

SPA Moments @ Home

Level 1 Membership Benefits



Your 6 month membership enables you to receive emails covering 4 topics every week and 2 topics every month from our library as detailed below.

Plus you also get access to special offers not generally available to the public plus **15% special members discount** on all products in our on-line store.

Here is a sample list of membership gifts arriving in your inbox every week.

Weekly

Spa Cuisine Recipe
Spa Bath Ritual Blend
Health & Wellness Article
Essential Oil of the Week Report
Natural Food Medicine Article
Home Spa Treatments
Better Sleep Coaching

Monthly

E-Books
Detox Program
Exercises – breathing, yoga, tai chi
Guided Meditation
Spa Body Product Recipe
Link to massage video segment
Relationship Coaching
Fun Personality Readings

Your Home Spa Experience will include elements from these spa therapies:

massage, spa cuisine, sensual massage, relationship coaching, personality tests, essential oils, yoga, breath work, tai chi, meditation, colour, sound, crystals, mineral clays, water, sleep, detoxification, herbals, nutritional whole foods - ancient and esoteric wisdom.

You will also be guided through **home spa treatments** such as:

spa bath rituals, body scrubs, body wraps, massage, facials, foot spa and scalp massage with make at home **recipes for spa products** such as:

sugar and salt scrubs, chocolate bath milk, coffee scrub, chocolate body paint, feet treats, massage oil blends, spa bath blends and more.