

NEW! Botanical Escapes

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Relaxing Lavender Spa

Soothing, relaxing balancing.

Lavender is a Mediterranean shrub which is cultivated for

its aromatic flowers in the U.S. and Europe. It is believed

to help relieve headaches, migraines, depression,

insomnia and PMS. Use in a foot bath to alleviate fatigue.

Renewing Rose Spa/Pampered Princess
Spa

Aphrodisiac, produces euphoria.

Pose Petals are one of the most popular herbs. They are intoxicating and rich, with a warm floral honey scent that is just slightly spicy. Rose Petals are believed to be an anti-depressant and mood regulator (excellent for PMS and post partum depression).

Rejuvenating Rosemary Mint Spa/Men Herbal Sport Spa

Rosemary - Enhances mental clarity and concentration.

Peppermint - Awakens, clears and stimulates the mind.

Rosemary leaf has been historically used in Europe and China to treat headaches and stomach pains. In China, Rosemary is also used as an analgesic and muscle stimulant. It is further believed that Rosemary enhances memory. Rosemary contains Vitamin A and C, iron, magnesium, phosphorus, potassium, and sodium and is high in calcium.

Peppermint is an herb that is known for many remedies. It is very soothing to the system. Peppermint gives the feeling of heightened energy. It aids concentration, helps calm the nerves, and is believed to be excellent for motion sickness, headaches and nausea.

