



Bring an awareness to your body, mind and spirit to achieve calmness, increase healing, reduce depression, stimulate brain function and feel an overall sense of connectedness. The Wellness Spa provides the perfect place to practice mindfulness – whether through spa treatments, salt therapy, or a Tai Chi class.

### **Blissful Body Wrap & Facial**

Begin with our Enzyme Facial, including thorough cleanse and steam while you enjoy a Ginger Detox foot treatment to open energy flow. Follow with a relaxing full body wrap, including a shoulder, neck, face and scalp massage with hot stones. We will bring you back to this world with refreshing cool stones and finishing skincare products. 60 minutes - \$125

### **Healing Power Pedicure**

Pack your Pedicure with the powerful, healing properties of ginger. Start with a Ginger Foot Soak followed by professional nail care, then, lay back and enjoy a detoxifying lower leg and foot massage using our 'Ancient Thai Foot Treatment' herbal compress to open energy pathways and stimulate circulation. Finish with your choice of nail color or buff finish. 50 minutes - \$75

### **Get Your Zen On**

Our Healing Zen Ritual can offer you the chance to get deeply relaxed and rested in only 45 minutes - with no effort on your part other than allowing yourself to "Just Be". March special price only \$35 per person or \$60 per couple

### **Three Treasures Salt Special**

In Chinese medicine, three is a significant and powerful number often symbolizing the Sun, Moon and Stars of Heaven and the Wind, Water and Fire of Earth. We are giving you the chance to be a 'power of 3' group while benefiting from the healing powers of Salt Therapy. Salt Spa Session - 3 people for \$99 (must all be in booked in the same session, Child & Adult session exempt from this special price)

### **Free Tai Chi Class - Every Tuesday 5:30-6:30 pm**

Easy to learn Tai Chi and Qigong movements, focused breathing and guided meditation to calm the body and mind and help 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 welcomed. This class is intended for ages 10 and over. FREE and open to the public.

**715-341-3333 Toll Free: 877-341-WSPA [www.WellnessSpaResort.com](http://www.WellnessSpaResort.com)**

*3916 Water Street, Stevens Point, WI 54481*

March Mindfulness Specials Available March 2 – April 4, 2020