

# Everwood Wellness Retreat & Spa

## Wellness Packages

### Foot Therapy

≈ 1/2 Hour Reflexology Session  
≈ Pedicure & Scrub

**1.5 hours ≈ \$100**

### Head-to-Toe

≈ 45 min. Indian Head Massage  
≈ 45 min. Reflexology Session

**1.5 hours ≈ \$115**

### Body Wellness

≈ 1 Hour Relaxation Massage  
≈ 1 Hour Reflexology Session

**2 hours ≈ \$155**

### Heaven Sent

≈ Hot Stone Relaxation Treatment  
≈ 45 Min. Reflexology

**2 hours ≈ \$165**

### Well-Being

≈ 1/2 Hour Back/Neck Massage  
≈ Organic Facial  
≈ Pedicure & Scrub

**2.5 hours ≈ \$175**

### The 3R's

≈ Manicure  
≈ Pedicure & Scrub  
≈ Eyebrow Wax

**2 hours ≈ \$90**

### Rebalance

≈ ionCleanse w. 30 Min. Reflexology  
≈ Pedicure & Scrub

**2 hours ≈ \$120**

### Serenity

≈ Healing Massage or Facial **(add \$10)**  
≈ 1/2 Hour Reiki Session  
≈ 1/2 Hour Reflexology Session

**2 hours ≈ \$140/150**

### Indulge

≈ 1/2 Hour Indian Head Massage  
≈ Manicure & Pedicure

**2.5 hours ≈ \$125**

### Wellness Retreat

≈ 1 Hour Relaxation Massage  
≈ 1 Hour Reflexology or Facial  
≈ Manicure  
≈ Pedicure & Scrub

**4 hours ≈ \$220**



We require 24 hours notice for package cancellations!

18 Short Road, Greenville | 905.627.7381 | everwoodwellness@gmail.com

[www.everwoodwellness.ca](http://www.everwoodwellness.ca)

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## What is Osteopathy?

Osteopathy is a manual therapy that encompasses the healing power of nature. Its philosophy states that the body is a vital, living machine, which already possesses everything it needs to self-heal. When the body is structurally sound, this ability is present and occurring without conscious thought. However, this self-healing ability is hindered when the body's physical structure becomes impaired. The trained osteopath will use a variety of manual moves in order to adjust the body and restore its natural self-healing abilities.

The osteopathy provided at Everwood Wellness is a classical form of osteopathy. This means it stays true to the founding principles of the profession as established by the founding father: Andrew Taylor Still. Classical osteopaths are thoroughly educated in anatomy, physiology, pathology and mechanics in order to treat a wide range of conditions from pain to organ dysfunction. We currently staff rehabilitative manual practitioners who are completing/or have completed their studies in Masters in Osteopathic Manipulative Sciences. To book your osteopathy appointment please call 905-627-7381 or [everwoodwellness@gmail.com](mailto:everwoodwellness@gmail.com)

## What is Bowen Technique/Therapy?

Bowen Technique originated in Australia, where it was developed by Tom Bowen over 40 years.

Bowen is a unique system that has amazed therapists of all disciplines. It consists of a series of precise moves on specific points of the body. The gentle moves on soft tissues stimulate physiological changes and energy flow, empowering the body's own resources to heal itself. This is safe and effective for all ages. One of the principles is "less is more" and can produce lasting relief from pain and discomfort.

Can help with frozen shoulder, neck, back, elbow, headaches, jaw, sciatic, stress, anxiety and many more. Call to book.

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