



BACK TO BLISS  
CENTER FOR WELLNESS

## ***Soulful Beauty; A Day Just For You***

Enjoy services and participate in our soulful nurturing workshops designed to inspire, pamper and renew you!

### ***May 2<sup>nd</sup> 2015- Day long event***



#### ***10 am Waking up the CHI***

In Spring Forest Qigong, Carrie will show you how to get the energy flowing in standing and sitting positions.

#### ***11 am Paint your way to Calm (with the paint away ladies!)***

Paint Away's Kimi and Roxie will show us how to paint this picture in a creative fun way, while bonding with family and friends. All ages welcome. Kids under 15 can choose a smaller canvas.

#### ***1 pm Beauty Basics***

Join Jessica M for a few new fun Spring/Summer looks with Jayne Iredale makeup.

#### ***2 pm Take home the "AHHH" workshop***

Emily has expanded her class to include: bath salts aromatherapy, oils, scrubs, facials, and how to incorporate them into a bath time routine for an at home spa day. You will go home with the "Take home the AHHH kit" (valued at \$30.)

Come and experience all four classes for \$60! If you would like to attend individual classes prices will be Waking up with CHI \$8, Paint your way to Calm \$30, Beauty Basics \$8, and Take home the "AHHH" \$30. A light snack will be provided for anyone attending. Registration is required.

If you have any questions or would like more information please feel free to call (715)-316-0040 or email at [info@backtoblisswellness.com](mailto:info@backtoblisswellness.com)