

Spa Day Opportunities to Support Doylestown Hospital Birthing Center

-\$125 Donation: 90 minutes of Spa Services

-\$55 Donation: One 55 minute session of your choice

-\$25 Donation: Five chances to win a gift basket Beauty, Kids Fun, Nutrition, Spa and Wellness. Each Basket valued at \$250 or more.

FACIALS

Classic Facial (30 min /60 min)

Our classic facial will leave your skin radiant, healthy and glowing. We use gentle yet effective cleansing, Enzyme exfoliation, Vitamin A, B, C & Peptide bond building moisture masks and top it off with a SPF 30. You'll notice the difference in the overall texture & appearance of your skin.

Acupuncture Facial (30 min)

Facial rejuvenation is more than skin deep, by addressing root disharmony one will not only look better but feel better. Acupuncture and acupressure points on the face are used, as well as a gua sha & jade roller to address the wrinkles directly & further encourage the lifting of the skin. Helps superficial or deep wrinkles, all skin discolorations, acne, under eye circles, puffy eyes & sagging of the skin.

WELLNESS CLASS

Relax thru Breath Class

This class will teach you simple, seated breathing techniques. These practical techniques will assist you in feeling calm and focused, help lower your blood pressure, facilitate more restful sleep & strengthen your immune system.

MASSAGES

Signature Massage (30 min / 60 min)

Let our professional massage therapists treat your mind, body and soul to a truly pampering massage. Melt stress, improve circulation and ease muscular tension in just one session.

Steam Sauna Massage (30 min)

Our Exclusive back massage incorporates a luxurious blend of aromatic oils with a steam bath. It will invigorate your senses and leave your skin looking dew-kissed and fresh. A deeply relaxing therapy for everyone to enjoy.

Chair Massage (55 min)

A great way to try massage for the first time. You are totally supported in a professional massage chair as the tension in your back, head, shoulders, hands & legs is relieved.

Shiatsu (55 min)

This ancient style of massage (bodywork) alleviates stress, discomfort & tension in the body. A combination of gentle stretching, breathing & abdominal work helps to open the body to relaxation response thru the body.

This therapy is done while fully clothed & we recommend wearing loose fitting cotton pants, tee shirt & cotton socks. It is performed Dojo style (open room) on the floor on a Futon Mat & anatomically correct body cushion. This amazing therapy delivers a unique style of relaxation to the receiver. A must try!

HAND & FOOT CARE

Hand & Foot Conditioning (30 min)

Pampering at its finest. Enjoy an invigorating & exfoliating moisture treatment. Followed by a pressure point massage to ease reflex points on tired hands & feet.

DETOX Hydro Footbath (30 min)

Relax in a warm salt water hydrobath designed to help the body detox via the soles of the feet. (See the clear water change color as the impurities are purged).

For more information please contact BJ Wasilewski at 215-345-2141 or visit the hospital's website at www.dh.org

Please circle your choice(s) below. Your selection will be confirmed before the day of service.

SPA PACKAGES \$125 Donation

a) Choice of **two 30 minute appt** and Wellness Class - Relax thru Breath

Facial:

Classic Facial (30 min)

Acupuncture Facial (30 min)

Massage:

Signature (30 min)

Steam Sauna (30 min)

Hand or Foot Therapy:

Hand & Foot Conditioning (30 min)

Detox Foot Bath (30 min)

or

b) Choice of **one 60 minute appt** and Wellness Class - Relax thru Breath

Classic Facial (60 min)

or

Signature Massage (60 min)

MASSAGE \$55 Donation

Shiatsu Futon Mat Massage Session

or

Chair Massage Session

Please select preferred appointment time and/or Gift Basket Raffle on back page ➡➡➡

GIFT BASKET RAFFLE
\$25 Donation for 5 Tickets

_____ @ \$25 = \$ _____
(Attendance is not required to win). Please select a category. Tickets may be split between categories.

Beauty # _____ Kids Fun # _____
Nutrition # _____ Spa # _____
Wellness # _____

Please circle two choices for appointment start time. Shiatsu appointments run 11am – 3pm.

Time slots will be confirmed before event

11:00am – 12:30pm	2:00pm – 3:30pm
11:30am – 1:00pm	2:30pm – 4:00pm
12:00pm – 1:30pm	3:00pm – 4:30pm
12:30pm – 2:00pm	3:30pm – 5:00pm
1:00pm – 2:30pm	4:00pm – 5:30pm
1:30pm – 3:00pm	4:30pm – 6:00pm

Name: _____
Address: _____
City: _____ State: _____
Phone: _____
Email: _____
Comments: _____

I can not attend but would like to contribute \$ _____ to support Doylestown Hospital Birthing Center.

Please make checks payable to
Doylestown Hospital Birthing Center.

Please return your payment and reservation card to:

Doylestown Hospital Development Office
595 West State Street
Doylestown PA 18901



*Donations from this event will benefit
Doylestown Hospital Birthing Center.
Proceeds will go towards items like
a breast milk freezer and special equipment
for the Intensive Care Nursery.*

Spa
Sunday

To benefit
**Doylestown Hospital
Birthing Center**

September 19, 2010
11am – 6pm

Located at and Sponsored by:
Balance & Harmony, LLC
500 Horizon Drive, Suite 503
Chalfont, PA 18914
484-489-1700
www.balanceharmonywellness.com
www.wellnessworkspa.com