

# SPA HARMONY

*A Spa for Mind, Body and Spirit*

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[Wilfred R. Cameron Wellness Center of  
The Washington Hospital](#)

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## Lavender Peppermint Spa Pedicure

Treat your feet to the rest and relaxation they deserve with our luxurious spa pedicure. Cost: \$65



## Bring a Little Lavender into Your Life



An ancient herb, lavender was used in baths in Greece, Rome and Persia to help purify the body and spirit. Today, the fragrant essential oil is used to treat anxiety, stress, insomnia, post-operative pain and a variety of other ailments.

We invite you to indulge in this lovely scent with a variety of special Spa events, treatments and products. You'll be glad you did!

## Treatments of the Month

[Meet Tracy Findle, Esthetician](#)



"I

*love watching the transformation on my client's faces that comes with feeling relaxed and content after a facial."*

Tracy previously worked in accounting and office management, but receiving the gift of a facial after the birth of her second child helped spark her new career as an esthetician. "If I could make other people feel as relaxed and pampered as that facial made me feel, then I knew I would have my dream job," she says.

Tracy attended South Hill's Beauty Academy in 2006. She enjoys reading, writing and watching science and history documentaries. She also spends as much time as she can with her husband and two children enjoying nature.

**Appointments Available**

Make your appointment with Tracy before her calendar fills up! **Just call 724.250.5238.**

- Tues 9 am - 3 pm
- Wed 9 am - 8 pm
- Thurs 9 am - 3 pm
- Fri 9 am - 3 pm & 5:30-8 pm
- Sat 12 noon - 4 pm



**Lavender and Ylang Ylang Massage**

Savor a tranquil Swedish massage to calm your mind and relax your body. Inhale soothing lavender scents and listen to peaceful sounds as our trained massage therapist eases away everyday stress with a

luxurious blend of essential oils, lavender and ylang ylang.  
**Cost: \$65, 60 minutes; \$90, 90 minutes**

**Stress-busting Special Offers**

**Bright Eyes Anti-Aging Facial and Make-up Consult**

Includes free Alima Eye shadow sample. Let our Sugar Apple Scrubbing Masque and Cucumber Peptide Eye Cream refresh and revitalize your skin. Then sit back and let our skilled estheticians work their magic with Alima organic make-up.

**Cost: \$70**



**Express Manicure and Pedicure  
FREE Fall Collection Nail Polish**

In a hurry but need your toes and fingers to look extra-special? Come in for an express manicure and pedicure and receive a free nail polish! **Cost: \$65**

**Call 724.250.5238 now to schedule your appointment!**

*Shop for Relaxation  
Explore Our New Offerings!*



**The Alima Look, Naturally**

Visit the new Alima Makeup center with more than 40 testers and fresh fall colors to find your perfect mineral makeup match! You can count on Alima to be natural, pure and free of synthetic additives found in most cosmetics.

**Visit our Retail Shop - Cameron Wellness Goods!**

Check out the stylish New Balance Collection by Marika.

Women on the go enjoy apparel that offers comfort and style that fits an active life. Choose from capris, tanks, bras, tunics and more that will help you answer the question "What should I



## Spa Sundays!

Spa Harmony  
is open from  
12 noon to 4 pm  
on Sundays!



Gift Cards  
Make Great Gifts Anytime

For more information,  
call 724.250.5238, or purchase  
[online](#).

wear today?"

Plus, you'll find a wide selection of Yoga mats and bags.

### Discover OPI's Perfect Polish

Whether it's Touring America's classic colors for today, or the exciting Shatter Polish in Katy Perry's new line, OPI makes your nails look stunning! See the innovative assortment of colors.

### Savor New Harney & Sons Teas

Make any time of day special with Invigorating, relaxing or soothing chakra teas in delicious flavors, such as Chamomile Herbal, Hot Cinnamon Spice, Citron Green, Tropical Orange and Pomegranate Oolong.

### Soak in the Aromas

Handcrafted soaps by Marmalade Hills (in Pomegranate Green Tea, Lemongrass, Lavender, Goji Berry Plum and Milk & Honey) offer the high-quality, natural ingredients that leave your skin feeling clean and refreshed. Plus, these wonderful soaps are free of artificial colors, detergents, fillers and synthetic preservatives.

Find us on Facebook 

Be sure to save the date for our next [Girl Talk & Think Pink Expo](#) on Tuesday, Oct. 11 from 5-8 pm. In honor of breast cancer awareness month, our panel of experts will address your concerns about cancer awareness, prevention and recovery. **Please RSVP to the Spa by Friday, Sept. 30**, if you are planning to attend!

Be Fit, Live Well,

[Heather Lassiter](#), Client Services Manager  
Spa Harmony at Wilfred R. Cameron Wellness Center

Think Pink Coupons:  
Save \$10  
on one-hour  
appointments or 20%  
on Spa products

When you buy [Think Pink](#) coupons, you save on Spa Services or Products and Support a Great Cause! \$1 or \$5 coupons available at the Spa Reception desk. All proceeds benefit the local branch of the American Cancer society.

On sale now at Spa Reception!

Coupons expire Dec. 31, 2011.

Offer Expires: Oct. 31, 2011 or while supplies last.