



Treat yourself to a FACE & BODY REJUVENATION RETREAT

MARCH 20 & 21, 2010
at the TAO OF WELLNESS

Aging may be inevitable but poor health is not. Treating yourself to natural rejuvenation care as well as consistent self-care, you can reap the benefits of a youthful vitality that is ageless. When your life's essence becomes depleted by an unhealthy lifestyle, lack of sleep, environmental factors, stress, and improper nutrition, the first place it shows up is on your face. Tao of Wellness is at the forefront of integrative anti-aging medicine and has developed a unique program that will help bring that healthy glow back to your face and body, from within and without.

COMMON SYMPTOMS OF DEPLETED LIFE ESSENCE INCLUDE:

- Dull, lifeless skin and hair
- Premature skin aging and cellulite
- Low energy and vitality
- Weight gain especially around the waist and hips
- Muscle weakness and bone loss
- Decreased libido and performance, memory loss and poor concentration

WHAT WILL THE FACE AND BODY REJUVENATION RETREAT DO FOR ME?

Beauty starts from within. Spend two days at Tao of Wellness refreshing your spirit and rejuvenating your body and skin. Learn restorative movements and anti-aging nutrition. Experience special revitalizing treatments that will enhance your youthful energy from the inside out. This program is aimed at bringing life back to your appearance!

- Restore confidence and joy
- Support healthy collagen production
- Return moisture and hydration to your skin
- Decrease fine lines and wrinkles
- Reduce puffiness
- Revitalize your whole body inside and out

YOUR FACE & BODY REJUVENATION RETREAT PACKAGE INCLUDES:

- Acupuncture
- Micro-current facial stimulation
- Facial acupressure
- Herbal nutrient mask
- Cupping
- Dry brushing
- Far-infrared sauna
- Special super-mineral vegetable broth
- Three catered organic meals each day
- Workshops on: Anti-aging diet and nutrition; Transforming stress into vitality; and Chi gong and facial self-massage
- A rejuvenating herbal formula and nutritional supplements

DATE AND TIME:

Saturday, March 20 – 9:00 a.m. to 5:30 p.m.
Sunday, March 21 – 9:30 a.m. to 6:00 p.m.

COST: \$850.00

REGISTRATION & INFORMATION (including accommodations):
Adriana Rivera, 310-917-2200. Limited space available, so please sign up early!

1131 Wilshire Boulevard, Suite 300 | Santa Monica, CA | 90401 | contact@taoofwellness.com | 310-917-2200 | www.taoofwellness.com

REGISTRATION FORM

Please fill out form with credit card information, or enclose check, and mail to Tao of Wellness at the address above.
The form with credit card information can be faxed to 310-917-2204.

NAME OF PARTICIPANT _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____ E-MAIL _____

PAYMENT: CHECK Make checks out to TAO OF WELLNESS CREDIT CARD # _____ EXPIRATION DATE _____

SIGNATURE _____ ARE YOU A TAO OF WELLNESS PATIENT? YES NO