

What's New This Month!



essential
therapies
DAY SPA, INC

Mindbody Online Booking



We're excited to offer you the convenience of online booking through the MindBody app! Now, you can easily schedule, reschedule, and manage your appointments right from your phone or computer—whenever it's most convenient for you. Simply download the app, browse available time slots, and book your next session with just a few taps.

Plus, to make it even better, you'll receive \$5 off your next appointment when you book through the MindBody app! Don't miss out on this easy and rewarding way to stay on top of your appointments.

Download the MindBody app today and experience hassle-free booking!



Nordic Cycle Membership

The Nordic Cycle is a hot/cold bath therapy that alternates between sauna sessions and cold plunges to boost energy, improve circulation, and support weight loss.

The process involves 15-20 minutes in a sauna followed by 2-3 minutes in a cold bath, repeated four times. This method helps detoxify the body, reduce stress, and improve overall health by enhancing metabolism and circulation. Rooted in Viking tradition, it's a simple yet effective way to relax, recover, and rejuvenate your body and mind.

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- Single Hour Nordic Cycle \$40
 - Group Hour Nordic Cycle \$25 / Per Person
 - Monthly Pass \$120 / Per Person

February Newsletter



Circadia's Aqua Biotic Moisturizer

Circadia's Aqua-Biotic Balancing Moisturizer deeply hydrating water cream helps to protect and maintain healthy pH while reinforcing the skin's microbiota and barrier to soothe and smooth acne-prone skin.

Benefits:

- Maintains the skin's healthy barrier
- Improves the appearance of fine lines and skin elasticity
- Fades the look of fine lines and evens skin tone

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& Instagram for all
Updates, Promotions
and our upcoming
March Giveaway!**



February, 11th 2025