



Need some RELAXATION? How about A DAY AT THE SPA

Sunday March 26th 2017 and

Sunday May 21st 2017

Starts at Approximately 4:00 pm

Limited Space Available! Be sure to sign up Early!!!!

Call 860-928-6420 or email to Koinonia.school@att.net



Services that will be available:

- 1. Massage:** Scientific manipulation of the body, such as applying fixed or movable pressure, holding, and moving muscles and body tissues.
- 2. Facials/Acupuncture:** By Medora Fraga MAOM, Lic. Acupuncturist *Can be done with or without needles.
- 3. Reflexology:** Reduces stress, induces relaxation of the muscles, improves circulation, and opens pathways that increase energy levels.
- 4. Manicures:** Buff and Puff for acrylic nails or a regular manicure.
- 5. Reiki:** Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

Swimming & Sauna included in each package.

Hair Treatment, Facial Mask, Body Wrap, and Scented Toiletries will be available for use.



Pot Luck if you feel like bringing something.
Refreshments provided by Koinonia will include
Cheese and Crackers, Fruit, Vegetables, Ice Cream,
Coffee, Tea, Mimosas & Bottled Water will also be available

Prices are as follows:

| | |
|------------------------|---------------|
| Choose one service~ | Cost \$60.00 |
| Choose two services~ | Cost \$85.00 |
| Choose three services~ | Cost \$105.00 |
| Choose four services~ | Cost \$125.00 |

Choose five or more services~ Add \$25.00 for each additional service

*All services MUST be chosen at time of booking for planning purposes. A \$25.00 Non-Refundable deposit is required at time of booking. Please list the services you want. Each service is one 25-minute session. You can double book some services for a 55-minute session. (Acupuncture cannot be double booked). You will receive a schedule of your times a few days before the Spa Day.



Name _____ Phone _____

Services Requested _____