

Body & Soul Retreat™

Gateway Centre

2024-2026 E. Sample Road

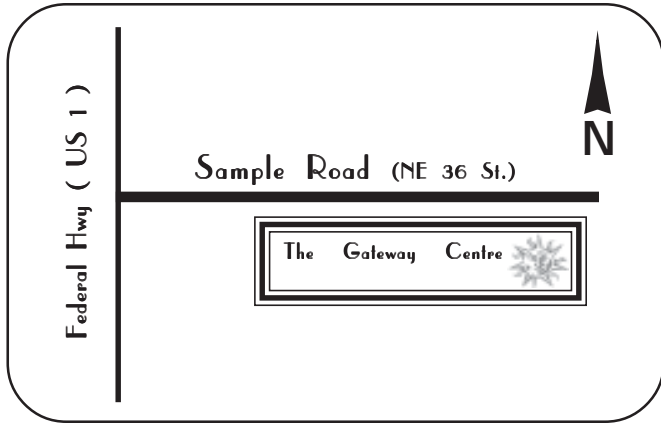
Lighthouse Point, Florida 33064

Tel. 954.784.5505

Email: angels@bodyandsoulretreat.com

Retreat Hours

Monday	10 am. - 6 pm.	Thursday	10 am. - 9 pm.
Tuesday	10 am. - 8 pm.	Friday	10 am. - 9 pm.
Wednesday	10 am. - 8 pm.	Saturday	10 am. - 6 pm.
Sunday	10 am. - 6 pm.		



Body & Soul Retreat™

Ramblewood Square Shopping Center

1225-1227 N. University Drive

Coral Springs, Florida 33071

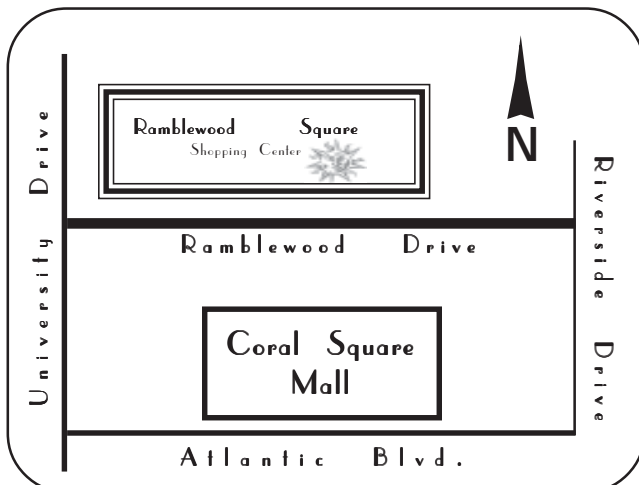
Tel. 954.796.0005

Email: soulmate@bodyandsoulretreat.com

Retreat Hours

(Summer hours may vary, call for more information)

Monday	10 am. - 6 pm.	Thursday	10 am. - 9 pm.
Tuesday	10 am. - 8 pm.	Friday	10 am. - 9 pm.
Wednesday	10 am. - 8 pm.	Saturday	10 am. - 6 pm.
Sunday	10 am. - 6 pm.		



Body & Soul Retreat™

Day Spas
&

Healing Centers



“A Peaceful Awakening”

CORAL SPRINGS

954.796.0005

LIGHTHOUSE POINT

954.784.5505

www.bodyandsoulretreat.com

POINTS OF CONSIDERATION

OUR SERVICES

Some services are only offered at select locations.

DRESS CODE

We recommend that clients wear comfortable clothing during their therapies. You are welcome to slip into one of our warm robes. Personal items can be locked and secured in an assigned locker.

We ask that you please silence your cellular telephones or paging devices during you stay.

APPOINTMENTS

Services at Body & Soul Retreat are commonly reserved by appointment. We welcome walk-ins based on availability. Some appointments may require a valid credit card to hold a reservation.

CANCELLATION POLICY

Please be mindful of our 24-hour cancellation policy. "No Shows" may be charged a cancellation fee. Arriving late for an appointment may result in a shortened therapy session.

RETREAT PASSPORTS

A Body & Soul Retreat gift certificate, referred to as our Retreat Passport, is the perfect gift for any occasion, and a wonderful way to extend some gratitude. Retreat Passports are available at any of our locations, as well as on our Web site.

Retreat Passports are conditional to the extent that they be redeemed within one year from the date of purchase. Passports are non-refundable and non-transferable. For security reasons, we cannot accept any Passport from a third-party person or any party not named on the Passport's account.

Also, when redeeming a Passport, the client must have the Passport number on-hand in order to book their appointment.

OUR FAMILY OF THERAPISTS

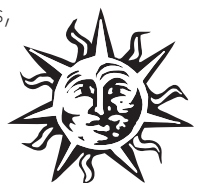
Our phenomenal therapists are highly qualified, licensed professionals. If you have any questions regarding a therapist's background of expertise, please do not hesitate to ask. Please note that neither Body & Soul Retreat nor any other affiliated member make medical diagnosis or prescribe or recommend any type of medication to treat any type of illness.

CLIENT CONFIDENTIALITY

Clients reserving appointments are required to provide certain personal information. All personal information obtained is secured and considered strictly confidential.

www.bodyandsoulretreat.com

Get easy access to Retreat Passports, Retreat Alerts, join our e-mail club and discover this month's latest special promotions. You also can find helpful driving directions, as well as download a copy of our menu and price list.



RETREAT PARTIES

PRIVATE SPA PARTIES BRING PEOPLE TOGETHER IN A SOOTHING ENVIRONMENT THAT AWAKENS AND REJUVENATES THE SENSES. AT BODY & SOUL RETREAT, WE PRIDE OURSELVES IN HOSTING UNIQUE AND MEMORABLE EVENTS. NO MATTER THE FUNCTION, OUR DEDICATED STAFF OF PROFESSIONALS IS COMMITTED TO TAKING CARE OF YOU AND EVERY MEMBER OF YOUR GROUP.

At our one-of-a-kind **LOVER'S TWILIGHT PARTY**, we will cater to you and your partner all night long...all while you enjoy the quiet privacy of our closed Retreat. Planned specifically to your needs and desires, our Retreat Coordinator will make sure your Lover's Twilight is a romantic, private celebration that includes a selection of your favorite therapies and treatments.

With our **BRIDAL PARTIES, BACHELORETTE BLISS** and **BABY SHOWERS**, you can shower the bride- and mommy-to-be with day spa services for her and the whole family.

You can reward yourself and your friends with a little TLC at a **LADIES OR TEENS NIGHT OUT PARTY**.

The always-popular **FAIRY DUST CHILDRENS PARTY** is a fun-filled event is for kids ages 5-10 that includes children's manicures and pedicures, mini-facials and hand & foot massages.

We can also host your next **CORPORATE EVENT OR MEETING**.

To book a special event at any of our Body & Soul Retreat locations, please call to reserve your date as far ahead as possible in order for us to accommodate your desired services. The scheduled services for your group are reserved and staffed according to your requests. A deposit is required to secure your special event.

Once booked, our Retreat Coordinator will meet with you to ensure that your special event or party is specifically catered to all your needs.



WELCOME TO Body & Soul RETREAT!

We ask you to surrender to your total well-being as we enlighten your senses by putting your body, mind and soul into perfect harmonious balance. With an emphasis of stimulating the body's natural immune system through hands-on healing, our staff of highly trained therapists will deliver you to the most peaceful state imaginable.

Your peaceful awakening is here!

THE "MEDITATION ROOM"

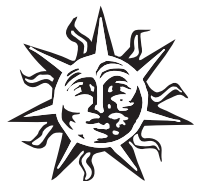
All visits to Body & Soul Retreat start with a trip to our Meditation Room. We recommend arriving early for your appointment to rest and absorb energy. Incense, essential oils, and candles establish this serene and relaxed setting. The Meditation Room is a complimentary feature offered to all clients at the Retreat.

TAKING CARE OF YOUR BODY

Before your treatments commence, be sure to discuss any health concerns with your therapist. Advise him or her if you have any injuries, broken or sensitive skin, rashes or allergies. If you are having a massage, let your therapist know if you prefer a lighter or deeper touch.

Additionally, do not be surprised if you are continuously asked to drink water during your stay with us. Drinking water after a massage or a healing therapy assists in the disposing of toxins in the lymphatic system, which in turn helps enhance the body's natural immune system.

NAMASTE



RETREAT PACKAGES

WE HAVE CREATED A COLLECTION OF SPECIALLY DESIGNED SPA PACKAGES SO THAT YOU CAN ENJOY A PAMPERING MIXTURE OF OUR TREATMENTS AND SERVICES. WHETHER YOU'RE INTERESTED IN A FEW HOURS OF RELAXATION OR A FULL DAY OF BLISSFULNESS, WE INVITE YOU TO HEAL YOUR MIND AND BODY WITH ONE OF THESE SPECTACULAR PACKAGES. IF YOU REQUIRE SOMETHING MORE CUSTOMIZED, WE WILL GLADLY ACCOMMODATE YOU.

A PEACEFUL SEDONA

Designed for those who yearn for relaxation and tranquility when time is a luxury, this package is for you. It includes a Full Body Massage, a Retreat Manicure and ends with a Hydrotherapy Pedicure. (2.5 hours)

ZEN FOR MEN

This package is designed especially for gentlemen looking to escape the pressures of the day. Unwind with a Deep Tissue Massage, relieving tension in your muscles, while allowing your mind to let go. Afterwards, you can enjoy an energizing Organic Stone Crop Facial. (2.0 hours)

Soulful JOURNEY

Created to introduce the power of touch and the healing attributes they provide to the mind and body, this package includes a Full Body Massage, an Organic Facial and a Whirlpool Lavender Bath. (2.5 hours)

ZEN Temple

Our family of therapists will pamper you into oblivion as you indulge with this package of signature treatments. It includes a Full Body Massage, an Organic Facial, a Retreat Manicure and a Hydrotherapy Pedicure. (3.5 hours)

Body In BALANCE PRENATAL

Pregnancy is a time of transition as the body transforms into a nurturing environment for the child within. We offer a special package to help the mind, body and spirit smoothly acclimate to motherhood. This compilation of treatments



includes a Prenatal Massage, a pregnancy-friendly Organic Facial and a Hydrotherapy Peppermint Pedicure. (3.5 hours)

HANDS & FEET

HAND CARE

All our manicures include soaking, shaping, cuticle clean up, lots of massage and polish.

RETREAT MANICURE

Our signature manicure will leave your nails and hands feeling like new.

ACRYLICS/GEL

Only at select Body & Soul Retreat locations.

HOLISTIC LAVENDER APHRODISIAC MANICURE

Relax with soothing scents of lavender.

HOLISTIC CHOCOLATE SOUFFLÉ MANICURE

Satisfy your deepest craving with this manicure for the chocolate lover in all of us.

HOLISTIC ORANGE ICE MANICURE

The citrus elements of this manicure has incredible benefits to the skin, as well as to the state of mind.

HOT WAX MANICURE

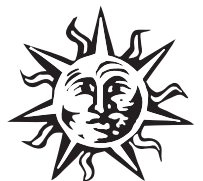
A dip in hot wax will leave your hands silky smooth.

WAXING SERVICES

At Body & Soul Retreat, we strive to make your waxing experience as pleasant and gentle as possible. Our professional staff is highly trained, and we are proud to use one of the finest, most sensitive waxing products available.

THREADING

Threading is the ancient Indian art of hair removal. This is a very delicate procedure, which makes it suitable for even the most sensitive skin. The process involves twisting a piece of thread along the hairs that are to be removed. This twisting action traps the hair, lifting it out at the root. Threading is more effective and less painful than tweezing.



HANDS & FEET

At Body & Soul RETREAT, WE WOULD LIKE FOR YOU TO EXPERIENCE MORE THAN JUST A NORMAL MANICURE OR PEDICURE. WE BELIEVE THAT THE HANDS AND FEET ARE MAPS TO THE ENTIRE BODY. OUR STRICT DEDICATION TO THE USE OF NATURAL MINERAL-BASED PRODUCTS IS PURE AROMATHERAPY THAT WILL HELP STIMULATE POSITIVE HEALTH AND WELL-BEING.

Hydrotherapy Spa Pedicures

All our pedicures are 60-90 minutes and include soaking your feet in our hydrotherapy stations, shaping, exfoliation, heel care, cuticle clean up, lots of massage and polish.

Body & Soul Pedicure

Experience your pedicure using our exclusive aromatherapy salt glow products for relaxation and detoxification.

Holistic Lavender Aphrodisiac Pedicure

This soothing and calming treatment will leave the feet feeling refreshed and delightful.

Holistic Chocolate Soufflé Pedicure

Enjoy this fat-free chocolate indulgence...just without any of the guilt!

Holistic Orange Ice Pedicure

Relax as the fresh scents of citrus enliven the senses and hydrate the skin.

Hot Wax Pedicure

Our hot wax treatments are perfect for hydrating and softening your feet.

Peppermint Pedicure

It's time to cool, energize and invigorate your tired feet with the power of peppermint, a wonderfully aromatic treatment.

Glycolic Pedicure

This wonderful treatment, for the exfoliation of dead skin, leaves the skin polished and smooth.

Signature Pedicure

This Body & Soul exclusive includes an all-natural, Organic Pedicure and a healing session of Foot Reflexology.



RETREAT PACKAGES

The Haven

Our most popular package is designed for peace, tranquility and the expression of one's inner self. This package delivers a Full Body Massage, an Organic Facial, a Retreat Manicure and a Hydrotherapy Peppermint Pedicure. (4.0 hours)

Retreat Signature Day

You'll leave your stresses and baggage at the front door with this day of pampering, which includes a Full Body Massage with Foot Reflexology, an Organic Facial, an Aromatherapy Body Treatment with Vichy Shower and a Hydrotherapy Peppermint Pedicure. (5.0 hours)

Body & Soul Mates

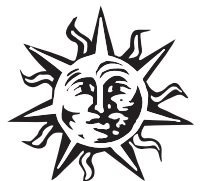
This intimate package brings true healing and relaxation to you and your soulmate. You will be indulged with two relaxing Full Body Massages, two Organic Facials and a Couples Whirlpool Lavender Bath. (2.5 hours)

Spirit of Sedona

Featuring a complete experience of healing and rejuvenation, this truly peaceful package starts with a Custom Therapeutic Massage with Foot Reflexology, an Organic Facial, a Cranio-Sacral Therapy session, a Holistic Manicure, a Holistic Pedicure and a Whirlpool Lavender Bath. (5.0 hours)

Yin & Yang Bliss

The perfect package to celebrate any special occasion in life, whether it be an anniversary, a wedding or just an expression of caring. This unique collection of services is available as a package for two, or as separate "Yin" and "Yang" packages that make for great gifts. The lucky sir or madam will receive a Full Body Massage with Foot Reflexology, a Chocolate Pedicure and a relaxing soak in our Whirlpool Lavender Bath. (3.5 hours)



MASSAGE THERAPIES

Body & Soul Massage

With our Full Body Massage, our expert therapists' role is to enhance the body's natural immune system through strategic application of massage therapy. You will experience immediate stress relief through your entire being, as well as the fine-tuning of the body's internal systems. (30, 60, 90 or 120 min.)

Deep Tissue Therapy

Applying deep pressure to specific muscle tissue will open and release your tension – which will result in your advanced stress relief. This therapy is common among athletes or massage enthusiasts where the body has built a tolerance towards regular bodywork. (60 or 90 min.)

Aromatherapy Massage

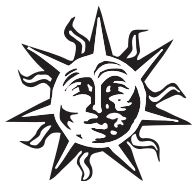
This gentle massage blends the soothing and flowing strokes of a Full Body Massage with the healing powers of delightful, fragrant oils such as jasmine and lavender. The fragrances, which will linger in your memory long after the massage is complete, will renew you mind, body and spirit. (60 or 90 min.)

Hot Stone Therapy

Smooth, heated basalt stones are placed on specific acupressure points on the body to melt away knots, tension and stress. A stress relieving massage enhances the affects. What's more, this deeply relaxing hot stone experience helps relieve pain, while promoting harmony, balance and peace. (60 or 90 min.)

Thai Massage

One of the oldest massages, this therapy blends acupressure and assisted stretching in order to provide a deeply relaxed and revitalized mind, body and spirit. Besides providing increased flexibility, this massage also will help relieve muscle and joint tension, and help balance the body's energy system. (90 min)



HEALING THERAPIES

Reflexology

Reflexology, one of our highly popular healing therapies, works on the principal that certain reflexes in the feet and hands correspond with the body's organs and systems. By applying specific pressure to those reflexes we can assist in bringing the body back into homeostasis, or balance. (60 min.)

Reiki

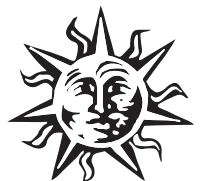
Performed by our certified practitioners, Reiki is a gentle healing technique to reduce stress, relieve pain and facilitate healing. Practitioners hold that the vital energy of the universe is channeled through them so that they can energize the various body systems on levels that promote health, wholeness, cleared chakras, clarity and balance. We invite all to a complimentary consultation prior to booking an appointment. (60 min.)

Raindrop Therapy

Bring your body into balance and harmony by combining the science of aromatherapy with the techniques of reflexology and massage therapy to bring structural and electrical alignment to your sense of well-being. Oils are dispensed like little drops of rain from a height of about six inches above the back and then massaged along the spine. (90 min.)

Shirodhara

A form of Ayurveda, Shirodhara involves gently flowing herbal oils over the forehead (the "third eye") for 30-45 minutes, followed by a gentle scalp massage. This amazingly effective therapy has been used to treat a variety of conditions, including insomnia, stress, anxiety and depression. (60 min.)



HEALING THERAPIES

ABHYANGA

A friction massage performed by two therapists in synchrony utilizing warm herbal oil. As the oil is massaged into the skin, it penetrates deep into the tissues to loosen toxins. This therapy is effective in enhancing immunity, increasing circulation and creating a deep relaxation in body and mind. (60 min.)

CRANIO-SACRAL THERAPY

This gentle, non-invasive, hands-on therapy is used to evaluate and enhance the functioning of the body's Cranio-Sacral system, the membranes and cerebrospinal fluid that surrounds and protects the brain and spinal cord. Using a soft touch, our therapists will release restrictions in the system, and thus help well-being. This therapeutic treatment will bring you instant relaxation. (60 min.)

YOGA

Yoga offers a remarkable range of health benefits, from toning the muscles to balancing the body to increasing flexibility. It produces a deep relaxation and is a powerful stress reducer. It can even increase cardiovascular efficiency, bone and muscle strength, range of motion, and improve respiration, posture, coordination and concentration. Classes and/or private sessions offered at select Body & Soul Retreat locations.

WHIRLPOOL LAVENDER BATH

A soak in one of our water or air propulsion system tubs is an ideal way to de-stress, re-mineralize and give your body an in-depth rebalancing effect. This hydrotherapy treatment is a therapeutic experience to soothe away tension, and the perfect prelude to any massage, facial or scrub therapy. Enjoy this privately or with your partner. (30 min.)



MASSAGE THERAPIES

PRENATAL MASSAGE THERAPY

Pregnancy Massage Therapy is an extremely revitalizing treatment for all moms-to-be. Our specially trained massage therapists, who utilize pregnancy tables and/or special cushions, will aim to relax, rejuvenate and alleviate many of the common discomforts during pregnancies. Please note that this massage should only be booked after the first trimester. (60 min.)

AYURVEDIC THERAPY

Stemming from the traditional Indian Ayurveda healing system, this ancient massage can help soothe pain and relax stiff muscles. Through deep and reassuring strokes can toxins, tensions and blockages be eliminated. (60 min)

FOUR-HAND MASSAGE

This one-of-a-kind massage involves the combined art and skill of two therapists working simultaneously to achieve a deeply relaxing, rejuvenating experience. Two pairs of hands will choreograph a rhythmic, dance-like massage that will help relieve stress, anxiety and exhaustion. (60 or 90 min.)

COUPLES MESSAGES

Experience the joy and serenity of a massage with a friend or loved one in the privacy of our couples room. You and your partner will relax together while each receives a complete therapeutic massage in perfect synchronization. (60 or 90 min.)

INSTRUCTIONAL MASSAGE LESSONS

More than just a massage for two, this experience will teach you and your partner how to become experts at home. While one partner relaxes on the massage table, the other learns some basic massage techniques from a Body & Soul therapist. Half-way through the session, the couple switches so that both can enjoy a massage and the educational experience. (90 min.)



SKIN CARE

Body & Soul RETREAT offers a selection of facial skin treatments that promote and renew healthy skin. To achieve this, our locations are a proud carrier of Eminence Organic Skin Care Products and Dermalogica Skin Care Products.

ORGANIC FACIAL

With aromas that will dazzle your senses, and ingredients that will impart health and beauty on your skin, our incredible all-natural, organic products help create a facial experience like no other. Our professional aestheticians will tailor each session to your individual skin type, while providing you with steam, exfoliation, a purifying mask and a facial massage. (60 min.)

ORGANIC PURE RESULTS PUMPKIN ENZYME PEEL

Designed to give you maximum results without irritation or the damage of traditional chemical peels, this all-natural treatment contains an organic pumpkin-yam active enzyme that will repair and rejuvenate your skin, leaving it deliciously soft and clear. Your complexion will shine after you exfoliate the signs of sun damage and aging. (35 min.)

ORGANIC PUMPKIN FACIAL

You will be treated to a specifically tailored facial that includes steam, exfoliation and a deep purifying mask, and a facial massage. What's more, this treatment is highlighted by a rejuvenating pumpkin and orange masque. The vitamins found in this fabulous organic product impart radiance, while nourishing, enriching and moisturizing the skin. Your complexion is left velvety smooth and glowing. (75 min.)

ORGANIC PAPRIKA SIGNATURE FACIAL

Our signature facial will leave you with gorgeous skin that feels soft and supple. In addition to our Organic Facial, a paprika treatment is used to stimulate and oxygenate the skin, leaving the complexion rosy, while ground ivy tones and tightens the pores. (90 min.)

SEDONA MIST

With our essential cleansing facial, you can easily maintain a healthy, vibrant glow. Our professional aestheticians will provide you a specifically tailored facial that includes steam, deep pore cleansing, exfoliation and a mask, as well as facial massage. (60 min)

FOUR LAYER FACIAL

This unique facial involves four treatments that are essential for all skin types. Your experience includes a Vitamin C Serum application, a Hydration, a Facial Massage, a detoxification with an invigorating Seaweed Mud Mask and a Pure Mineral Mask. (90 min)

BACK FACIAL

Pamper your back with this treatment that includes a deep pore cleaning to detoxify the skin, exfoliations, steam and extractions. A relaxing massage to your neck, shoulders and arms also is included. (60 min.)

TEEN FACIAL

This soothing facial for teenagers features a tailored session to their skin type, steam, exfoliation and a deep, purifying mask. Also included is a relaxing facial massage. (45 min.)

EMERGIN-C FACIAL

Chock full of antioxidants, this facial's main ingredient, Vitamin C, is used to even out skin tones, reduce skin pigmentation and stimulate the skin, which will leave it firm, tightened and glowing. (60 min.)



BODY THERAPIES

OUR BODIES LOSE THEIR BALANCING ELEMENTS REGULARLY FROM DAILY STRESS AND HAZARDOUS ENVIRONMENTAL CONDITIONS. TO HELP PUT YOUR BODY BACK INTO A HARMONIOUS BALANCE, WE SUGGEST TRYING ONE OUR THERAPIES, ALL OF WHICH ARE ENHANCED BY A STATE-OF-THE-ART VICHY SHOWER – AND THE POWER OF TOUCH TO CREATE A HEALTHY ENERGY FLOW.

ORGANIC CRANBERRY POMEGRANATE SUGAR SCRUB

A scrumptious organic treatment that refines your silhouette with natural sugar cane in order to melt away any dryness and roughness you may have. Your skin is caressed with the vitamin-richness of cranberry and pomegranate, enriching it with nutrition and a softness that will leave your skin lustrous and radiant. (45 min.)

ORGANIC PEAR & GREEN APPLE SUGAR SCRUB

Get silky smooth skin with a mouth-watering blend of antioxidant-rich pear, apple and sugar cane. The sugar cane produces a natural alpha hydroxy acid to gently exfoliate and smooth the skin while pear and apple extracts impart vitamin-rich nutrition. Sweet almond oil and grape seed oil will leave your skin velvety smooth with an irresistible glow. (45 min.)

KARMA Body Glow

This perfect body treatment begins with your choice of peppermint, lavender or tangerine essential oils. The natural blend of oils and salts are absorbed into the skin delivering deep hydration and relaxation. After a warm rinse, the skin is hydrated and glowing. This treatment is perfect prior to enjoying a Massage. (45 min.)

DETOX Black MOOR Mud

Gently vanquishing aches and pains, this body treatment will instill a state of deep relaxation and wellness into every fiber of your being. Easy on even the most delicate skin and rich in natural vitamins, minerals and enzymes, this mud therapy will rejuvenate your skin and restore you to healthy life. (45 min.)

HYDRATING ROSE

This pure and calming treatment involves an organic body mask that contains specifically selected herbs to assist in relaxing your muscle tissues and extracting toxins. Enjoy the natural glow of beautifully toned skin. (60 min.)

GROUNDING SEAWEED

A great therapy to eliminate toxins in the body, this seaweed treat will soften and smooth your skin, while also offering an overall circulatory stimulation. Additionally, its high mineral content will aid the body's ability to improve its own metabolism. (45 min.)

