

Enjoy your Spa Day!

Individualized Massage

Sabine gives a combination of the following massage techniques per your desire:

Muscle release technique: a combination of short stretches and deep tissue massage

Swedish massage (gentle and relaxing)

Deep tissue massage

Using Dr. Singha's Mustard Rub combined with oil or lotion*

Foot bath with an Ayurvedic herbal blend*

*Dr. Singha's Mustard Rub**

Olive oil for intensive moisturizing

Dead sea salt for drawing out toxins, relaxing muscles, releasing tension

Yoga for Relaxation

Deborah's style of Yoga uses visualization of the elements fire, earth, water, air, space, and metal to enhance the deep connection of your body, breath, mind, and spirit.

Your gift: bottle of the detoxifying, rejuvenating elixir, zrii

Balancing, healing Ayurvedic blend of 7 botanicals: Amalaki, Turmeric, Tulsi, Haritake, Schizandra, Jujube, and Ginger; mixed with fruit juices

First third party product to be endorsed by Dr. Deepak Chopra

**Dr. Singha's Mustard Rub is a balancing Ayurvedic blend of essential and carrier oils which assist in eliminating impurities, relaxing and toning muscles, soothing nerves, and increasing cell resonance. It consists of Sunflower, Mustard, Almond, Lavender, Rosemary, Marjoram, Thyme, Sandalwood, Mustard Seed, and Vitamin E oils.*

**Ayurveda, "life wisdom", is the oldest practiced form of medicine, originating in India over 5000 years ago. It is a balancing practice of wellbeing often considered the sister of Yoga.*

SCHEDULE A PRIVATE MASSAGE WITH SABINE! 480-677-0304

SCHEDULE A PRIVATE YOGA SESSION WITH DEBORAH! 480-861-9959

SCHEDULE A SPA DAY AT YOUR HOUSE WITH YOUR FRIENDS!

LEARN MORE ABOUT zrii AND IT'S BUSINESS OPPORTUNITY!

Call or email healyourself@mchsi.com