



YOUR ULTIMATE WELLNESS DESTINATION



REFLECT HEAL FLOURISH

LA REFLEXION WELLNESS SPA

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WELLNESS SPA

REFLECT | HEAL | FLOURISH

About Us

La Réflexion provides wellness, spa and creative programs to unlock, empower, unveil, rediscover your - SELF and connect you to your inner self, your ambition, your goals.

We are a multidisciplinary team of professionals ranging from the health, beauty, fitness and corporate sectors, creating and delivering the experience that you deserve.





*Spoil her this woman month
and gift her a treatment of her
choice*



Our Wellness offerings

1. Detox
2. Ionic Detox
3. Massage- (full body; designated areas)
4. Weight Loss
5. Muscle Building and Toning
6. Immune Building

7. Shoulder ,hip waist , back and leg recovering therapy
8. Cervical spondylosis therapy
9. Rheumatic arthritis therapy
10. Sciatica pain/ Lower back hip and leg therapy

11. Reflexology
12. Facials
13. Hand soaks and Nail Therapy



The Ultimate Radiance Transformation Package

Getting ready for a special big day,— perhaps a party, a wedding, a reunion , a special invite . Lets get you into readiness- Join our three month package of special treatments tailor made for you for your ultimate radiance transformation

This package consist of

- 3 monthly facials with skin analysis
- 12 Ionic detox to bring about radiance
- 12 Body sliming treatments
- 6 full body massage



The All Teenie's Pamper Day

Running out of ideas of what to plan for your teenage daughter's party. Why not get to La Réflexion for an all girls pamper day . The package includes

- Welcome drinks
- Light lunch
- Facial massage
- Hand Soak and Nail Therapy
- Activity: Make up blending
- Foot soak and Massage



Ladies Morning at the SPA

Bring your Kitty Party to the to La Réflexion Spa. Lets set the morning for some pampering. The package includes

Meals:

- Welcome drinks
- Light lunch
- Activities
- Treatments of your choice
- Select a treatment for the ladies



Self Indulgence Package

Indulge in a self love and self care package that is bound to leave you feeling totally rejuvenated . Also perfect for the after party recovery:

- Rejuvenating and hydrating facial
- Full Body Hot stone massage
- Hand soak and Nail therapy



The Ultimate Wellness Package

The ultimate one month detox and weight loss package

8 Sliming Toning

8 Ionic detox

8 Hand soak and massage with Nail therapy



R TEXT

The Shape It Up Package

A healthy weight loss regime is easier said than done. We have put together our shape it up package taking those challenges into account. We care about your well being and want to walk the journey with you. Lets do this

- 12 Ionic detox
- 24 sliming and toning Machine
- 3 Reflexology
- Health eating Guide
- Support workshops with health care professionals



Mums and Daughters Pamper Day

Bond together and honour the journey, blooming from girlhood to womanhood. Come spend a day, mums and daughters, and be spoilt with pamper treatments of your choice.

Create fond memories and cherish those special moments celebrating and handing down the culture of self love and self care from one generation to the next.



Mums to be Package

We can, in the comfort of our SPA or at the comfort of your home, provide the ultimate mum to be pamper treatment. This includes the following:

- A facial Massage
- Head and shoulder massage
- Feet soak and massage
- Pedicure
- Hand massage , hand soak and Nail therapy



Time to Detox

- Are you feeling bloated or having digestive problems? or
- Are you constantly feeling tired and drained or
- Do you have mental fatigue and have problems concentrating
- Experiencing unexplained weight gain; or
- Sleep disturbances

These are some symptoms attributable to toxin build up in the body.

Come in for an ionic detox . This safe and holistic approach helps remove toxins from your body leaving you in better , healthier state of health and wellbeing



What do the colors in your water mean?

COLOR OF WATER	AREA OF BODY	SYMPTOMS
Yellow-green	Detoxifying from the Kidney, Bladder, Urinary Tract, Female Prostate Area	Gynecological Disorder, Prostate
Orange	Detoxifying from Joints, Arteries	Arthritis, Rheumatism, Gout, Neuropathy, Pleurisy
Brown	Detoxifying from Liver, Lungs, Tobacco, Cellular Debris	Smoking, Second Hand Smoke, Air Pollution
White cheese-like particles	Yeast, GI Tract, Vaginal	Insomnia, Migraine, Candida
Dark Green to Black	Detoxifying from Gallbladder, Liver	Gallstones, Weak Immune System
Red Flecks	Blood Clot Material	Heart Disease, High Blood Pressure
White Foam	Lymphatic System	Lymphatic Disorder, Lymph Nodes Tender, or Clogged Skin Allergy
Black Flecks	Detoxifying from	Fibro Fog, Chronic Fatigue, Memory Problems

Sugar Flowers Workshop



Perfume Making Workshop

how to make perfume

- 2-1/2 ounces alcohol (ethanol)
- 1/2 ounce carrier oil (jojoba oil)
- 2 tablespoons distilled water
- 25 drops essential oils

1. Add carrier oil and essential oils to bottle.
2. Add alcohol and shake.
3. Allow 2 days to six week for scent to develop.
4. Add water.
5. Pour into dark...



The Art of Makeup Workshop



Pre Wedding Activities and Events

ਲੇਹੰਦੀ program	
1	ਵੇਅੰਟ ਇੰਟਰੋ = radha krishna song
2	ਰਿਲਾਜ਼ ਕਾਟਰਲ
3	ਗੁਪਤ ਲੁਕਿਡ ਇੰਟਰੀਟੀ
4	ਲੇਹੰਦੀ ਬਿੰਗਰ
	ਵੇਅੰਟ
5	ਰਾਗਰੀ ਕਰਪੇਟੀਓਨ
6	ਏਰਾ ਅਨ੍ਦੇ ਵੇਰ = turban tying