

June Newsletter



Get 25% Off All Products!

Now through the first day of summer, enjoy 25% off all skincare products when you book any facial. It's the perfect time to refresh your routine and stock up on your favorites while treating your skin to a summer-ready glow. Book now and save!

Naturopathica – clean, herbal, healing
Circadia – science-backed, results-driven

Summer Vibes Are Here ~ Sauna, Jacuzzi, Cold Plunge & Sunshine!

Our back deck is refreshed and ready to be your summer sanctuary!

Soak in the outdoor jacuzzi, sweat it out in the cedar sauna, and then take the plunge—literally—with our invigorating cold plunge for the ultimate hot-cold therapy experience.

It's the perfect way to boost circulation, reduce inflammation, and leave you feeling refreshed from the inside out!

Book your next party or private event today!



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Staff Picks ~ Summer Must Haves

- **Circadia's Light Day Sunscreen:** designed to provide optimal UV and environmental protection. Packed with antioxidants, humectants, and soothing ingredients to moisturize.
- **Circadia's Vitamin C Reversal Serum:** Brighten, tightens, hydrates and protects. Contains the most stable form of Vitamin C to increase the firm look of the skin and neutralizes free radicals.
- **Naturopathica's Manuka Honey Whipped Oil:** Featuring ultra-humectant Manuka Honey and antioxidant-rich Jojoba Oil, this rich hydrator transforms from a cream to an oil, locking in moisture and helping protect skin from outside pollutants.



Welcome Audrey! LMT

We're thrilled to welcome Audrey to our team! Audrey brings over 20 years of experience in massage therapy, having started her career in 2003 after completing a 900-hour program at the Muscular Therapy Institute in Cambridge, MA. With a background in both deep tissue and relaxation massages, she's worked in a variety of settings—from spas to fitness centers—delivering skilled, intuitive care.

Before becoming a Massage Therapist, Audrey also spent many years as a Certified Nursing Assistant, adding to her deep understanding of the body and client care.

Book your first session with Audrey and get 10% off the month of June!