



REFRESH Retreat

FREE FLOW SPACES

***INTRODUCING refreshMENTS**

The new Free Flow Space for our men to breathe, heal, recharge and recalibrate. A respite for restoration, this experience will include nourishing messages, chats with Refreshing Fellas, active moments, nutrition, breath-work, interactive engagement, playlists, meditations and more. refreshMENTS. An exclusive refresholution for our dudes.

And Our Signature Spaces...

*** LESLIE'S LOUNGE**

A Journaling Lounge in honor of the late iconic actor/personality Leslie Jordan. Leslie and Kim did a Refresh Conversation during Men's Health Month, where he discussed the importance of journaling and shared an entry from one of his.

***REFRESH SPA**

Unwind & Unplug in our exclusive Refresh Spa, a popup pampering moment with a variety of unique signature massages and experiences.

***SACRED BREATH**

We've created a unique space to honor and cultivate breathing. Diffusers, candles, sounds, and meditations are part of this sensory experience to teach, honor and celebrate the art of breathing.

***SPEAK TO ME**

A deeply intimate and personal experience. Come record messages and affirmations to yourself. The recordings are a Refresh(ing) gift to you, to remind you to be mindful of pouring into yourself.

***SHOP REFRESH**

The Wellness Store , a pop-up shopping experience, featuring Refresh brands as well as products, services and more from our Refreshing Partners and Friends.