salt. Our 'Halo-generator' circulates micro-fine particles of pharmaceutical grade salt throughout the room which gently enter into your lungs as you breathe normally. These negatively-charged ion salt particles travel easily to the deepest and smallest parts of the lungs and sinuses which can increase healing by assisting to expel mucus, kill bacteria and open constricted airways while giving your immune system a boost. Negative ions provide an overall sense of well-being, contentment and stress relief.

What Results Can I Expect?

Sink your feet beneath the salt to enjoy the heated floor while you soak in soft lighting, relaxing music and clean, salty air. Close your eyes and relax either by laying directly on the salt floor or reclining in our zero gravity chairs. Sessions last for 45 minutes. After a course of treatments (5-30 depending on severity), breathing becomes easier, symptoms such as sneezing, coughing, and shortness of breath are alleviated, and many individuals can decrease prescribed medications or discontinue use altogether. Others use salt therapy as an individual alternative treatment.

Breathe...



Rest...



Heal.



See how Salt Spa Therapy can
offer Healing Experiences!

Visit
www.QiGardenSaltSpa.com
for video testimonials.

Qi Garden Pricing

Salt Spa Session (45 minutes)	\$45
Add-On Salt Spa Session ~when added onto Wellness Spa service	\$35
Child Session (3 mos - 12 yrs ~ guardian no charge)	\$45
Additional Child	\$25
5- Salt Session Package	\$195

Salt Spa Membership

Unlimited Sessions for 1 Month	\$245
Unlimited salt spa sessions for one month for one person	
Unlimited Sessions for 3 Months	\$495
Unlimited salt spa sessions for 3 consecutive months for one person	
Single Annual Membership	Only \$99*
Unlimited salt spa sessions each month for one person	
Family Annual Membership	Only \$149*
Unlimited salt spa sessions each month for the family (Children must be living with parent for family rate)	

*Annual fees are due monthly for one consecutive year.

Group Salt Spa

Private/Group Salt Spa (Up to 16 People) \$265

Healing Zen Ritual

45 minute session:

\$50 per person (European style)

\$70 Individual private session

\$80 for couples (2 people)

*Guests must be 12 years or older for Zen Ritual

Qi Garden Hours

Final Salt Spa or Zen Session begins One Hour before close

Monday - Thursday	9 am - 8 pm
Friday	9 am - 6 pm
Saturday	9 am - 5 pm

Adult Only Quiet Hours:

Must be 18 years or older & respect silence

Monday - Thursday	9 am
Tuesday & Thursday	5 - 8 pm
Friday	1 - 6 pm
Saturday	1 - 5 pm

Healing Zen Ritual

Bring Balance to your Mind, Body & Spirit

Meditation and Yoga are highly recommended by doctors to relieve stress so your body can heal itself while preventing disease, but fitting a meditation class into your schedule or trying to start it on your own can be hard.

The Qi Garden has designed a new signature treatment to make the healing benefits of meditation easy, enjoyable, attainable – and all you have to do is lay down, rest and relax.



A delicately blended trio of therapies allows your body and mind to sink into a deep state of relaxation.

Using the ancient Japanese Onsen sand bath idea, we have replaced sand with Himalayan pink salt to cocoon you in a warm, dry salt bath for the base of your Zen.

Combining the physical and emotional healing produced by color and light, your body can sink into a deeper state of relaxation, even if your eyes are closed.

Infrasonic frequency therapy is used to uncover deep healing within and can decrease inflammation, relieve pain, aid sleep, increase energy levels, accelerate recovery.

Our Zen Salt Suite is available for individuals, couples or for private sessions.

Zen guests must be 12 years or older.

Now offering a one-of-a-kind space to sink into mindful meditation.

Enter a peaceful environment to deeply relax,
rest, heal, be inspired, practice mindfulness,
connect with heaven, earth & yourself...
And spark your flame within.



FIRE HORSE

Qigong Center

A Healing Space for Mindfulness,
Meditation & Renewal

Features:

- Qigong, Tai Chi, Yoga and Meditation Classes*
- Walking Meditation Labyrinth
- Singing Bowl Sound Meditation
- Buddha Board Art Therapy
- Therapeutic Swing Porch
- Quiet, inviting space for personal practice and renewal

- Day Pass \$20
- Day Pass Added to Wellness Spa or Salt Spa Service \$10 Day

Let yourself spend quiet time alone or join in one of our classes, workshops or events.

*See our Calendar of Events and Class Schedule for Free Class or Day Pass options.



For a full list of Classes, Workshops & Events

www.WellnessSpaResort.com

FREE TAI CHI CLASS

Every Tuesday 5:30-6:30pm
at The Wellness Spa, Stevens Point, WI

Easy to learn Tai Chi and Qigong movements, focused breathing & guided meditation to calm the body, mind and promote relaxation, internal healing and overall wellness.

No experience needed; a different class taught at a beginner level every week, so joining any time is easy and stress free. **Free and Open to the public.**



Simple ... Easy ... Attainable ... for Everyone.

☯ Mindful Movements ☯ Breath-work ☯ Meditation ☯ Self-Applied Massage

Qigong (chee-gung) the practice of energy cultivation, and Tai Chi (tie-chee) are ancient Chinese practices developed thousands of years ago for promoting optimal health, vitality and longevity.

What are the Health Benefits?

Qigong and Tai Chi are profound, yet simple methods to obtain optimal health and wellness. They have been clinically shown to:

- Reduce Stress
- Lower Blood Pressure
- Reduce Joint Pain
- Increase Full Range of Motion
- Open Clarity in the Mind
- Provides the lowest impact weight-bearing exercise known today
- Boost the immune system
- Reduce Anxiety and Depression
- Improve Balance and Coordination
- Aid in the healing of major illnesses
- Enhance Restorative Sleep

Meet the Teacher:

Deborah Adams has been an entrepreneur, thought leader and wellness expert for over 30 years. She was a licensed massage therapist for 25 years, personal trainer and dancer who brings her acquired knowledge into her Tai Chi & Qigong practice. She is a 200-hour IIQTC Tai Chi & Qigong teacher and Senior Trainer for the Institute. Deborah studied Tai Chi in China and combines Chinese history with her own creativity to guide and story-tell her students into deep healing experiences since 2006.

Never-Ending Story ...

Tai Chi Tuesday has been consecutively meeting every week since July 2006. If Deborah cannot teach the class, certified Tai Chi Easy Practice Leaders fill in as needed to keep this amazing Qi community going!

A Clear Perspective on Your Unique Look.

CLARITY

BOUTIQUE

CLOTHING & ACCESSORIES

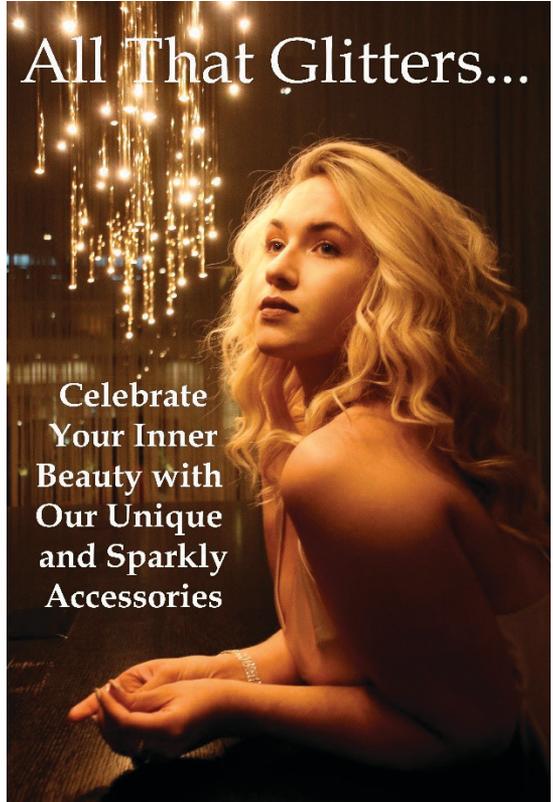
Be your Authentic Self.

Be Comfortable.

Be Inspired.

Feel Empowered.

Have Clarity.



All That Glitters...

Celebrate
Your Inner
Beauty with
Our Unique
and Sparkly
Accessories

Gift Cards Available in any dollar amount

HOURS: Tues – Thurs 11-6
Fri & Sat 10-5

www.ClarityBoutique.com

Located on The Wellness Spa property
3916 Water Street, Stevens Point, WI