

# 410-558-1185

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## Book now:

410-558-1185 (leave a detailed message)

[bmoreadagio@gmail.com](mailto:bmoreadagio@gmail.com)

**"ADAGIO" = slow down**

- **"Zen" Suite for you, our couples, friends, and spacious for three guests. Where the Partner Massage Class takes place as well**
- **"Little Prince" Suite or "The Lounge" for extra time to linger**
- **Hydro Hamam Suite ~ for one guest and offers the duett rain shower**

**About Regina**

**Welcome to Spa Adagio Holistic Wellness Center, 25 years in business since 1999.**

Where our commitment to your well-being continually expands. Founded by Regina Schneider, a nurse and holistic massage therapist and LMT since 6/1999. Where our commitment to your well-being continually expands.

Regina fosters a nurturing atmosphere, guiding clients to slow down, relax, and reevaluate their lifestyles including sleep.

A consultation with Regina includes a comprehensive overview of actionable steps to enhance your life. Drawing also on her experience as a sleep-study nurse at JHU, Regina understands the significance of a good night's sleep. Our latest offering, the Itamar WatchPAT, is a sleep-screening device that monitors your sleep patterns. Analyzing this information can provide valuable insights into improving your energy levels. High levels of anxiety can be evaluated during the sleep and helps to understand why all the effort some give is without results.

Married to the renowned medical doctor, visionair, founder and expert in sleep medicine Regina is on the road with him since 1988 when sleep medicine was still in its Kinderschube/beginnings.

Regina's holistic approach extends beyond sleep, encompassing massage therapy, exercise, stretching, and relaxation techniques like breathing. Yoga and more. These personalized recommendations will help you slow down and embrace a healthier, happier lifestyle.

SEE YOU SOON!



[Visit us on YELP](#)

*When the door opened I thought I was stepping into a castle (Nefi from Germany)*

Regina focuses on the areas on concern. Her work is precise and concentrated.

She opens tight spots layer after layer.

Silke/Chiropractor

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**!Great for Mothers Day Month!**

**Bring your friend's along for a retreat in the Zen suite!**

**"Deep Dreams"**

Swedish Aroma Massage for

- your neck,shoulders, arms
- with a touch of hot stones
- and a blissfully hydrating C-Serum face massage and renewal face mask

\$138 for one

\$266 for two

\$398 for three

We will create a wonderful retreat

for you all

**Gift Vouchers are available**

per email and pay over the phone

bmoreadagio@gmail.com

**PLAN AHEAD FOR MOTHERS DAY!**

No gift vouchers can be redeemed on 2/14th, Mother's day; Thanksgiving  
and 12/24th