

~Personalized Retreat Day or afternoon~

REFOCUS AND RENEW

Call and request your own retreat~ GREAT GIFT IDEA!

***Pamper Day with
Boost Your Health Wellness
Center***

“outdoor picnic included”

Services you can choose from:

- ✓ Reiki Treatment
- ✓ Black Pearl Treatment
- ✓ Chakra Balancing & Cleansing
- ✓ Meditation Session
- ✓ Personalized Yoga class
- ✓ Labyrinth healing walk
- ✓ Meditation
- ✓ Beach art retreat
- ✓ Art with meditation
- ✓ Group yoga & Meditation
- ✓ Healthy picnic included at the beach

~Call today to customize a special day or afternoon, just for YOU & someone you care for~



Choose what you and your friends need.

Take the time for self-care to nurture your body, mind and spirit.

Come and refresh and rejuvenate with us.

~We will make your day special and unique~

~Call us today and find out how much a day can make a difference in your life ~

Boost Your Health, Lowbanks 905-736-0563

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