



**Is your summer heating up?! Our's sure is!
Take a look at what we have going on this SUMMER!**

Exciting things are afoot at Island Wellness Center! We've been hard at work partnering with local vendors and lining up a calendar of events to help you kick off your summer!

July & August classes, events and workshops - all tickets can be purchased [HERE](#):

- Sunday, July 13th **“My dream’s way” Transformational Experience** from 3-6 PM [Event Details](#)
- Wednesday, July 2nd **Injury screens** with [Dr. Matt](#) from 5-7 PM [Event Details](#)
- Friday, July 25th **Cacao Ceremony** with [Rudy](#) from 2-4 PM [Event Details](#)
- Saturday, August 16th **Rooted and Radiant** with [Meg](#) from 4:00-6:00 PM [Event Details](#)
- MORE EVENTS to come!!! Check our website, as we are always adding new [EVENTS](#)

What’s NEW

- We are bringing back **CRYOTHERAPY!!!!** Coming in July we will have full body Cryotherapy. **Benefits include:** Enhanced recovery from workouts, reduced pain and inflammation, improved mood and sleep. It may also support the immune system, boost metabolism, and improve skin health.
- Check out our memberships and packages! SAVE money on saunas, cold plunge, red light therapy, salt cave sessions, and more. Get em while they’re hot 🔥
- Become a member and get member pricing for all services! [Our memberships](#)
- Starting July 1st we will be offering HALF OFF Tuesdays!

We have a NEW and EXCITING partnership with Tidal Wave of Newport!!! [Check 'em out!](#)
You can expect special combined events with this partnership, along with great opportunities to check out different services.

Whether you prefer sipping cacao or cocktails, stretching with Yin Yoga or with a physical therapist, or getting in tune with your energy through Tarot or Reiki, there’s something for everyone in July & August.

We specialize in private events! We would love to host your very own unique experience. RESPOND to this email and let us know what you are thinking! Please send an email to: newportislandwellnesscenter@gmail.com Attention: Michelle - Private Event

We do everything from baby showers, to bachelorette parties, or just even a ladies night out! Ask us about PRIVATE EVENTS [Details](#)

Here’s an example of what our private events can look like!!! [Girls weekend away!](#)

Also be sure to follow our [instagram](#) for more event updates, vendor details, special sales, and real footage of our staff educating on services and giving you tours of our sanctuary!