

The Wellness Center's

Spa at Home

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Spa at Home



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Offers advice on house facials, beauty remedies, therapeutic baths, epidermis moisturizing, massage, meditation, stretching, conditioning, and spa-style cuisine



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A comprehensive guide to building your house a peaceful retreat Covers a variety of topics including therapeutic massage, facials, body wraps and shampoos, mediations, exercises and diet and menus. A good place to look for tips to make your way of life a healthier and more relaxing one. Ingredients for facials and skin care can be made from your refrigerator and everything is easy and clearly organized.



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