

# Reflections

## — Spa and Salon —

### Mini Menu

#### **Gather Your Beauty:**

Unlock your skin's potential with our personalized 45-minute facial, combining gentle cleansing, exfoliation, and massage with nutrient-rich Farmhouse Fresh Organics. Indulge in warm towels and a calming atmosphere, perfect for melting stress and revealing radiant, revitalized skin.

#### **Therapeutic 30 Minute Massage:**

This service will focus on a single area of the body such as the lower back, with medium to firm pressure. \*Deep tissue not available with this service.

#### **Infrared Sauna 30 Minute Session:**

Relax in our sauna to help soothe sore muscles, reduce pain, boost relaxation, and possibly improve heart health. Within minutes of sitting in an infrared sauna, beads of sweat will appear on your skin, blood vessels widen to increase blood flow, and your heart rate increases - basically the same response as exercise. Bathing suit required.

#### **Far-Infrared P.E.M.F. Crystal Healing Mat 45 Minute Session:**

Combining far-infrared heat and PEMF therapy providing therapeutic relaxation, detoxification, and cellular repair. It's perfect for relieving muscle tension, supporting recovery, and balancing the body's energy. This synergy promotes and enhances circulation, reduces inflammation for optional recovery and overall well-being. You can remain fully clothed or disrobe. You will be in a treatment room laying on a private treatment table.