

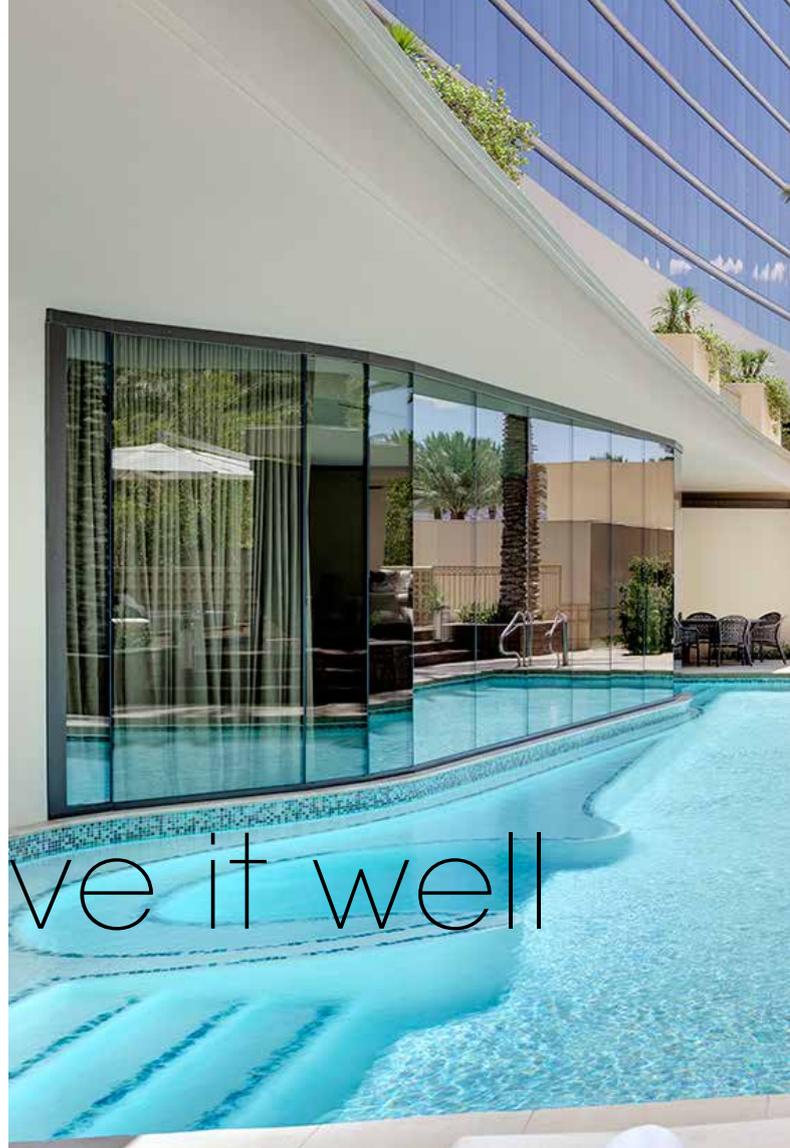


the  
spa  
red rock  
by Well & Being

LIVE IT WELL

Today I will find balance in my life.  
I will reveal my potential by feeling and  
being healthy, by embracing all the elements  
that are on my path to well-being.  
By striving for the best expression of me,  
I will find greater connectedness to the world  
and to those I love.

Today, I will live it well





AN  
INNOVATIVE FUSION  
OF SPA & WELLNESS.  
INDULGENCE & INSIGHT.  
PLAY & PURPOSE.

Red Rock Spa by Well & Being offers a palette of uniquely rewarding and personalized experiences in a unique spa and wellness setting. From the irrepressible fun of Wall Yoga, the tranquility of our open air pool, an enticing aromatherapy massage and the motivating kick-start of a targeted approach to nutrition and exercise, you'll always go home enlightened and empowered. Discover our Signature Services, from massages, facials and body treatments to unique fitness classes, acupuncture and violin meditation. Get ready to live your life more playfully and healthfully.

- 🌀 HIMALAYAN SALT STONE MASSAGE
- 🌀 WELL & BEING SIGNATURE JOURNEY
- 🌀 POLISH & TONE BODY TREATMENT
- 🌀 THE WELL & BEING FACIAL
- 🌀 CAVIAR LIME FACIAL
- 🌀 THE FITNESS PRESCRIPTION
- 🌀 WELLFIT DIAGNOSTICS
- 🌀 NUTRITION FOR ACTIVE LIVING
- 🌀 ACUPUNCTURE





Find Your  
Happy Place



## MASSAGE THERAPIES & BODYWORK

The healing and rejuvenating power of touch has been known since ancient times. Modern science has proven that massage reduces muscle tension, lessens stress and anxiety, and provides pain relief.



### HIMALAYAN SALT STONE – 50 | 80 MIN

Known for its purity, versatility and mineral content, Himalayan Crystal Salt offers wellness for the body. This restorative massage uses warm stones to sooth sore muscles and naturally replenish the body with vital minerals, restoring balance and removing toxins.

### BLUES BE GONE – 50 | 80 | 110 MIN

This warming ritual begins with a therapeutic Blue Eucalyptus inhalation to enhance immunity and re-energize the mind. Next a vigorous massage with invigorating Ginger Root Bath & Body Oil eases muscle stiffness unwinds tension and is followed by acupressure techniques.

### ALPINE ARNICA DEEP TISSUE – 50 | 80 | 110 MIN

This treatment uses heat-driven muscle repair with a targeted application of arnica-rich gel and steamed towels to ease muscle pain and relax stiff joints in your back and spine. The final result is greater mobility without the soreness that sometimes follows a deep tissue treatment.

### NIRVANA STRESS RELIEF – 50 | 80 | 110 MIN

This deeply revitalizing treatment uses aromatherapy and therapeutic massage to unwind the body. Choose between four aroma therapeutic blends of exotic herbs and essences designed by a clinical aroma therapist and herbalist featuring such ingredients as warm and spicy Cardamom, hypnotic Neroli blossom, clarifying Balsam Fir needles or energizing Holy Basil to re-invigorate the senses.

### WELL & BEING SIGNATURE JOURNEY – 50 | 80 | 110 MIN

This light to medium rhythmic massage, similar to a classic Swedish massage, will lull you into a deep state of relaxation, where you focus on the therapist's touch, and delight in a delicious scalp massage using wild lime oils.

### PRENATAL MASSAGE – 50 | 80 MIN

Science has shown that prenatal massage can reduce stress hormones, swollen joints and muscle pain while improving sleep. Our special pillow system is designed for the body of an expecting mother, allowing her to lie face down with full support. This experience is designed with the safety and comfort of mother and child in mind.

### HOT STONE MASSAGE – 50 | 80 MIN

This gentle relaxing therapy melts away tension and eases muscle stiffness and increases circulation.

### MYOFASCIAL MASSAGE – 50 MIN

This powerful treatment focuses on fascia, the tough connective tissue that surrounds, separates, and supports muscles throughout the body. Your therapist locates areas that feel tight and immobile, and using focused pressure and gentle stretching, works to release the fascia, improving mobility and reducing pain and tension.

### ASHIATSU MASSAGE – 50 | 80 MIN

Ashiatsu or "foot pressure" is an ancient form of bodywork first practiced by Buddhist monks. An intense massage is performed by our therapist who will expertly manipulate muscles using their feet, while supporting themselves with bars suspended from the ceiling. With the potential use of full-body weight for pressure, this technique is perfect for the athlete or anyone who prefers deep tissue.

### CRANIOSACRAL THERAPY – 50 MIN

Light touch is used to shift and correct the rhythms of the craniosacral system, located around the head, neck and spine. Your body's internal resources are replenished through this gentle hands-on method. This treatment is helpful for headaches, minor neck and back pain, and relieving stress and tension.

### HEAD, HANDS & FEET FOCUS – 50 MIN

Wellness for our feel-good areas of the body. This massage focuses on overworked muscles in our hands, forearms, feet, and scalp. Our deeply relaxing treatment includes gentle exfoliation & massage on the arms, hands, lower legs, and feet including a rejuvenating scalp treatment and massage.

### COUPLES MASSAGE – 50 | 80 | 110 MIN

Spend time together while enjoying your choice of side-by-side massages. Couples massage is an excellent way to introduce a reluctant partner to the wonderful world of massage, share something you both love or spend quality time with your mom, daughter or best friend.

### THAI MASSAGE – 50 | 80 MIN

It is said that this ancient style of massage may have been developed by Buddha's physician nearly 2,500 years ago. Thai massage incorporates stretching and targets pressure points allowing the energy to flow. Please wear loose fitting clothing. The specially trained therapist literally use their whole body to move you into various yoga-like positions, releasing muscles, increasing range of motion and leaving you invigorated.

### ENERGY BALANCE – 50 MIN

This ancient healing tradition is a gentle hands-on technique that reduces stress, eases pain and facilitates healing. Energy work does not involve manipulation of the muscles or other soft tissue and may be performed fully clothed. It energizes and balances the body, mind and spirit, helping to relax and alleviate emotional stress.

### REFLEXOLOGY – 25 | 50 MIN

Reflex points in the foot relate to specific organs and glands, and stimulating those points promotes health in the organs via the body's energetic pathways. Our specially trained reflexologists restore overall health to your body by massaging the feet and reflex points, leaving you relaxed, rejuvenated and balanced. Reflexology can be performed while clothed or underneath sheets – your choice.

## MASSAGE ENHANCEMENTS

Muscle Soother Gel

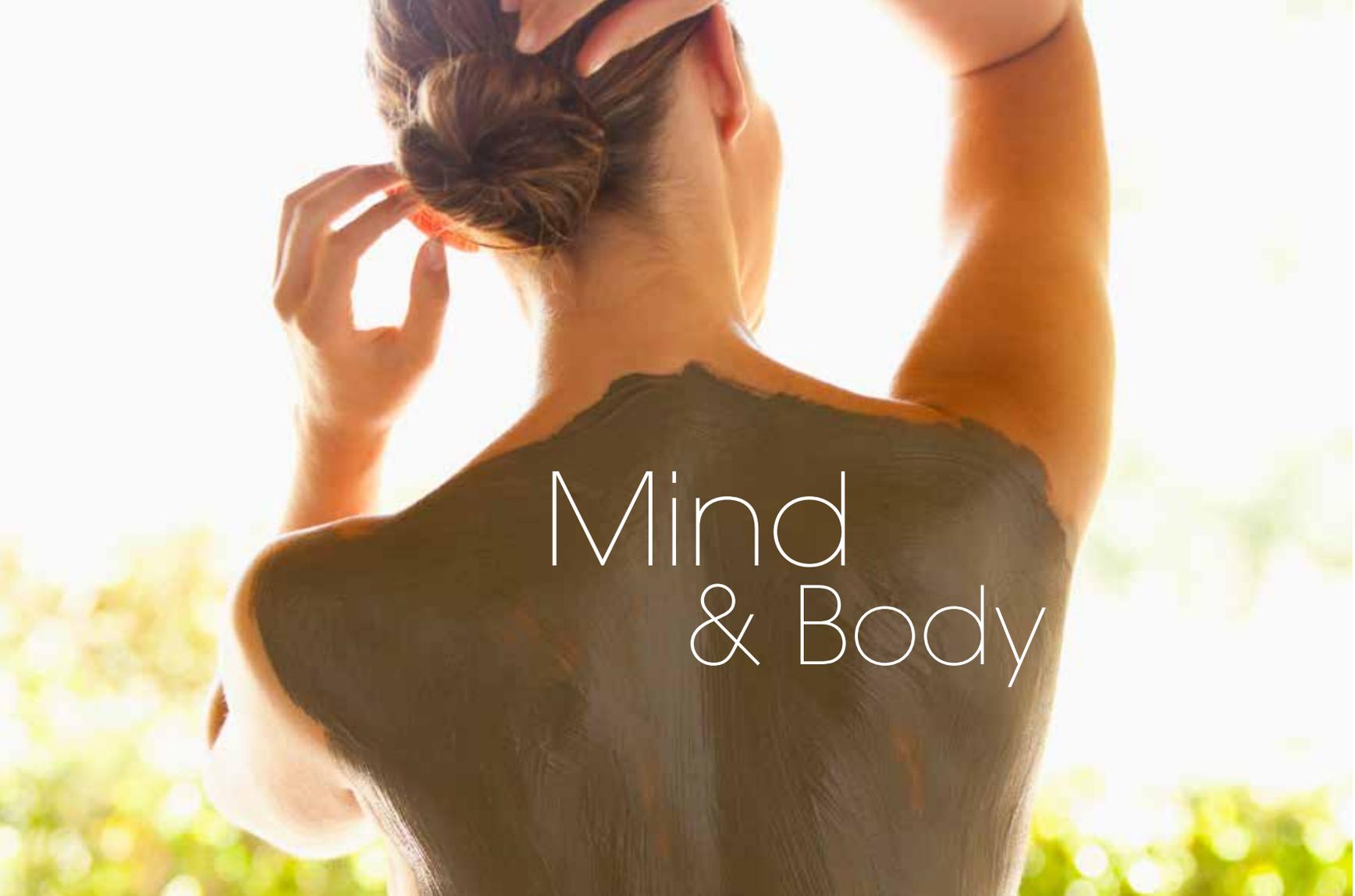
Nourishing Foot Scrub

Balancing Scalp Treatment

Collagen Eye Mask

Collagen Face Mask



A photograph of a woman from behind, adjusting her hair. She is wearing a dark, sleeveless top. The background is bright and out of focus, suggesting an outdoor setting with sunlight. The text "Mind & Body" is overlaid in white, centered on the right side of the image.

Mind  
& Body

## BODY SCRUBS & WRAPS

Red Rock Spa by Well & Being is dedicated to helping the most radiant you emerge through body treatments that exfoliate, hydrate, re-mineralize and revive. We offer an assortment of muds, scrubs, wraps and hydrotherapy treatments, luxurious therapies aimed at improving your skin and clearing your mind.

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### 🌿 POLISH & TONE BODY TREATMENT – 50 | 80 MIN

Luxuriously effective exfoliation that sloughs away dry, dull skin with our intensely emollient sugar scrub. The exfoliation is followed by the innovative FDA approved NUBODY toning device. Your skin will look and feel taut and rejuvenated, giving you back the confidence you deserve. Choose between 3-5 areas of focus depending on the length of your service. Perfect prep for summer fun and excellent maintenance between workouts.

### SWEET DREAMS AROMATHERAPY WRAP – 50 MIN

There is no better way to induce blissful sleep than through the use of therapeutic essential oils. Let the calming essences of lavender and ylang ylang work in tandem with this deeply moisturizing and warmly relaxing body wrap.

### SPARKLE AND GLOW BODY POLISH TREATMENT – 50 MIN

Using “The Method” from Lancer’s effective, advanced body care line to Polish, Cleanse and Nourish for more firm, hydrated skin. A pure quartz crystal exfoliation followed with glycolic cleansing gel to open pores and adjust pH level will leave your skin fresh and clean. Your skin is now ready to receive the benefits of Body Nourish Moisturizer with 10% glycolic acid, infusing the skin with oxygen. Please avoid the sun for 24-hours pre and post treatment.

### BROWN SUGAR VANILLA

#### SCRUB & MASSAGE – 50 | 80 | 110 MIN

This medium-intensity polish contains vanilla and rich caramel for soft skin. Highly effective, yet gentle enough to use on sensitive skin.

#### LEMON BLOSSOM SCRUB & MASSAGE – 50 | 80 | 110 MIN

Rejuvenate dry skin with floral notes and lemon zest for deliciously soft skin. Aloe Vera and Vitamin E nourish and protect to keep skin looking radiant from head to toe.

#### SUGAR REEF SCRUB & MASSAGE – 50 | 80 | 110 MIN

Pure Sugar Cane crystals gently slough away dry skin cells to reveal a youthful skin. Coconut and Sweet Almond Oils nourish and moisturize, leaving skin ultra-soft

#### PURIFICATION RITUAL – 80 | 110 MIN

Begin with an exfoliation to increase circulation and stimulate lymph flow. A detoxifying seaweed gel followed by a scalp treatment to promote relaxation. A hydrating full body lotion application with Shea Butter and Bergamot concludes the experience along with a revitalizing foot massage.

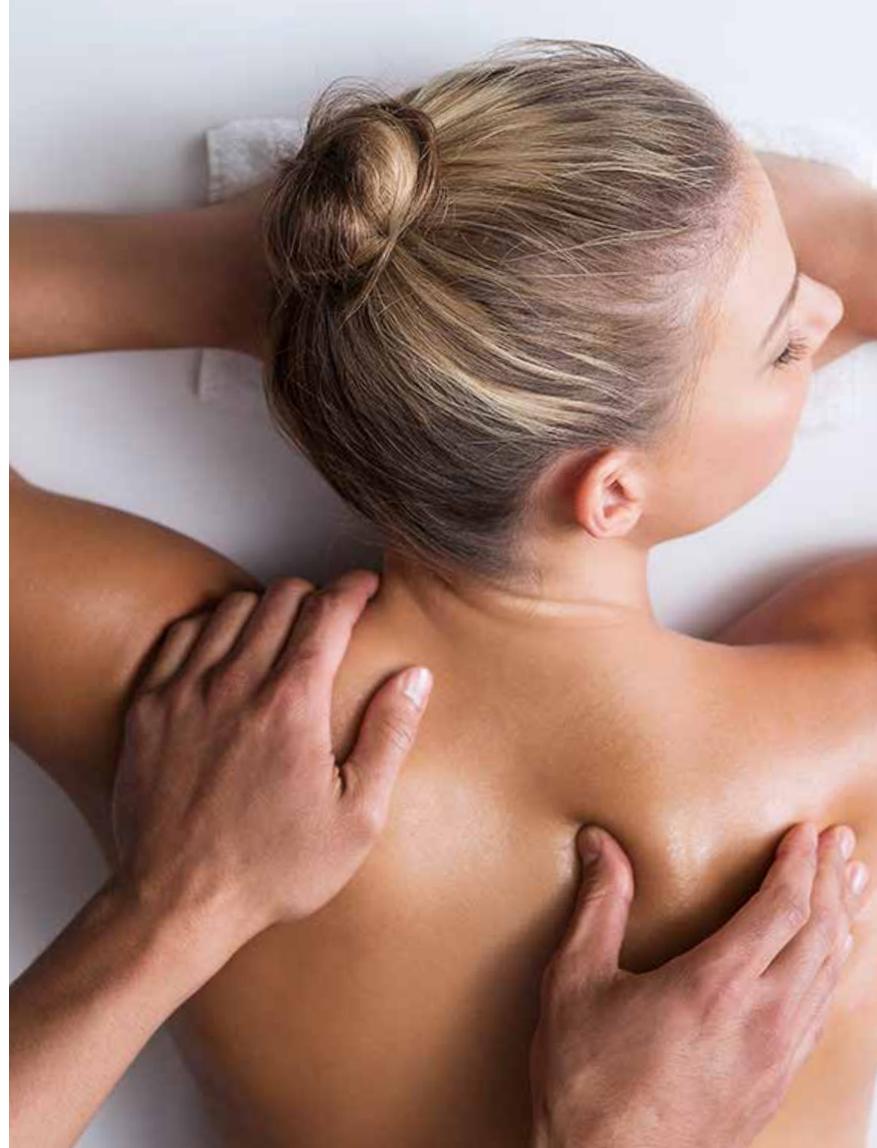
#### CONDITIONING BODY WRAP – 50 | 80 | 110 MIN

Drift away as your body is exfoliated and enveloped in one of our customized body treatments. Included in the 80 and 110 minute service is a full body massage.

#### CHOOSE FROM

**Detox:** This treatment uses purifying mask to draw out impurities leaving skin with a healthy glow.

**Hydrating:** A nourishing cocoon designed to hydrate and soften your skin.





the  
spa  
red rock  
by Well & Being

RED ROCK SPA BY WELL & BEING | Las Vegas

11011 West Charleston Boulevard. Las Vegas, NV 89135 | 702.797.7878 | rr-spa.com





## FACIALS & SKINCARE SERVICES

Vibrant, radiant, even-toned skin is not only beautiful, it also suggests a healthy lifestyle and someone who cares about how they look. Enjoy diverse and results-driven selection of skin care treatments and therapies personalized to each guest.



### THE WELL & BEING FACIAL – 50 | 80 MIN

Allow our experts to customize a facial tailored to your skin. Enjoy a soothing facial massage & personalized mask. Book the 80-minute and receive a complimentary facial enhancement of your choice of lip or eye treatment using NuFACE Trinity ELE.

### CLARIFYING OXYGEN INFUSED FACIAL – 50 MIN

Combine results with a relaxing experience. The oxygen reduces the effects of aging by nourishing the skin with vitamins, minerals, amino acids, enzymes and the pure oxygen molecule. For best results, book a treatment series.

### NATUROPATHICA HOLISTIC FACIAL – 50 | 80 MIN

Enjoy a lymphatic brushing followed by a soothing massage with our probiotic Manuka Honey Cleansing Balm to release tension and improve blood flow.

### HYDRAFACIAL® – 25 | 50 | 80 MIN

This facial exfoliates, extracts and hydrates the skin using rich antioxidants and hydrating hyaluronic acid, while addressing fine lines and wrinkles. Red and Blue LED Light Therapy leave skin with a natural glow. *Please avoid the sun for 24 hours pre and post treatment.*

### MEN'S FITNESS FACIAL – 50 | 80 MIN

This deep cleansing facial removes impurities with powerful natural enzymes. Potent antioxidants neutralize aging free radicals, while soothing aloe combats the harsh effect of daily aggressors. *Please avoid shaving prior to treatment.*

### THE YOUTH BOOST FACIAL – 50 | 80 MIN

Begin with a rejuvenating glycolic peel, followed by a nourishing Primrose and Rosehip Seed Oils. Argan Plant Stem Cell, Matrixyl® synthe'6® and Tri-Retinol instantly improve skin tone and firmness.

# LANCER

## THE LEGENDARY “LANCER GLOW”

Based on an unparalleled understanding of aging skin, the Lancer product line and treatment protocols improve skin's overall health and leaves your skin fresh and glowing. Founder Dr. Harold Lancer's study of the skin's natural renewal and repair process focuses on a three-step routine of Polish, Cleanse, and Nourish that are formulated to work with and enhance each other, resulting in your skin's renewed health and vitality.

## 🍷 CAVIAR LIME FACIAL – 50 | 80 MIN

Pineapple and Papaya fruit enzymes moisturize and help improve the appearance of uneven skin texture. Stabilized retinol helps refine the look of lines and wrinkles. Skin appears smoother, softer and with a youthful glow. With this service receive a gift with purchase of a travel size skin care kit by Lancer Skincare value \$65, while supplies last.

## THE LANCER RED CARPET READY FACIAL – 50 | 80 MIN

Get your own A-List “Red Carpet” Glow. Enjoy an effective Polish Method that cleans while infusing skin with oxygen. A gentle Cleanse Method removes all daily impurities and balances your skin's pH level. Your skin's oxygen level and cell function is enhanced with the Nourish method of massage to increase blood flow, followed by Vitamin C mask and potent hydrating cream for a visibly renewed and youthful glow.

## THE LANCER

### METHOD FACIAL WITH OXYGEN – 50 | 80 MIN

Encourage the growth of new skin cells as well as collagen with the infusion of oxygen and vitamins. Oxygen minerals Vitamins A, C and E – essential to youthful looking skin – are infused into your skin followed by 10% glycolic acid to reveal newer, fresher skin. A proprietary lightweight. Brightening Complex is applied to even skin tone, followed by a Lifting Serum. The Nourish Method completes this anti-aging treatment to hydrate the skin, leaving you radiant.

## THE LANCER

### MICRODERMABRASION – 50 | 80 | 110 MIN

The Cleanse Method begins with a Microdermabrasion treatment to remove impurities and surface dirt. Skin is then polished and dulling dead skin cells removed with a mechanical exfoliation technique. An exclusive serum of pure 24K gold and a plant stem cell compound are infused into the skin to deliver firming and lifting effects. The Nourish Method featuring an anti-aging moisturizer is massaged into the skin to hydrate and reduce the appearance of fine lines and wrinkles.



## FACIAL ENHANCEMENTS

Collagen Eye Mask  
Collagen Lip Mask  
Collagen Full Face Mask  
Collagen Neck Mask  
Collagen Decollete Mask  
Toning Lip Treatment  
Toning Eye Treatment  
Oxygen Therapy Blast  
L.E.D. Light Therapy  
Enzyme/Peel  
Brow and Lash Tinting

## WAXING

*(times and prices vary)*

Lip  
Chin  
Brow  
Full Face

Bikini  
Brazilian  
Half Leg  
Full Leg

Arm / Underarm  
Back  
Chest  
Abdomen



Just for Men

# THE HEALTHY MALE

A wide variety of services, programs and therapies specifically targeted to the everyday wellness needs of men. Learn techniques to help you de-stress, enjoy therapeutic bodywork to help your internal “weekend warrior” repair itself or embark on a detailed and personalized fitness program tailored to your needs.



## THERAPEUTIC BODY WORK

- Well & Being Signature Journey Massage
- Alpine Arnica Deep Tissue Massage
- Hot Stone Massage
- Thai Massage
- Acupuncture
- Acupressure

## SCRUBS & WRAPS

- Purification Ritual
- Lemon Blossom Scrub and Massage

## FIT FOR LIFE

- Personal Training Programs
- The Fitness Prescription:  
Individualized Fitness Solution
- Diagnostic Assessments:  
The Bod Pod | The Fit Mate Pro
- Nutrition For Active Living

## WIND IT DOWN

- Thai Massage
- Breathing and Meditation
- Sweet Dreams Aromatherapy Wrap

## GROOMED TO PERFECTION

- Gentleman Manicure
- Gentleman Pedicure
- Luxury Shampoo & Haircut

## HEALTHY SKIN

- Men's Fitness Facial
- Well & Being Signature Facial

# IT'S SPA'RTY TIME

Let us plan your party for you. Well & Being is the perfect way to celebrate! With outstanding spa and wellness services, food and beverage, your group is bound to have an exceptional experience. Your Spa'rtly Coordinator will work with you every step of the way, making organization simple and easy.



When a group of five or more people celebrating a special occasion or simply enjoying our spa and all of its amenities reserve spa experiences, they'll receive the benefit of exceptional rates and value!

Whether celebrating a birthday, bachelorette, wedding, or any event or special occasion, we'll make your Spa'rtly a memorable experience!

- GIRLFRIEND GETAWAYS
- BACHELORETTE PARTIES
- BIRTHDAYS
- ANNIVERSARIES
- FAMILY GATHERINGS
- BABY SHOWERS
- COLLEGE REUNIONS
- COUPLES GROUPS

## *CUSTOMIZE YOUR DAY — ADD ANY OF THESE OPTIONS:*

### **PRIVATE FITNESS CLASSES — 45 MIN**

Start your Spa'rtly off the wall! Enjoy a selection of various fitness classes including Wall Yoga TRX and Boot Camp or enjoy a BodPod or Body Gem Fitness Assessment.

### **CHAMPAGNE TOAST & SWEET TREATS**

Cheers to your special day with a crisp glass of champagne and indulge in our delicious and festive cupcakes.

### **FRIENDS JOINING YOUR SPA'RTY**

Enjoy lunch and all of our amenities.

### **SPECIAL SPA GIFTS**

Let your guests take their spa experience home, compliments of you!

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To make a reservation, please call our Spa reservations team at 702. 797. 7878  
7-day advanced reservations are required for booking a Spa'rtly.  
72-hour cancellation/rescheduling policy.



## PERSONAL FITNESS TRAINING & ASSESSMENTS

Whether you are a beginner, just starting out on a new fitness regimen or a seasoned pro, Red Rock Spa by Well & Being's robust class offerings and personal training are sure to tend to your every fitness need. From Wall Yoga to Tai Chi, In-Trinity Board Class, Spinning, Step Aerobics to Boot Camp and TRX classes, we offer something for everyone.

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### ● THE FITNESS PRESCRIPTION: INDIVIDUALIZED FITNESS SOLUTIONS – 120 MIN

Let our highly skilled fitness team create a customized exercise program that will get you feeling fit and looking good. Your consultation with our fitness expert includes a fitness assessment and risk analysis. Your personal fitness goals are determined while taking into account exercise preferences and lifestyle to create a personalized fitness plan. This 50-minute service includes one diagnostic of your choice — listed below. Receive both diagnostics in the 80-minute version of this service.

### PERSONAL TRAINING PROGRAMS – 50 | 80 MIN

Whether you want to take your athletic performance to the next level, build lean muscle, reduce body fat, improve your energy or optimize your health, our Fitness experts will provide you with a personalized roadmap to achieve your goals. A personal trainer will develop a customized workout plan for your activity level, body type and gym availability at home or on the road. Your personal fitness goals are determined while taking into account exercise preferences and lifestyle to create a personalized fitness plan. Training may include some or all of the following: Mat Pilates, TRX, Cardio Training, strength training, gym equipment overview and assisted stretching.

## WELLFIT DIAGNOSTICS

These technologically accurate assessments provide reliable and user friendly insight into your overall physical health.

**The Bod Pod** is the world's most advanced body composition assessment. It measures the percentage of your total weight that is fat versus lean muscle tissue. Please wear tight-fitting exercise clothing or a swimsuit. Skin-tight clothing allows an accurate measurement of your body composition. Try to avoid food, drink or exercise for two hours prior to your appointment. Together, you and our fitness experts review the results of your Bod Pod and provide you with healthy recommendations in a confidential setting. – 30 MIN

**The Fit Mate Pro** SubMaxV02 oxygen consumption assessment provides you with a personalized report detailing maximum oxygen uptake, anaerobic threshold predictions, individual training zones, cardiovascular stamina and strength. We recommend wearing fitness attire for this short duration cardiovascular workout. – 50 MIN

*The above treatments may be booked as 30-minute stand-alone services or add-on to a personal training session.*

## GROUP EXERCISE CLASSES\*

The Red Rock Spa by Well & Being provides an exceptional array of fitness classes available daily. Schedule of classes vary seasonally. View our current detailed schedule at [rr-spa.com](http://rr-spa.com).

Class choices include a wide variety of classes for all fitness levels, body types, and abilities. Some of our most unique classes include Wall Yoga, guided meditation, TRX, In-Trinity Board Class, along with more traditional movement and group exercise classes like yoga, spinning and total body conditioning. *Various group exercise classes require an additional fee.*



Balance



Delightful alliance of the good...  
and good for you



# NUTRITION & HEALTH

Food and nutrition play an integral part in ensuring you can live life to its fullest with abundant energy. Using evidence-based approaches, our registered nutrition coaches work with you in a relaxed setting to help customize your eating plan in a highly personalized and results-oriented manner.

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## HEALTHY SPA CUISINE

Our In-room dining service (pool service seasonally) is available to assist with your food and beverage selections. Service times vary so please allow for additional time. Enjoy healthy selections while you relax poolside. Each dish is crafted as a healthy, lighter fare combining the unique flavors of Las Vegas.

## NUTRITION FOR ACTIVE LIVING

Allow our Wellness Coaches to create a blueprint for your fitness and nutritional lifestyle in order to increase your energy and overall well-being. Included in this program are the following topics:

- **Bod Pod** Body Composition Assessment
- Weight Management Discussion and Strategies
- Pre and Post Workout Nutrition
- Grocery Store Checklists
- How to Read Nutrition Labels
- Recommended weekly workout schedule including strength and cardiovascular activity recommendations
- Basic Nutrition Guidance
- Goal Setting for Future Success
- Supplement Recommendations

*Please note this consultation is not intended to address specific medically related issues or concerns.*

## HEALING THERAPIES

Mind your body. Embody your mind. Rich healing traditions can be found in every culture throughout the world. Fortunately, many of these traditions have become well known outside of the geographical locations where they originated due to their effectiveness in promoting health.

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### ACUPUNCTURE – 50 | 80 MIN

Our licensed acupuncturists use a series of fine needles to restore balance, and elevate the mind and spirit. Acupuncture relieves pain, enhances sleep, alleviates anxiety and stress, and treats acute and chronic muscular and degenerative conditions. *30-minute follow-up appointments only available upon completion of any 50/80-minute service experience.*

### ACUPRESSURE – 25 | 50 MIN

Acupressure uses finger pressure rather than fine needles on specific points along the body to reduce stress, tension and alleviate aches and pains.

### CUPPING – 50 MIN

In this traditional Chinese medical technique the therapist uses heat to create a vacuum in a cup, then quickly places it on the body using a gliding motion along the skin. The resulting suction moves energy, or Qi, to increase circulation, relieve pain and help reduce the appearance of cellulite. *Cupping may cause bruising.*

### ACUPUNCTURE FACIAL – 80 MIN

Instantly achieve a youthful look by reducing fine lines, wrinkles and puffiness as well as increase circulation and improved facial color.



Indulgence  
& Insight

## A SPA AND LIFESTYLE BOUTIQUE W&B – THE COLLECTION

Explore our amazing spa and lifestyle boutique with a variety of unique wellness gifts, skincare products, fun clothing and workout wear. If you saw it here, experienced it here, used it here, we have it here! Come explore and let our retail specialists provide you with the perfect collection of take-home items to continue the Well & Being experience.

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**Well & Being** is proud to partner with some of the best known, well-respected and authentic product companies available. Ensuring the efficacy of ingredients and always considerate of our global footprint, we know you will enjoy your **Well & Being** experience and encourage you to continue the lasting benefits at home.

**Who says getting fit can't be fashionable?** Our **Well & Being** retail collection provides a beautiful array of clothing and attire sure to not only complement your look but also delight you on your path to total wellness. Here you will find on-trend, lifestyle driven mixes of resort casual, active wear, yoga and fitness collections.

Enjoy a customized aromatherapy blending bar of body products tailored to your wellness needs. Let our alchemists work with you using our unique "blending app" to create a completely customized blend of spa essential oils or your own personalized bar or lotion. Use your custom blend during your service or take it home.





Your body is your most faithful friend, one of your most valuable sources, the sacred vessel that holds your spirit. I can think of few things more worthy of your devotion.

### Welcome to Red Rock Spa by Well & Being!

Not only to this truly remarkable spa, but to the dynamic sense of health and joy, the well-being, that we expect you to find here.

When I was a little girl, my grandmother taught me that everything we eat, affects us. She was so right. True wellness comes from a complete sense of physical, mental and social well-being. That's why I've collaborated with **Well & Being** to create a wide selection of experiences that range from relaxing and playful to energizing and inspiring. While the paths are many and varied, all lead toward happier, healthier living.

At **Red Rock Spa by Well & Being**, you'll choose experiences from our wide range of Spa & Wellness offerings. I encourage you to let our team of experts craft a wellness experience that's right for you, right now. Because sometimes we need a stress-dissolving massage or invigorating (and fun!) session of Wall Yoga, and other times we need a motivating kick-off to an exercise regimen.

I look forward to taking this journey with you toward living more playfully and healthfully. We can't wait to create a personalized blueprint for your success. And can't wait to see you **Live it Well**.

All the best,

**TIERAONA LOW DOG, MD**

*Well & Being Chief Medical Officer*

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Center for Integrative Medicine. Her many honors include the Martina de la Cruz medal for her work with indigenous medicines, Time Magazine's "Innovator in Complementary and Alternative Medicine" and an appointment by President Bill Clinton to the White House Commission of Complementary and Alternative Medicine.

LIVE YOUR LIFE MORE PLAYFULLY AND HEALTHFULLY

3" H

3" W

GREY AREA  
INDICATES POCKET  
FOR PRICE LIST  
AND DOES NOT  
PRINT



the  
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