

MEET THE PRACTITIONERS



VALERIE, OWNER
(Idabel, Oklahoma)



REBECCA
(Grapevine Texas)



CHARMIE
(Idabel Oklahoma)



SARA
(Rattan Oklahoma)



BRANDY
(Idabel Oklahoma)



LISA
(Idabel Oklahoma)

For a bio on BH PRACTITIONERS please visit our website: www.BodyHarmonyDaySpa.com

A Gift From Your Practitioner

10% Coupon given with each Body Harmony Session. Redeemable at Beyond Harmony Gift Shop on **Body Harmony Items** only.

"MORE THAN A MASSAGE"

Body Harmony



580-584-6339

www.BodyHarmonyDaySpa.com



"MORE THAN JUST A MASSAGE"

90 Minutes of

UNIQUE

"STRESS RELIEF"



**"You've NEVER
Done THIS Before!"**

WHAT IS A BODY HARMONY SESSION?

A Body Harmony Session is a **PACKAGED Experience!**

Sink deep into a 6 to 12 inch memory foam mattress. This is the comfort of the Body Harmony Instrument Bed™. Soothing music vibrates and resonates through your body at a cellular level, while surround-sound fills the room.

"No Talking ~ Just Relax ~ Don't Lift a Finger". While pure Shea Butter is slowly "Drizzled" over your chest, "Dripped" around your neck, and "Drizzled" at your hairline, and then..... "A-h-h-h" neck - shoulders - face - scalp s-l-o-w-l-y massaged.

Dead Sea Mud is gently painted onto your face and your head is shrouded with hot, moist, steamy towels. Your body is "Drizzle-bathed" in warm, melted Shea Butter...and massaged.

Dead Sea Salts are "Sprinkled" and your skin is gently scrubbed... **EXFOLIATION!**

Hot Moist, steamy towels are "Wrapped" As butter and salts mingle and melt, rich minerals and nutrients are absorbed. Endorphins are released... **EUPHORIA!**

It's the most relaxing experience you've ever had.
With Body Harmony
MASSAGE & STRESS RELIEF
has a whole new meaning.

Private baths and showers • Robe and fun slippers •
100% cotton, plush, terry cloth turbans •
Beverage of choice • Dark chocolates

Body Harmony
Specializes in Romance Sessions
Side by Side Session • Rose Petals on the Beds
Roses (Seasonal)
Dark Chocolate Covered Strawberries
Dinner Catered (optional)
The Most Romantic Atmosphere Around

Music from Within



Shea Butter
"Drizzled"



Shea Butter
"Drizzle - Bathed" Massage



Dead Sea Mud
Masque "Painted"



Dead Sea Salt
"Sprinkled" &
Scrubbed

Your scalp is d-e-e-p massaged 5X with Hot Shea Butter - plus a Hot Shea Butter hair conditioning - then head wrapped in Hot Steamy Towels.

Your
Body
Harmony
Session is...
All of this
and more!

"We give you permission not to lift **one** finger!"

During your Body Harmony Session all your required to do is **RELAX** and go to your "Happy Place"
"S-h-h-h" No Talking

The Most RELAXING EXPERIENCE you have ever had!

To learn much more about the positive effects of a Body Harmony Session and so much more about what we have to offer you, We encourage you to visit our website at:

BodyHarmonyDaySpa.com

To Reserve your appointment call

580-584-6339

580-494-6238

Inclusive 90 minute sessions are scheduled at: 11:30 2:00 4:30

Body Harmony Day Spa

Is located 7 miles North of Broken Bow Oklahoma at Hochatown Junction Station off of Hwy 259 across from Beavers Bend State Park South Entrance

INDIVIDUALS - COUPLES & GROUPS

Groups from 6 to 12 can reserve Body Harmony Spa for the day!

Wide Screen TV • Netflix

Sports Channels • Games • Volleyball

Private Shopping Spree at Beyond Harmony Gift Shop

No Age Limit