



WELLNESS LIFE CENTER

60 MINUTE MASSAGE SELECTION

Please make a selection from the option below. Make sure to hand this to your massage therapist when she comes to take you back to the room. Enjoy your experience!

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Massage Therapist Choice

Don't have the time to customize your massage, then sit back and relax as your massage therapist gives you personalized custom care that you don't have to think about. ***(Best option for people in a hurry or those who don't want to make another decision.)***

— OR —
Customize your own experience below...

Foot Bath

Your foot bath includes the following options from Aruba Aloe Soaps, please choose the option that best suits your desires and needs.

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Dream Soap

The perfect marriage of scent and nourishment. Its blend of Mango, Clover Fields, Aloe, and Oatmeal fragrances combined with Aruba Aloe Gel is genuinely dreamy, promising a peaceful, relaxing experience leaving your skin perfectly soft, moisturized, and replenished.

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Silky Green

Made with fresh green tea, cucumber, and shea butter this soap is energizing and calming.

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Active Charcoal

This unique soap contains active charcoal, known for its miraculous ability to absorb excess oil and dirt from the skin. The fragrance is a warm, tantalizing blend of ambers and woods, embedded with hints of patchouli, rose, jasmine, citrus, and flower, all softened by a vanilla and powder base.

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Bentonite Clay

This eco-friendly and handcrafted soap is a natural detoxifier that works by binding with toxins in the skin and gently removing them. Healing and calming, Bentonite Clay can even help treat skin problems. Comprised of Lilly of the Valley, floral apple, and fresh blueberry notes and layered with a base of coconut and sweet vanilla.

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Rose Clay

known for ability to absorb impurities, Rose Clay is often used in facial products to remove dirt, make-up, oil, and even harmful toxins from the skin. This unique ingredient also remove dead skin cells and tightens pores, leaving you with beautiful youthful, radiant skin. A combination of soft jasmine and waterlily, with notes of baby violets, sweet woods, and enchanting white musk gives this soap a fresh fragrance.



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Herbal Tea

Each foot bath is accompanied by a warm cup of tea included with every therapy session.

- ☐ Yes, I want this experience ☐ No, please provide me with another option.

Massage Bases

- ☐ **JoJoba Oil**
HobaCare Organic JoJoba is 100% pure jojoba oil is expeller pressed, unrefined oil that soothes skin and unclogs hair follicles.
- ☐ **Botanical Lotion**
Sacred Earth Botanical Lotion is fragrance free, nut oil free, and gluten free. It using USDA organic oils and extracts. This lotion is light and absorbs easily.

Essential Oils

Essential oils are used to complement your base and give you additional benefit of muscle and mental relaxation during your massage.

- ☐ **Healing Massage**
Healing Massage is a de-stress blend that helps to aid emotional and physical realignment. Balancing the mind and body while offering deep relaxation, the therapeutic benefits are plentiful, giving you what you need at the end of a challenging day.
- ☐ **Massage Therapy**
This synergy blend is designed to soothe you with its minty freshness. The camphoraceous aroma will revitalize and calm your senses.
- ☐ **Sore Muscle + Pain Ease**
Find soreness slip away with this restorative blend. The fortitude of Sore Muscles & Pain Ease is in its formulation which is meant to bring physical and emotional stability through clean, minty aromatics.
- ☐ **Aches + Pains (OK for Kids)**
Parents often marvel at how quickly their child has grown, but this rapid growth can lead to growing pains and sore muscles. Aches & Pains Essential Oil Blend is designed to soothe tired muscles after a day of active play or sporting activities.



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ANS Therapy

Choose for two types of neuroacoustice journeys that delivers carefully orchestrated music embedded with certain frequencies designed to guide the brain into a more relaxed state of being.

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FlowState

For deep relaxation + restoration, to feel calm and grounded, to feel creative and inspired.

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Rescue

For deep recovery, to resolve stress at the midbrain, and to optimize cellular restoration.

Eye Masks

We provide eye masks for your consideration and comfort during your massage. They help bring a deep sense of clam and relaxation.

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Heated Eye Mask

FDA approved, these heated eye mask help relieve tired eyes, clogged tear ducts, and under eye circles by promoting circulation.

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Eye Mask

A disposable, one time use mask designed to help you relax during your massage experience by blocking out light stimulation.

Reflexology

A type of therapy that focuses on your feet by applying different levels of pressure to certain areas. Reflexologists use a foot chart to show them where they need to apply pressure to help with certain areas of the body. There are also pressure points on your hands and ears that some reflexologists may target during a session. Applying pressure, or even touching these areas of your feet is believed to calm your central nervous system and promote relaxation.

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Yes, include this in my massage.

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No, I'd rather skip this experience.



Thank for filling out this selection sheet, please hand this directly to your massage therapist when she comes to get you. We hope you enjoy your Wellness Journey with Wellness Life Center Medical Spa, Massage Therapy!
We look forward to serving you soon.