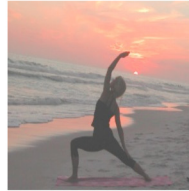


Laguna Natural Health

Presents

A Day of Nurturing Your Health and Wellness
Saturday, September 27, 2008 • 10am



Relax • Restore • Rejuvenate

We will begin at 10am with a centering **Yoga Stretch** followed by our body balancing **fresh organic house juice blend**---an LNH favorite!

Your treatments immediately follow and include:

- 50 minute full body **massage** featuring **Blissentials®** Therapeutic Essential Oils
- 45 minute **Ionic Detox Foot Bath** including results assessment & recommendations
- 30 minute **Oxyflow session** - stimulates metabolic and circulatory function
- 15 minute **Reflexology** - stimulates and detoxifies body systems

Practitioner experts will be available for **private consultations** to answer your health-related questions regarding the benefits of hydrocolon therapy (colonics), nutrition, far infrared, detoxification and more!

Organic snacks and tea will be served all day.
Enjoy unlimited use of our Sauna and Massage Chair, too!

Our Chef will conclude the day with a one hour **Raw Food Class** and late **Four Course Raw Organic Lunch**. The menu is easy, fun and makes a wonderful and distinctive presentation!

You will leave feeling well nourished, refreshed and renewed.

A la carte pricing for these services is valued at over \$600.
We are celebrating the opening of our **new location** and are offering this **all-inclusive , unique event package** to you at **\$395!**

Please arrive by 9:45 in yoga gear or other comfortable clothing.

You deserve to reserve!
Space is limited --- call 949.544.1166

