



Increase healing, reduce depression, build resiliency, and feel an overall sense of connectedness. The Wellness Spa is the perfect place to practice mindfulness – Try our spa treatments, salt therapy or classes.

NEW ~ Gemstone Facial

Our new restorative and certified organic 'Chi Energy-Infused Hydrojelly Mask' promotes healing and balance to your skin by combining gemstone dust-infusion of rose quartz, amethyst, green jade, black obsidian, and clear quartz. This calming facial will balance your mind & spirit with added indulgences of a chilled-gemstone face massage, soothing foot & lower leg massage, and a grounding foot mud mask for a true head-to-toe experience. Singing bowl sound therapy and relaxing hand & arm massage add to this deeply relaxing, mindful, yet results-oriented facial. 75 minutes - \$140

Healing Power Pedicure

Power pack your Pedi with the healing properties of ginger. Start with a Ginger Root foot soak followed with professional nail care. Lay back and enjoy a detoxifying lower leg and foot massage using our Ancient Thai herbal compress to open energy pathways and stimulate circulation. Includes moisturizing hand treatment. Finish with nail color of choice or buff finish. 60 minutes - \$75

Dynamic Body Balancing

Relieve chronic or recurring pain, tension or muscle stiffness with this hands-on therapy technique that restores balance to your whole body. Combining techniques in Craniosacral Therapy, Myofascial Unwinding, and more, this treatment encourages longer-lasting resolution of pain and dysfunction symptoms to help support the body in achieving a state of homeostasis and optimal function. Wear comfortable, loose clothing as this treatment is performed over clothing. 60 minutes – March special \$70

Just Be... Together in the Salt

Relax in the warmth and comfort of our Qi Garden Salt Spa while you share quiet time together. This special is intended for two people to enjoy the respiratory and healing benefits of Salt Therapy while napping or relaxing in the Salt Spa. March special price \$65 for 2 people (Both sessions must be done on same day/same time to receive discounted rate).

March Mindfulness Package

Enjoy a spa package that truly connects mind, body, and spirit from head-to-toe. 3½-Hour Spa Package Special - \$275
Package includes: ‡ Dynamic Body Balancing ‡ Gemstone Facial ‡ Healing Power Pedicure

Meditation, Yoga, Tai Chi, Qigong, Sound Therapy & More

For classes & special events during the month of March, visit "Classes & Events" www.WellnessSpaResort.com

Join The Wellness Spa on Facebook and Instagram for a Month of Mindfulness...
Enjoy video clips and tips on how to live a mindful, healthy, and vibrant life!

The Wellness Spa 3916 Water Street, Stevens Point, WI 54481
715-341-3333 Toll Free: 877-341-WSPA www.WellnessSpaResort.com

March Mindfulness Specials Available March 1 – March 31, 2023