



Healing Services 2018

Service	Regular
Bodywork Massage	
Signature Couples Massage (60 min) Full-body traditional table experience that will make you feel like you've just been brought back to life; Healing. Hot Towel Ritual & Aromatherapy Ritual	214.99
Healing Seated Massage (30 min) Focusing on the shoulders, back, and arms this seated experience will alleviate pain and enhance your spirit	45.99
Healing Table Massage (30 min) Focusing on the full-body or the shoulders, back, and arms this traditional table experience will support stress reduction, provide pain relief and facilitate a positive attitude	52.99
Signature Solo Massage (60 min) Full-body traditional table experience that will make you feel like you've just been brought back to life; Healing.	89.99
Steamed Chesapeake Crab (60 min) Deeply relax with the steaming heat of hot towels and massage shells that melt away tension and stress during 60 minutes of massage. Enjoy the soothing sensation of wooden Crab Hammers as they are incorporated uniquely into you massage	99.99
Volcán De Fuego (60 min) Volcán De Fuego, inspired by a famous volcano in Guatemala - is a one of a kind massage with a satisfying combination of deeply penetrating hot Lava shells, soothing hot towel foot treatment, and a healing Aromatherapy Ritual. You will revel in this complete and thorough head-to-toe full-body massage	109.99
Facial Experiences	
Signature Sacred Facial Massage (30 min) Natural Green Tea Antioxidant facial massage for a deep level of hydration and softness. Neck and shoulder massage for greater relaxation, topped off with a scalp massage, organic coconut oil and soothing hot towels.	45.99
Foot Soaks	

Signature Soothing Sanctuary Foot Soak (40 min) 20 min soak, 20 min leg and foot massage	55.99
<p>Soothing Leg and Foot Sanctuary Soaks <i>Includes a deep, soothing 20-minute detoxifying, softening, cleansing, hand-made with mineral-rich Minera® Dead Sea Salt soak and a 20-minute lower leg and hot towel foot massage. All soaks include a body butter or organic coconut oil finish. 59.99</i></p> <p>Maryland White Oak – In 1941 Maryland designated the White Oak as Maryland’s State Tree! The handsome, sturdy, and long-lived White Oak is a species found commonly Maryland. White Oaks have had many uses throughout history, including the use of its bark to create herbal baths and fine tea. Our Maryland White Oak Soak let’s you relaxed your muscles and reduce tension in an earthy foot soak tea made from the bark of the White Oak Tree. White Oak Bark was used extensively by the Indigenous people and early settlers because of the healthy minerals it contains as well as its astringent and anti-inflammation qualities. The leg and foot massage is finished with organic coconut oil.</p> <p>Guatemalan Rainforest – Be soothed and healed by the fresh, masculine scent of nature’s deep green forest. Includes black pepper oil which therapeutically helps to improve circulation and can help ease the pain of aching muscles. Emotionally, Black Pepper Oil is stimulating and is a good choice for enhancing alertness and stamina. Massage is finished with an ancient, woody formula of oak moss and green leaves.</p>	
<p style="text-align: center;">Natural Nail Health & Healing</p> <p>Enjoy restorative and energizing natural nail care healing. Choose your hand and foot cream for a customized experience:</p> <p>Eco-friendly Tropical Mango Coconut Delicious Chocolate (vegan) Calming Lavender (vegan) Garden of Eden (vegan) Fiesta de Fresa (vegan, Strawberry) Cookies & Cream (Natural, Raw Unrefined Shea Butter) Oak Moss Forest (ancient formula and unique earthy aroma, naturally masculine)</p>	
<p>Hot Towel Coconut Oil Polish Change (40 min for combo) <i>An express experience focusing on nail shaping, cuticle moisturizing and your chosen nail polish. Often called the ‘cure all’ oil, our coconut oil is nature’s gift to the body that will improve your health.</i></p>	<p>Hands 15.99 Feet 21.99 Combo 37.99</p>
<p>Hand and Foot Tune Up (35 min) <i>A straight to the point experience that will leave a man’s hands and feet looking confident and ready for the real world.</i></p>	<p>Combo 37.99</p>
<p>Signature Natural Nail Health & Healing (95 min) <i>Enjoy our comprehensive nails treatment with shaping, cuticle moisturizing, Exfoliating & Detoxifying Foot Scrub to remove dead skin, soothing hot towel ritual, extended massage, and polish.</i></p>	<p>Hands 29.99 Feet 39.99 Combo 69.99</p>
<p>Natural Nail Health Upgrades:</p>	

<p>Organic Tea Tree & Lavender Healing Foot Bath - 6 PerfectSense® Paraffin Bio Seaweed Gel® (vegan friendly & cruelty free) - 20 Gel, Shellac, Acrylic Removal - 15.99 French Polish - 12 Simple Nail Accent Art (2 w/ Mani, 2 w/Pedi) - 3 Hot Lava Shells® Therapy (incorporated into your hand and foot massage) - 20 Aromatherapy Ritual - 10 Extended Hand & Foot Massage – 19.99</p>	
<p>Signature Duo Manicure-Pedicure Combo (99 min)</p> <p>Together, you and someone you care about will both enjoy our comprehensive nails treatment with shaping, cuticle moisturizing, Exfoliating & Detoxifying Foot Scrub to remove dead skin, soothing hot towel ritual, massage, and polish.</p>	139
Special Packages	
Spa Package (60 min) Signature Sacred facial Massage and 30 min Healing Table Massage	84.99
The Boss Man (180 min, Manicure, Pedicure, & 15 min Seated Massage,) Being the boss at work or in your relationships means looking better, feeling great, and performing better. Get started now with this comprehensive hand, foot treatment, and massage	89.99
Oak Moss Men’s Spa Package (60 min) Signature Sacred Facial Massage Signature Sacred facial Massage and 30 min Table Healing Massage	84.99
Steamed Chesapeake Crab Polish Change Package (100 min) Deeply relax with the steaming heat of hot towels and massage shells that melt away tension and stress during 60 minutes of massage. Enjoy the soothing sensation of wooden Crab Hammers as they are incorporated uniquely into you massage. Includes a Hot Towel Coconut Oil Polish Change on your hands or your feet.	92.99
Silver Spring Sanctuary (70 min) Enjoy a Soothing Signature Foot Soak and a relaxing 30-minute Seated Massage. A perfect combination.	89.99
Soothing Sanctuary Foot Soak & Pedicure (100 min) The best of both worlds with this relaxing 20 min soak, 20 min leg and foot massage combined with our Signature Pedicure. Wow!	89.99
<p>Sanctuary Spa Party <i>Your guest may choose any 3 Sanctuary Spa Party mini-services during your party:</i></p> <ul style="list-style-type: none"> • Healing Face and Scalp Massage • 15 minute Seated Massage • Soothing Hot Towel Foot Refresher • Polish Application (Hands) • Polish Application (Feet) <p>PLUS...Beverages and light refreshments, Special Vouchers for future visits. Thank You for the honor of hosting your party! We Appreciate You!</p>	59.99 per person

Career-Life & Wellness Enrichment Training Seminars

Career-Life & Wellness Enrichment Training Seminars: Our experts and professional staff are happy to teach an interactive and enriching **60-90 minute (\$1,050), half-day (\$2,600), or full-day (\$3,900)** workshop at your location or ours. Additional cost may apply for over 25 participants.

This is a great opportunity to create awareness of a specific professional development, personal enrichment, and wellness/health topic. All topics can be geared for private, federal, or a customized audience. Prices are all inclusive when conducted in the DC Metro Area. They include minor tailoring to meet your specific needs.

Are you a Non-profit, Public School, or Special Interest Group/Private Club? Great! We offer a limited number of specially priced and free options for the aforementioned groups, so don't be shy about asking!

Our topics include:

Business

- Leadership Ethics: Personal Self-Care for Business Success
- Cultivating Strategic Relationships (business building and networking)

Career Development

- Success & Happiness for High School Students: *Everything You Need To Know*
- Accelerating Your Federal Career: Implementing Your Success Plan (1 day only)
- Career Portfolio Mastery: Increase Your Credibility and Competitiveness
- Interviewing with Confidence for Results that Empower
- Making Your Federal Internship/Fellowship Count! How To Make the Most Out Of Your Internship By Adding Meaningful Value To Your Agency
- Successful Salary Negotiation
- Tips for Fantastic Resumes & Great Job Offers
- Bruce Lee Style Individual Development Plans: Mastering the Art of Continuous Improvement

Diversity/Inclusion

- Dynamics of a Five-Generational Workforce: Communication, Collaboration, and Conflict Resolution
- Applying Transgender Awareness to the World of Work

Wellness & Health

- From Disruptive Distractions to Focused and Free: How to Take Charge of Your Time and Overcome Interruptions with Confidence
- Action-Oriented Real Solutions to Outsmarting Stress
- Wellness Strategies for Success and Happiness
- New Parent's Secret Weapon: How Coconut Oil Makes Happier Babies