

Established in 1995 in the small hamlet of Armonk, New York. Body & Soul Retreat has evolved into the premiere healing and wellness spa in South Florida. Emphasizing the stimulation of the body's natural immune system through hands on healing.

Our dedication in the use of natural born Ingredient products is unprecedented.

Our addiction to the common use of aromatherapy is defined by our highly trained tribe of practitioners. From the moment you arrive, our calm and serene atmosphere will transport you to the most peaceful & tranquil space imaginable.

*The Soul Massage*  
Subscription

## Body & Soul Retreat

The Esplanade at Coral Square  
953 N. University Drive  
Coral Springs, Florida 33071

Tel. 954.796.0005

[www.bodyandsoulretreat.com](http://www.bodyandsoulretreat.com)

[bnsretreat@gmail.com](mailto:bnsretreat@gmail.com)

MM#11286

## R e t r e a t     H o u r s

Monday Tuesday & Wednesday

10 am - 8 pm

Thursday & Friday

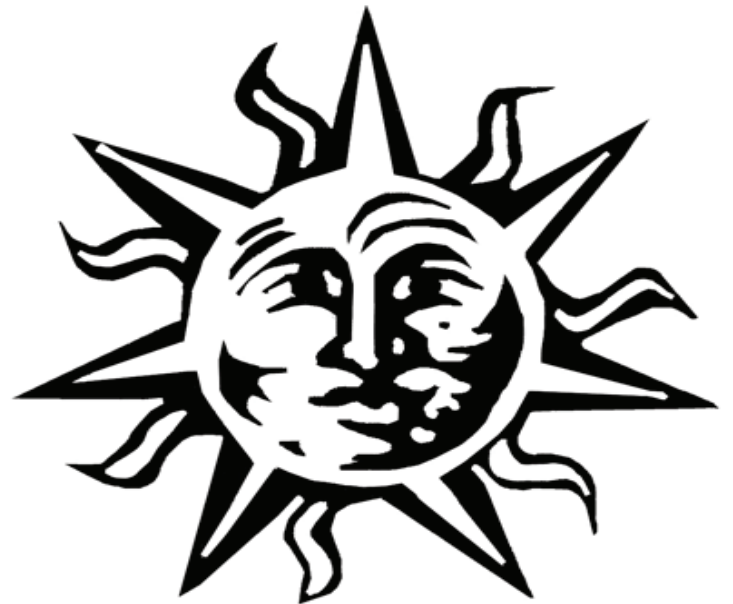
10 am - 9 pm

Saturday & Sunday

10 am - 6 pm

# Body & Soul Retreat

Day Spa  
&  
Healing Center



“A Peaceful Awakening”

954.796.0005

## Points of Consideration

### Dress Code

We recommend that clients wear comfortable clothing and your treasured jewelry at home. You may prefer to slip into one of our warm waffle

### Drink Up

Do not be surprised if you are continuously asked to drink water during your stay with us. Drinking water after a massage or Healing therapy assist the lymphatic system in disposing toxins and enhances the bodies immune system.

### Cancellation Policy

Please be mindful of our 24 cancellation policy. Cancelling an appointment after the prescribed 24 hour period may result in a charge.

### Client Confidentiality

Client reserving appointments are required to provide certain personal information. All personal information obtained from clients is considered strictly confidential and will not be shared without the client's expressed consent.

### Online Appointments

Online appointments are available through the Body and Soul Retreat" mobile app. The app is available in both Apple iOS and Google play. Visit our web site for links to download the "Body and Soul Retreat" app. Online appointments can also be made through our web portal at [www.bodyandsoulretreat.com](http://www.bodyandsoulretreat.com). Appointments can also be made by contacting us at 954-796-0005

### Client Accounts

Clients have the ability to view their personal accounts online. Either through our web site or mobile app. Clients can view visit history, pending appointments and account history. Clients can also add family members, edit billing information and opt in to our Client Reward program.

### Our Tribe

Our Tribal members are highly qualified licensed professionals. If you have any questions regarding a therapist's background of expertise, please do not hesitate to ask.

### Retreat Parties

This is what puts us apart from the rest. Our exclusive spa parties are a favorite among our clients and corporate partners for any event you may dream up. Whether it be Bachelorette, Ladies Night Out, or Corporate functions. Our Retreat parties leave a lasting impression and have become a real favorite. Advance reservations and deposit required.

Referral: \_\_\_\_\_

Referral: \_\_\_\_\_

Referral: \_\_\_\_\_

**"Notice everyday miracles, they are around you"**

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# Massage Therapies

## Body & Soul Massage

Ordinary massage is the most requested service offered by spas and salons, but here is where we differ. Our practitioner's specific role is to enhance the body's natural immune system through the strategic application of therapy. The lymphatic and neuromuscular systems are always on the target list. When this is achieved, you experience immediate stress relief accompanied by the fine tuning of the body's internal systems. Peace, Health & Happiness. (30, 60 or 90 min.)

## Deep Tissue Therapy

Our deep tissue therapy is the specific application of pressure to actual muscle tissue. This opens and releases tension resulting in advanced stress relief. This therapy is common among athletes and those requiring certain rehabilitative care or when Swedish massage is taken to the next level. (60 or 90 min.)

## Couples Massage

Body & Soul Retreat has become the destination for Couple's. Oversized Couples' treatment rooms, private couple's lounges and the most peaceful and serene environment imaginable. Couple's lavish side by side during simultaneous therapy. Reservations is required (30, 60 & 90 min.)

## Prenatal Therapy

Pregnancy Massage therapy is an extremely revitalizing treatment for those mom's to be. Our certified prenatal therapist will apply specialized techniques that relaxes, rejuvenates, and alleviates many of the common discomforts during pregnancies. Prenatal treatment tables provide extra support and allow for face down therapy. (60 min.)

## Four Hand Massage

Serious simultaneous bodywork available only at the Retreat. This 60 minute therapy will transport your Body & Soul to a place of peaceful serenity.

***"The Power of Touch is the greatest Gift of All"***

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# Healing Therapies

## Reiki

Hands on Healing Techniques have been used for thousands of years. Reiki is performed by a Certified Reiki I Master. Hands are placed upon the client with the intention of healing, clearing chakras and to create clarity and balance. (60 min.)

## Reflexology

Reflexology works on the basic principal that certain reflexes in the feet and hands correspond with certain organs and systems. By applying specific pressure to those reflexes we can assist in bringing the body back into homeostasis or balance. A true stress reliever and highly popular healing therapy. *Not recommended during early pregnancy term.* (60min.)

## Cranio Sacral Therapy

Enjoy extreme relaxation with this noninvasive therapy by assisting the natural flow of cerebrospinal fluid through out the cranio sacral system. This proven and highly therapeutic treatment will enhance your well being and promote resistance to disease. A truly detoxifying pleasure. (60 min.)

## Shiatsu

Experience this hands on Japanese healing therapy and enjoy deep relaxation. Regular shiatsu sessions are known to help combat back pain, headaches, migraines, joint pain, asthmatic symptoms, sports injuries, depression and digestive disorders. (60 min.)

## Abhyanga

Abhyanga is performed by two or more massage therapists working in sync while incorporating natural blend oils. Oils used can vary depending on the season and the individuals constitution (dosha) but commonly used oils include sesame, coconut, sunflower, mustard and almond. This transforming therapy is truly a one of a kind. (90 min.)

## Raindrop Therapy

Bring your body into balance by combining the science of aromatherapy with the techniques of reflexology and massage therapy to bring structural and electrical alignment to your sense of well-being. (90 min.)

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## P A C K A G E S

Body & Soul Retreat has created a collection of your favorite therapies and incorporated something really special, a discount. Whether your interested in a few hours of relaxation or a full day of blissfulness. We invite you to heal your mind and body. By chance if you require something more customized, we will gladly accommodate you.

### Peaceful Sedona

The Peaceful Sedona is designed for those who yearn relaxation and tranquility when time is a luxury. This packages includes a full body massage, retreat manicure and a Body & Soul hydrotherapy pedicure. (2.5 hrs.)

### Zen for Men

A little something Zen for the Men. 60 min. Full Body Massage followed by a 60 min. Men's Sedona Mist Facial and a Men's Retreat Manicure. (2.5 hrs.)

### Soulful Journey

Our Soulful Bliss package was created to introduce the power of touch and the healing attributes they present to the mind & body. 90 min. Full Body Massage followed by a 60 min. Sedona Mist Facial. (2.5 hrs.)

### Zen Temple

Our Zen Temple is our most sacred of places. Here our tribe of practitioners will pamper you into oblivion. This package includes our 60 min. Sedona Mist Facial, Full Body Massage, Retreat Manicure and Hydrotherapy Pedicure. (3.5 hrs.)

### The Haven

Here is our most popular of packages. The Haven is designed for peace, tranquility and manifestation of ones inner self. Your visit with us will include a Full Body Massage, Sedona Mist Facial, Retreat Manicure and Hydrotherapy Peppermint Pedicure. (4.0 hrs.)

## P A C K A G E S

### Body & Soul Mates

This package was created especially for you and your soul mate. Just imagine true healing and relaxation times two and with the one special to you. This package includes two full body massages, two mini sedona mist facials (2.0 hrs.)

### Retreat Signature Day

The Retreat Signature Day will transport you to your favorite and uncomplicated space. This will require you to leave any stress and baggage at the front door. Don't worry we will dispose of it for you. This package includes a full body massage with reflexology, sedona mist facial ending with a 75 min. Peppermint pedicure. (4.75 hrs.)

### Spirit Of Sedona

This is a complete experience of healing and rejuvenation that all of us yearn for. Manifest your energy for this truly peaceful event. sedona mist facial, custom therapeutic massage, foot reflexology, cranio- sacral therapy, lavender hydrotherapy pedicure, lavender manicure. (5.0 hrs.)

### Customize your very own..

We would be happy to customize any two 60 minute therapies to fit the needs of that special someone. Please inquire for further details.



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***“Create Abundance & Learn to Manifest Your Dreams”***

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***“Recognizing Life's path and Seeing the Next Step”***

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# Hands & Feet

At Body & Soul we would like for you to have more than just a normal manicure or pedicure experience. We believe that the hands and feet are maps to the entire body. Our strict dedication in the use of natural mineral based products and pure aromatherapy will help stimulate positive health and well being. Hydrotherapy is always included with our pedicure services.

## Nail Care Therapies

Retreat Manicure • Aromatherapy  
Pink & White • Gel Manicure • Holistic Manicure  
Aveda Concepts Manicure

## Body & Soul Manicure & Pedicure

Experience your manicure and pedicure using Body & Soul's exclusive aromatherapy salt glow products for relaxation and detoxification. The definite favorite.. (90 min.)

## Specialty Pedicures

### The Peppermint Experiment

Start by sinking your toes into a hydrotherapy whirlpool bath accented with pure peppermint essential oil. Exfoliation is assisted with the one and only Body & Soul Peppermint Salt glow. Your the Feet and lower legs are then smothered with our iceberg peppermint mask. Our peppermint moisturizer completes this eye opening treatment. (75 min)

### "The Holistic Experience"

Need we say more. Many Holistic blends have incredible benefits to the skin as well as to our state of mind. Hydrotherapy is added to stimulate and enhance this one of a kind pleasure. Citrus, Chocolate, Pumpkin, Lavender, Rose are all on the Holistic menu. (60 min.)

### Ultimate Exfoliation

Glycolic exfoliate is a natural safe derivative of the Sugar Cane and is an excellent method for exfoliating hard callous skin. It is basically a Peel for the Sole and a extremely popular alternative.

***"The Home is a Haven in a Hectic World"***

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# Skin Care

## Sedona Mist

Our most popular deep pore cleansing facial will help you maintain a healthy vibrant glow. Steam, exfoliation, and a deep cleansing mask, tailored to your skin type. Nerve and muscle stimulation is achieved through touch during a precise facial massage . (60 min)

## Hydropeptide

A blissful experience within the essence of time. Also known as our maintenance facial. Experience the healing touch of a facial massage, cleansing, exfoliation and mask with flower, plant or fruit extracts. (75 min)

## Organics

This customized facial will leave you feeling peaceful and nourished. Hot towels are treated with pure essential oils for enhanced absorption into the skin. While you maintain controlled breathing, we concentrate on relaxing the facial muscles through hands on massage and cleansing. Therapy also includes an anti-free radical mask for sun damaged and dehydrated skin. (90 min)

## Organic Enzyme Exfoliates

Natural enzyme exfoliates more commonly known as "Peel Treatments", are a non aggressive blend that exfoliates the skin and helps relieve the appearance of blemishes, fine lines and sun damaged skin. It can also be a useful treatment for certain skin types and conditions. (60 min.)

## Glycolic

Glycolic treatments are for many skin types. Gentle exfoliation will assist with diminishing the appearance of fine lines and wrinkles. Popular with teens and adults for acne, or scarred skin. Results are best achieved with six weekly treatments. (30 min.)

## Back Facial

After a careful analysis, your skin is cleansed and gently exfoliated with lavender scented steam for natural toning. Deep pore cleansing and back masque according to skin type. (60 min)

***"Wholeness is the key to a healthy and happy life"***

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# The Zen Subscription

Body & Soul has rewritten the concept of massage membership programs. Our Zen Subscription works similar to our Soul Massage Subscription with a twist.

Members now have a choice from select from three different therapies. That's right! Choose your passion with this wonderful new program.

50 min. Full Body Massage Session

50 min. Sedona Mist Facial Session

50 min. Foot Reflexology Session

50 min. Cranio Sacral Session

**\$59.00** mo.

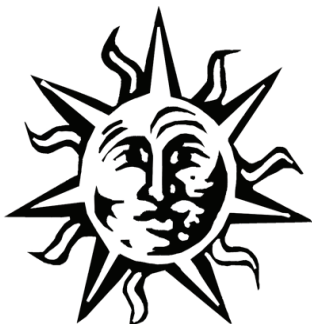
## Get The App!

Download the Body and Soul Retreat app on your mobile device and experience the calm and ease of reserving appointments with your favorite therapists. Here are just a few

- Reserve Online Appointments
- View Appointment History
- View Gift Card Accounts
  - Add Family Members
  - Access Reward Points

Search

"Body and Soul Retreat"



# The Soul Massage Subscription

Our Subscription program is designed for clients who seek regular bodywork monthly. It is also the most cost effective and friendly program in all of South Florida.

## Available Memberships

50 min. Full Body Massage  
\$55.00 mo.

90 min Full Body Massage  
\$95.00 mo.

Deep Tissue Massage  
\$70.00 mo.

Couple's Massage  
\$110.00 mo.

50 min. Zen Hydrating Facial  
\$59.00 mo.

50 min. Zen Reflexology Session  
\$59.00 mo.

## Membership Perks

Roll-over unused session.

Share sessions with family members.

Hassle free 30 day notice to cancel.

Extend session time at \$1.00 per minute.

Online account access and appointment booking.

The Best Massage Membership in  
South Florida

For more details visit

**[www.bodyandsoulretreat.com](http://www.bodyandsoulretreat.com)**

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