

# Relax and Be Free

Therapeutic Spa Services  
Our Location, In Suite & Events

Like our name, our bottom line purpose is to have you feel relaxed and free because we know that when you are relaxed and free, life gets better. And you deserve that!

When you are in a relaxed and free state you also:

- **Release endorphins that reduce stress and elevate your mood.**
- **Relax your mind and access your creative, intuitive self to gain new perspective on issues, goals, and relationships in your life.**
- **Take a "time out" from smart machines, worries, concerns and distractions to prevent burn out, and hit the reset button.**
- **Replenish your body from over drive and over work. Our bodies work consistently, operating 24/7.**

*Your time on our tables is precious to us.*

*We know how busy a lifestyle can be, so when you take time from your day with us, rest assure that our team is dedicated to your physical, emotional, and spiritual well-being, will honor all of your health needs and aims to give you "your best session ever", every time.*

*We also offer 4 and 8 session packages and day-long intensives, for those who want more in depth or consistent work, or just an extravagant self love gift to yourself.*

*For wedding parties, retreats, or conferences, we offer a staff of various spa practitioners and special services including hair, make-up, skin, massage, and energy work.*