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*would like to invite you to her*

***Holistic Spa Party***

*on*

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*at*

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***From the moment you arrive and slip into one of Vida's robes you will experience a truly pampering time, allowing you to relax with friends.***

***The cost of the party is \_\_\_\_\_***

***If you would like to come along please choose two treatments from the list over and let me know as soon as possible.***

***RSVP \_\_\_\_\_***

***Choice of treatments:***

***1. \_\_\_\_\_***

***2. \_\_\_\_\_***

## **CHOOSE TWO OF THE FOLLOWING TREATMENTS:**

### **AROMATHERAPY MASSAGE**

*A relaxing massage using essential oils individually blended to address any specific ailments and to delight your senses.*

### **SWEDISH DEEP TISSUE MASSAGE**

*A firm massage that works deep into the large muscle groups. Good to relieve aches, pains and knotted shoulders.*

### **INDIAN HEAD MASSAGE**

*A seated massage working on the upper back, arms, neck, and head and finishes with an acupuncture massage of the face.*

### **REFLEXOLOGY**

*A massage of the feet working over the 'reflex' points which relate to the organs of the body. This is a deeply relaxing treatment, which helps to clear the energy channels, and promotes self-healing. Most clients report 'an excellent nights sleep' afterwards.*

### **HOLISTIC FACIAL**

*A deep cleanse, tone and moisturise using fragrant hot towels, hydrosol toners and a moisturiser to suit your skin type. Plus a facial massage comprising of shoulder girdle, neck and face. Natural products and essential oils are used.*

**TREATMENTS WILL BE IN 30-MINUTE SLOTS, ONE BEFORE LUNCH AND ONE AFTER**

**BATH ROBES ARE PROVIDED, PLEASE BRING SLIPPERS OR FLIP FLOPS WITH YOU**