

## Ideas for your best results

- Sleep -

Did you know that Regina is trained in Sleep medicine?

Regina worked at the JHU sleep lab during studying

massage 1997 - 1999.

As a member of the German Sleep Society she is always top notch in all sleep related topics.

Regina can help you to regain better sleep in a private consultation hour.

After that she recommends to wear a data collecting device for one night in the comfort of your home. That can be the starting point for any other needed treatments or further testing in an accredited sleep lab.

One night for your health- before any medics or guessing.

Nobody knows before that is done!

Guessing and imagining what causes your sleep troubles is out dated in medicine and can be dangerous for your health. Now and for your future.

Married since 1991 to Hartmut a MD who is a renowned internal medicine doctor and somnologist she is on the journey in this holistic, research and data driven field as well.

Visit Hartmuts info:

[www.american-sleep-clinic.com](http://www.american-sleep-clinic.com)

For all after the Massage session we offer the

**"Snooze & Relax"**

Stay for up to an extra hour in the cosyness on your massage bed

We wake you and serve a cup of fresh tea.

\$58

**"Constructive Rest"**

Stretch out on the massage bed fully closed or under the sheets.

Face up only!

- A guided breathing session
- A guided "Feel your body" movements
- Power Nap for 20 min. which is the best length
- Awake by a gentle massage around the temples
- One more mindfull breathing

Longing for peace and quiet moments?



- Swedish Massage & Honey Body Peeling

- Deluxe Spa Massage & Hydra Dew Facial

- Hot Stone Massage

- Ayurvedic VATA Massage

Need new Energy?

- Lomi Lomi Massage & Sea Spa Body Scrub

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**Aroma Massage & Hydra Dew Facial**

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**Footreflexology Massage & Cran Apple Foot Scrub**

**Knot Melting Ideas!**

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**Deep Massage & Honey Body Scrub**

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**Hot Stone Massage & Eye Mask**

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**Ayurveda PITTA Massage & soothing Moisture Mask**

**Work hard - Play hard!**

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**Hot Stone Massage & Honey Body Scrub & Four Layer Facial**

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**Deluxe Spa Massage & Cran Apple Body Scrub & Hydra Dew Facial**

**Health - Rejuvenation - Happiness!**

We are pleased to meet you soon!

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

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## **Our Booking & Cancellation Policies**

“Weekends” include Fri-Sun. “Weekdays” include Mon-Thurs.

## **Bookings**

Your appointment time given is intended as your “arrival time.” Your service will begin after a brief consultation and will include the full stated contact time for the service (e.g., 60-min, 70-min, etc.). We will also allow you time after the massage to relax briefly!

## **Cancellations**

Cancellations with less than 24 hours of notice on WEEKDAYS, and less than 48 hours of notice on WEEKENDS, are subject to a cancellation fee amounting to 80% of the cost of the scheduled service. Guests who miss their appointments without giving any prior notification will be charged in full (100%) of their scheduled service.

We recognize the time of our clients and staff is valuable. When you miss an appointment with us, we not only lose your business, but also the potential business of other clients who could have scheduled an appointment for the same time. Additionally, many times our staff function in an "on call" status and travel to the Spa specifically for your service. For these reasons we are obligated to compensate our staff for their time as well as cover lost revenue.

When you schedule your appointment with us, you are agreeing to these policies. All weekend services, or bookings with less than 24 hours notice, require a credit card to guarantee a reservation. You will not be billed until the completion of service, or if there is a cancellation/no-show. Payment will still be required on the day of service.