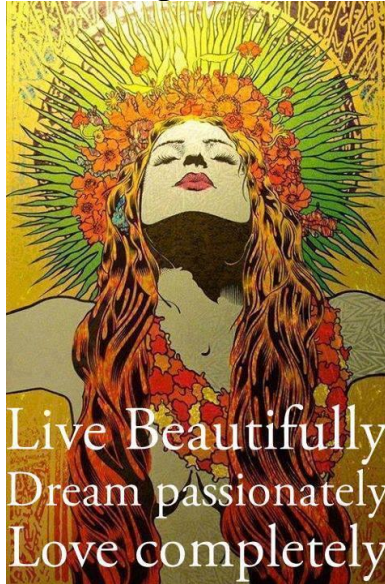


Gathering of the Goddesses



The Gathering of the Goddesses is an empowerment party where the hostess arranges a meal or a pot luck where she and each of her guests are pampered and fed on a physical, emotional and energetic level. The Hostess chooses an Empowerment Event, an Herbal Spa Day or an Herbal Spa Day Empowerment Event (details below). All payments are made 1 week before the party date. Hostess organizes her friends and has each of them choose their therapies at least 1 week in advance so we can have enough therapists available. Let's be creative...How much fun can we have?

Gathering of the Goddesses Options

1. **Empowerment Event**

price range: (\$50-100) per guest

Opening Ceremony with one of the Empowerment Options below and each guest chooses 1 mini session. Mini Session options:

A) Ayurvedic Consultation B) Energetic Reboot or C) Soul Rejuvenation
(details of mini sessions listed in the herbal spa day menu below.)

Empowerment Event Options:

- Tools for Creating the Life You Want (Access Clearing Event)
- Mothers/Women's Healing Circle
- Introduction to Ayurveda
- Ayurvedic Lifestyle Workshop
- Meal Planning with Ease and Grace Workshop
- Whole Foods Nourishing Cooking class

2. **Herbal Spa Day**

(\$200-250) per guest

Each guest chooses 1 full and 2 mini sessions

3. **Herbal Spa Empowerment Event**

(\$250-300) per guest

Empowerment Event with full herbal spa day options

Herbal Spa Day Menu

Each guest can choose 2 minis & 1 full therapy for a flat discounted rate of \$200

Therapy	Description	Mini 25min	Full 60min
Herbal Facials	We use freshly blended herbs to thoroughly cleanse, exfoliate and renew your skin. This is followed by a nourishing earth mask and lymphatic massage to bring radiance and balance to your skin.		
Sole Rejuvenation (feet)	Balancing aromatic herbal foot bath, foot and calf massage with medicated oil and mini reflexology.		
Warm Oil Massage	Abhyanga is a warm oil, full body massage designed to relieve stress, relax tight muscles, reduce physical pain, stimulate lymph drainage and bring balance to the body and mind by restoring the channels of circulation. This therapy allows your body, mind and spirit to reestablish a state of peace and calm.		
Shirodhara	Shirodhara is administered by gently pouring a continuous stream of warm herbalized oil over the forehead. This treatment synchronizes brain waves as well as profoundly coordinating and calming the mind, body and spirit. Shirodhara purifies ones mental state thus allowing for the release of negative patterns and emotional traumas.		
Energetic Body Reboot Bars	Access Bars are 32 points on your head which, when gently touched and held, effortlessly and easily release anything that doesn't allow you to receive? These points contain all the thoughts, ideas, beliefs, emotions, and considerations that you have stored in any lifetime. This is an opportunity for you to let go of everything! How much fun can we have with an energetic fresh start?		
Stress release technique Neck, shoulders, spine	A gentle touch of vital energy points with essential oils to bring your body and mind into a calm, accepting state and reestablish a peaceful relationship with life.		na

Bee Well Ayurveda

Herbal Spa Day Menu (continued)		Mini 25 min	Full 60 min
Abdominal Massage	Rhythmic oil massage on your belly to physically nurture and calm your body.	na	na
Threading	Threading is a traditional, natural technique used to shape eyebrows and remove unwanted hair from the upper lip and chin.		na
Ayurvedic Consultation	Are you ready to make some shifts in your health and awareness today? Do you need someone to gently guide you on your path towards healthier food choices, more energy, better sleep and a greater connectivity to your loved ones? Gain access to a deeper understanding of your body type as well as gaining tools to help you find and maintain balance in your life.		
Other optional party additions. These can be added to the party for an additional charge.	<ul style="list-style-type: none"> Organic, nourishing, ayurvedic catered meal. Opening ceremony; inviting the directions and creating sacred space. A 30 minute introduction to Access Consciousness or Ayurveda. Closing ceremony focused on releasing old patterns and setting intentions for fully living the life you are choosing to live. 	na	na

A few recommended Herbal Spa Package Deals

A. Warm oil massage: Full Energetic Reboot (bars session): Mini Shirodhara: Mini	B. Ayurvedic Consultation: Mini or Full Energetic Reboot (Bars): Mini or Full Sole Rejuvenation: Mini
C. Herbal Facial: Mini or Full Threading: Mini Sole Rejuvenation: Mini or Full	D. Warm oil massage: Full Stress Release: Mini Shirodhara: Mini

The hostess provides a meal or organizes a potluck (with the option to pay for an organic, nourishing ayurvedic catered meal.) Hostess also sends the link to her guests with the herbal spa day menu and intake form (to be filled out by those choosing to have an ayurvedic consultation) at least 2 weeks before the party date to allow for scheduling and preparing...

We will provide the therapies, massage tables, herbal supplies and equipment needed for therapies as well as spa grade aromatherapy ...

Does this sound fun? What else is possible?