



**Holistic Alternative Solutions  
Dr. Colene Allen**

**Soothing Touch Salt Scrubs - \$110 60 min**

Soothing Touch Salt Scrubs exfoliate, nourish, and moisturize your skin. These deep relaxation blends promote a calm mind and body. Moisturize your body with Vitamin E and the healing of ayurvedic oils. Recommended to use for the hands, feet, or body. Option of lavender, peppermint-rosemary, vanilla and tangerine scents.

- Common Ingredients:  
Vitamin E, Sea Salt, Pressed Almond Oil, Safflower Oil, Sunflower Seed Oil, Grapeseed Oil, Apricot Kernel Oil, Avacado Oil, Dead Sea Salt

**Lavender Salt Scrub** - Melt away stress and rejuvenate the skin with Soothing Touch's Lavender Salt Scrub. This mixture of St. John's Wort, Green Tea, essential Lavender Oil, Vitamin E, mineral-rich Dead Sea Salt and Ayurvedic Oil blend is ideal for easing stress while exfoliating and moisturizing from head to toe. Lavender Salt Scrub will rejuvenate the skin, leaving it silky smooth and glowing.

**Peppermint Rosemary Salt Scrub** - Revitalize with Soothing Touch's Peppermint Rosemary Salt Scrub. This rich mixture of Dead Sea Salt, Peppermint Oil, Rosemary Oil, Hibiscus, Green Tea and Neem Leaf and Ayurvedic Oil Blend is formulated to rejuvenate the mind and body. Nourishing oils deeply moisturize the skin while mineral-rich salt scrubs it to a shine. This refreshing Peppermint Rosemary Salt Scrub leaves skin silky smooth and energized.

**Tangerine Salt Scrub** - Harmony comes with Soothing Touch's delicious Tangerine Salt Scrub. This rich mixture of Dead Sea Salt, Tangerine and Sweet Orange Oil, Ginko, Basil, and Sage Leaves and Ayurvedic Oil Blend is formulated to bring balance to the elements in the body. This treatment creates harmony within the body to allow harmony to manifest outside as well. Nourishing oils deeply moisturize the skin while mineral-rich salt scrubs it to a shine. This neutralizing treatment has a delicious fragrance and leaves skin smooth and stabilized.

**Vanilla Salt Scrub** – Bringing you poise with Soothing Touch's balancing Vanilla Salt Scrub. This nutritious mixture of Dead Sea Salt, Vanilla, Ginkgo, Basil, and Sage Leaves, and Ayurvedic Oils is formulated to bring balance to the elements in the body. This treatment creates harmony within the body to allow harmony to manifest outside as well. Nourishing oils deeply moisturize the skin while mineral-rich salt scrubs it to a shine. This neutralizing treatment has a delicious fragrance and leaves skin smooth and stabilized.

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**Lotus Touch Hydrating Rich Lotion used in Salt Scrub and Spa Treatments**

Fragrance-free, so it can be blended with essential oils for a custom treatment.

**Ingredients:**

Water (Aqua), Caprylic/Capric Triglyceride, Glycerin, Glyceryl Stearate, PEG-100 Stearate, Cetearyl Glucoside, Cetearyl Alcohol, Dimethicone, Simmondsia Chinensis (Jojoba) Seed Oil, Lavandula Angustifolia (Lavender) Flower Extract, Chamomilla Recutita (Matricaria) Flower Extract, Aloe Barbadensis (Aloe Vera) Leaf Extract, Spirulina Maxima (Algae) Extract, Elaeis Guineensis (Palm) Kernel Oil, Tocopheryl Acetate (Vitamin E), Retinyl Palmitate (Vitamin A), Lecithin, Methyl Glucose Sesquistearate, PEG/PPG-4/12 Dimethicone, PEG-20 Methyl Glucose Sesquistearate, Silica, Bisabolol, Phenoxyethanol, Chlorphenesin.

**Soothing Touch Narayan Oil      Used in general massage treatments and at your request where sore muscles are an issue.**

Soothing Touch Narayan Oil features sesame oil and ancient Ayurvedic essential oils of clove, eucalyptus and peppermint oil. Can be used as a spot treatment, blended with regular massage creams, lotions, or oils for a customized massage or can be used as a revitalizing ice treatment.

**Ingredients:**

Sesame Oil, Clove Essential Oil, Eucalyptus Essential Oil, Peppermint Essential Oil.

## Spa Retreats

### Products used from Biotone for Spa Treatments:

#### **Firmi –Sea Body Mud**

Firms, stimulates and toning utilizes rich concentrations of algae, minerals and vitamins derived from active seaweed varieties harvested off the Brittany coast of France. Firms, and smoothes skin, assist in detoxification, re-mineralizes skin.

#### **Black Baltic Body Mud**

Promotes detoxification, extract pore clogging impurities and improve skin texture. Organic silts are collected from deep underneath 30,000 year old fresh water lakes in Eastern Europe. Assist in attracting and absorbing impurities, enhances cell renewal and helps improve skin tone.

#### **European Rose Body Mud**

Contains natural sun-dried rose clay extracted from the Provence region of France. Alpha-hydroxy Lactic Acid, Apricot and wheat Amino Acids, Beta Glucan and Rose Centifolia are infused into the mud to accelerate cell renewal and Miniaturization. Refines and softens skin, Enhances cell renewal, extreme hydration

#### **Exfoli-Sea Salt Glow**

Dull dry skin is massaged away to reveal a fresh glow with this stimulating formula containing three different sizes of rich mineral and therapeutic Dead Sea Salts Natural Luffa and a special blend of Jojoba, Avocado, Peach and Sunflower Oils added to replenish and soften skin. Stimulates circulation, Lift away dead skin, Boost absorption of treatment products.

#### **Micro-buff Body Polish**

This exfoliation treatment contains spherical Micronized buffing Beads, Natural Luffa and Apricot Powder to gently refine and smooth skin. An infusion of Wheat, Apricot and Alpha-hydroxy Lactic Acids accelerates cell renewal to unveil petal soft skin. Ideal for sensitive skin, lift away dead skin and refine and soften skin.

#### **Sugar Body Polish**

Revive skin radiance and smoothness while polishing away dryness, flakiness ad rough areas. Contains natural brown and white sugar, natural firming hydrators, protectors, and cleansers of Milk Proteins, Honey, Clover and Royal Jelly. All in a replenishing blend of nutrient oils to stimulate circulation exfoliate and reveal a healthy glow. Non-sticky and easy rinse-off.

Natural firming hydrators, protectors and cleansers, stimulates circulation, reveals a healthy glow.

## **Spa Treatments & Pricing**

### **Wild Rose Relaxation Retreat**

Your treatment begins with a creamy Micro-Buff Body Polish to reveal fresh glowing skin. Next your body will be pampered with a warm relaxation-wrap using luxurious European rose body Mud to seal in moisture and protect your skin.

Benefits: Refine and soften the skin \* Relax body and mind \* Extreme hydration

60 min \$105

### **Anti-Oxidant body Booster**

Fight free radicals and soften skin from head to toe. Experience a full body polish with this health inspiring treatment followed by a natural anti-oxidant body wrap and a generous application of silky shea butter.

Active complexes of grapefruit, mango, pineapple, white peach and quince assist in cell renewal and anti-oxidant protection and protection for your delicate skin.

Benefits: Assist in attracting and absorbing impurities \* Enhance Cell Renewal \* Helps improve Skin Tone

60 min \$105

### **Queen B wrap**

Reveal silken skin while unwinding from your busy day with the warm and comforting milk and honey body treatment.

First your entire body will be polished with a skin glowing Exfoli-Sea Salt Glow infused with vitamin rich ingredients, including milk glycerides, honey, clover and royal jelly. Once polished you will be cocooned in a warm and cozy European rose body Mud to provide your skin with extreme hydration. Your treatment is finished with an application of luxurious Smoothing Massage Butter that will leave your skin with a soft, dewy appearance. You deserve the Queen B treatment.

Benefits: Extreme Hydration \* Smooths Skin \* Relaxes Body and Mind

60 Min \$115

### **De-Stree Express**

Escape to a stress free zone, with a relaxing and comforting treatment designed to melt your worries away. Begin your journey with a gentle Micro-buff Body Polish to allow your skin to breathe in new energy. Your therapeutic treatment is followed by a relaxation massage using pure aromatherapy essential oils.

Benefits: Refine and soften the skin \* deeply relaxes \* Lift away dead skin

60 min \$90 90 Min \$120