



THE HEALTHY MALE

Living it Well every day is achievable. Discover a variety of services, programs and therapies specifically targeted to the wellness needs of men. Enjoy therapeutic bodywork to help your internal “weekend warrior” repair itself, or embark on a personalized fitness program tailored to your needs.

THERAPEUTIC BODY WORK

- Well & Being Signature Journey Massage
- Aromatherapy Massage
- Alpine Arnica Deep Tissue Massage
- Thai Massage
- Magnesium Massage
- Acupuncture
- Acupressure

SCRUBS & WRAPS

- Hacienda Retreat
- Desert Oasis Detoxifying Wrap

GROOMED TO PERFECTION

- Men's Fitness Manicure & Pedicure
- The Leg Works Therapeutic Pedicure

HEALTHY SKIN

- Men's Fitness Facial
- Intraceuticals Oxygen Facial

FIT FOR LIFE

- Personal Training Programs
- The Fitness Prescription: *Individualized Fitness Solution*
- Nutrition for Active Living
- Assisted Stretch
- WellFit Diagnostics
- Individualized Diagnostic Assessments: *The Bod Pod Body Composition*, *The Body Gem*, and *The Fit Mate Pro*

WIND IT DOWN

- Singing Bowl Therapy
- Sweet Dreams Aromatherapy Wrap