

ESTHETICS & SOMATIC COACHING STUDIO

The Embodied Way



Menu of Services

Glenda M Bennett
Certified Esthetician
Certified High Performance Coach™
Trauma-Informed Body-Oriented Coach

Making life beautiful body and soul

Embodied Services

All esthetics services are an embodied experience and will include simple somatic methods to attune your body and mind. All facials include a scalp and hand-arm massage. Please note: No gel polish or gel polish removal is available. All esthetic services are subject to GST.

Hand Appreciation Membership

Regular manicures will have your confidence soaring and will make your heart happy. This membership includes:

- A monthly manicure with polish (60 minutes)
- A FREE mango oil for home cuticle and nail care
- 15% off all products and merchandise all the time
- Opportunity to add on a 15-minute scalp massage for \$15

Cost: \$68 plus GST per month

Soul Pedi Membership

Let your feet be soothed and your soul be nurtured! This membership includes:

- A monthly Pedicure for the Soul with polish (75 minutes)
- A FREE mango oil for home cuticle and nail care
- 15% off all products and merchandise all the time
- Opportunity to add on a 15-minute scalp massage for \$15

Cost: \$77 plus GST per month

Oxygenating Facial Bundle

Get your skin looking vibrant and your heart feeling loved. This bundle includes:

- 3 Oxygenating Fundamental Facials (1 per month or your chosen pace)
- Includes a free serum at the first appointment
- 15% off all products and merchandise all the time
- 20% off all products on the day of service
- Add on a 15-minute back massage and mud mask for \$20

Cost: \$280 plus GST

The Optimal Facial Bundle

Enjoy any Optimal Facial (Hydrascience, Collagen Veil, Pure, Rosa C-3) for your skin's unique needs. This bundle includes:

- 3 Optimal Facials of choice (1 per month or your chosen pace)
- Includes a free serum at the first appointment
- 15% off all products and merchandise all the time
- 20% off all products on the day of service
- Add on a 15-minute back massage and mud mask for \$20

Cost: \$280 plus GST

Top and Toe Bliss Membership

Enjoy this 45-minute hot stone foot and leg massage and aromatherapy scalp massage. Total relaxation, resourcing and support for you.

- Herbal foot soak and shea butter & sugar foot scrub
- Scalp massage with aromatherapy hair treatment oil
- Hot stone foot and lower leg massage
- Specialty foot treatment cream
- Includes a FREE mango oil with first service
- 15% off all products and merchandise all the time

Cost: \$69 plus GST per month

The Embodied Way Experience Membership

Coaching and body nourishment all in one. This membership includes:

- 1 Optimal Facial of choice (Hydrascience, Collagen Veil, Pure, Rosa C-3) per month
- 1 60 minute Body-Mind Coaching session per month
- 15-minute Hot Stone Foot and Leg massage with each facial
- Includes a free serum at the first appointment
- 15% off all products and merchandise all the time
- 20% off all products on the day of service
- Add on a 15-minute back massage and mud mask for \$20

Cost: \$229 plus GST per month

Replenish Coaching & Esthetics Bundle

In-person embodied coaching and self-care every month.

- 6X 60 minute Body Oriented RePlenish Coaching Sessions
- 1 FREE Oxygenating Fundamental Facial at the end of 6 sessions
- 1 FREE hand/arm or scalp massage with every session
- 1 FREE mango cuticle oil or shea butter lip balm
- 15% off all products and merchandise all the time
- Add on any other body care services to the same appointment for 10% off

Cost: \$635 plus GST one-time or \$109 plus GST per month for six months

Purchase your bundle or membership at www.embodiedway.ca under **Spa Memberships**

Want access to a FREE self-care course? Join others who have benefited from this comprehensive top to toe 10 day email course. Includes grounding exercise videos, self-care tips and embodied tools and worksheets. Just click **HERE** to register.

Call or Text Glenda @ **250 701 3550.**

Email: **glenda@embodiedway.ca**

www.embodiedway.ca

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