

A *Day of Tranquility* package at *all about you* is a day that you will not easily forget and has become a tradition for many of our past guests. Every detail is accounted for and you feel welcomed and relaxed from first entering the spa.

With our hushed tones and relaxed atmosphere you will rapidly enter a state of complete relaxation. Our caring and nurturing healing therapists take great pride in their chosen modalities and will not stop short of ensuring your day with us is not just special, but a day that creates a memory that will last a lifetime.

Package Add-ons

Make the day that much more special by starting with a yoga or Pilates class and/or choosing from our gourmet sandwich menu or a selection of fruits and cheeses and exotic teas. Top it off with a fun and insightful reading with our resident intuitive.

Gourmet Sandwich or Snack Selection	\$20
Yoga or Pilates Class	\$17
Both Class and Food Selection	\$30

all about you – *Solutions for Body & Soul*

Is a Yoga Studio and Destination Day Spa serving Central MA conveniently located minutes from Leominster and a short 30-minute drive from the Worcester, Lowell, and Acton areas.

We feature Yoga & Pilates for all levels; Holistic Therapy Practitioners providing services in: Aesthetics, Hawaiian Lomi Lomi, Ayurvedic, Couples, Hot Stone, Prenatal, Deep, Swedish, and Thai Yoga Massages, Reflexology, Reiki, EFT, Energy Healing, as well as Isotonic based Nutritional Supplements & more.

Package Policies

Packages require payment in advance to secure appointment date. A 48-hour reschedule notice is required on all package appointments. Those failing reschedule in advance or not showing will forfeit the value of the package.

All packages include gratuity

Returned check fee is \$25.00

Day of Tranquility Packages



A Yoga Studio &
Day Spa Committed
To Providing Services
That Are ...

all about you!

23 Village Inn Road
Westminster, MA 01473
At Exit 27 - Off Route 2

978-874-6200

www.ALLaboutYOUolutions.com

The Quick Fix

For those on a budget of time, the quick fix is the fastest way to a new you. Come enjoy a sampling of an *all about you* spa experience.

- 30-Minute Integrated Massage
- 45-Minute Express Facial
- 45-Minute Express Pedicure

Allow for 3 Hours

\$175

Release & Renew

This package focuses on releasing built up tension and stress in the body, and the effects of sinus issues and chronic headaches. If it came in a bottle this is just what the Dr would order.

- 120-Minute Myofascial Release Massage
- 60-Minute Ear Candling

Allow for 3.5 Hours

\$215

The Stress Reducer

Stress like sunlight is an everyday part of life, and the number one cause for dis-ease in this hectic world in which we live. The Stress Reducer provides a temporary escape that has benefits that last long after your visit.

- 90-Minute Hot Stone Massage
- 90-Minute Age Defying Facial
- Hand Paraffin Treatment

Allow for 3.5 Hours

\$260

All Packages Include Gratuity

The Detoxifier

Guaranteed to help in the on going battle with toxins we face. The treatments are designed to help release and remove the accumulation of toxins in your body.

- 90-Minute Pedikarma
- 75-Minute Hair & Scalp Treatment

Allow for 3.5 Hours

\$195

The Adventurer

For those that want an experience like no other, The Adventurer brings together services that have origins that span the globe and benefits that are universally appealing. Choose 3 of the following.

- 90-Minute Ashiatsu
- 90-Minute Sacred Lomi
- 90-Minute Raindrop Therapy
- 90-Minute Pedikarma

Allow for 5.5 Hours

\$360

All About Mom

Our pre and postnatal package provides a healthy and nurturing way to manage all the exciting changes being experienced by the expectant or new mom.

- 60-Minute Pre or Postnatal Massage
- 60-Minute Private Yoga Instruction
- Two 30-Minute Infant Massage Classes

Allow for 3 Hours

\$240

All Packages Include Gratuity

A Taste of Ayurveda

Ayurveda is considered by many scholars to be the oldest healing science. Ayurveda is a Sanskrit word that literally translated means "science of life". Ayurvedic knowledge originated in India more than 5,000 years ago and is often referred to as the "Mother of All Healing". These Ayurvedic treatments are what were once reserved for royalty and only the upper most reaches of society. These services are sure to have an impact and broaden your view of what a healing spa service should be.

- 75-Minute Four Handed Abhyanga
- 75-Minute Shirodhara
- 90-Minute Pedikarma

Allow for 5 Hours

\$450

All About Us

This package is designed to provide a couple or friends the opportunity to unwind and relax in style. You will both be swept away and renewed from top to bottom. Package consists of the Couples Massage and any two of the other treatments each.

- 60-Minute Couples Massage
- 75-Minute Classic European Facial
- 60-Minute Men's Executive Facial
- 75-Minute Spa Foot Treatment
- 60-Minute Reflexology

Allow for 4 Hours

\$425

All Packages Include Gratuity