

CENTER FOR WELLNESS

BALANCE RELAX HEAL REFRESH RENEW

*Welcome to the Center for Wellness
Facials, Massages, Lash & Brow Tinting, Aqua Detox™ & So Much More!!!*

Let us get rid of your Stress! Our services for your well-being include:

LOW-INTENSITY LIGHT THERAPY

Heal your pain the natural way with our light therapy treatments. Common conditions successfully treated are carpal tunnel, neck pain, shoulder injuries, lower back pain, muscle spasms and much, much more. "Therapy Without Discomfort" is how our patients describe their treatment. Come in for a free consultation and you decide.

WELLNESS MESSAGES

With today's fast paced lifestyles, we often forget about ourselves. Take "Time Out" for yourself and regenerate your mind, body and spirit. Choose from a variety of treatments including Deep Tissue, Stretching, Trigger Point Therapy, Sports, Swedish and Neuromuscular massage. You will feel like a million dollars!!

YOGA THERAPY

Private sessions are a perfect way to receive individualized attention and discover subtle but profound ways to explore each pose. Each 50 minute session is customized for the individual - focusing on injuries or chronic pain, imbalances and weaknesses, as well as specific goals and needs. Consider giving yourself a private yoga session to discover ways to bring health, vitality and energy to your whole being.

SKIN CARE AND FACIALS

Rejuvenate your skin for a healthy and refreshed look. Our treatments combine traditional Ayurvedic practices and its ancient philosophies with a unique modern twist. "Hylunia Skin Care creates pure, safe, green, organic and effective vegan skincare products free of irritants for sensitive, beneficial for all skin types and used by all ages". An ultimate treat!

THREADING AND EYEBROW SHAPING

No look is complete without a well shaped symmetrical brow that enhances your best features. Threading achieves beautiful results and minimizes trauma to the skin.

AQUA DETOX™

Our bodies are always in constant contact with environmental, physical and emotional stress factors. Through the thousands of pores on the soles of your feet, our natural footbath will re-balance and re-energize your body and continue to do so for 48 hours.

REFLEXOLOGY

Open blockages through referral points on the feet or hands. A thoroughly relaxing experience!

QIGONG

A practice which applies slow deep breathing with tai chi style movements that greatly improve vitality, strength, circulation, balance and an overall feeling of well being.

**IMPROVE YOUR QUALITY OF LIFE TODAY BY CALLING
CENTER FOR WELLNESS IN LAUDERDALE-BY-THE-SEA
AT (954) 491-3103 FOR YOUR APPOINTMENT TODAY!**