

Women deserve



nourishment of the Body, Mind & Spirit



Indulge your *Self* ... Treat your *Senses*...

You're invited to a very special

Nourishment Retreat



For a 24-hour period of time away from home, (yet so close to home), experience the absolute in relaxation, nourishment & pampering. Come away feeling cared for, refreshed, & restored to return to your daily life as a wife, mother, sister, & a woman with a sense of center and empowerment.

- “*basic rest & relaxation*” retreat in your own private bedroom with or without meals
- “*elegant retreat*” includes the “basic rest” and choose to be pampered with the use of a hot tub, Epson salt or aromatherapy bath, chi machine, energy balancing treatment, ear candling, facial, nutritional counseling, life coaching, intuitive readings, spiritual cinema and healthy home cooked meals.

A *Nourishment Retreat* can include private one-on-one booking or with up to 4 women, as well as designed according to area of interest or focus.

For prices and available dates call:



Charlotte Carreira 688-1858