



Health & Wellness Services

Comprehensive Assessment Interview: With discussion of treatment options including diet, natural remedies (recommendations may include herbs, homeopathics, vitamins, and minerals), and lifestyle changes.

Nutritional Consultation: An in-depth look at how nutritional changes can enhance well-being. Includes an individualized diet plan and natural remedy recommendations (recommendations may include herbs, homeopathics, vitamins, and minerals).

Health Assessment Questionnaire: Includes administration of questionnaire and results. This assessment shows deficiencies and risk factors based on nutrition and lifestyle questions.

Hot Stone Massage: Stones are warmed and placed on key areas of tension. The heat relaxes muscles, allowing the practitioner to work without using deep pressure.

Lymphatic Drainage Massage: Stimulates the lymphatic system with gentle massaging strokes. The lymphatic system is encouraged to eliminate metabolic waste products, excess fluid and bacteria.

Relaxation Massage: Is a gentle massage with light to moderate pressure. The practitioner gently manipulates the tissue to promote relaxation.

Deep Tissue Massage: Focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronically tense and contracted areas such as stiff necks, low back tightness, and sore shoulders.

Chair Massage: Is typically a shorter massage performed while the client is in a massage chair, lasting anywhere from 10 minutes to 60 minutes, done over the client's clothing. It typically focuses on key tension areas in the back, neck, shoulders and arms.

Body Wrap: Both the Slimming & Detoxifying Body Wraps produce therapeutic and cosmetic benefits by cleansing the body of toxins and reducing unwanted inches.

Medi-Spa Facial: Enjoy a non-surgical therapeutic face lift which is relaxing and helpful for reducing wrinkles.

Medi-Spa Manicure: Is great for men or women. Includes: hand soak, nail shape, buff, hand and arm massage, and an environmentally friendly nail polish of your choice.

Medi-Spa Pedicure: Is great for men or women. Includes: aromatherapy soak, nail shape, buff, warm lotion massage, and an environmentally friendly nail polish.

Laser Acupuncture: Laser Acupuncture is similar to Acupuncture but instead of using needles, a laser and electrical current is used to stimulate acupuncture points for therapeutic purposes.

Zone Therapy (Reflexology): Receive a therapeutic and soothing massage on the feet. Tension is released while various body systems are balanced.

Neurofeedback: This alternative approach helps to regulate brain activity by reflecting the brain's own EEG information back resulting in more calming and integrated processing.

Infrared Sauna: Infrared radiant heat is a completely safe form of naturally occurring energy that heats surface and the deeper layer muscles resulting in a complete state of relaxation.

Saltwater Hot Tub: Relax, release stress and tension in our hot tub and enjoy the healing qualities of the salt water.

Personal Training: Enjoy a customized personal training session in the Honeymoon Bay Lodge & Retreat's Toadal Fitness Room and/or outside if the weather permits.

Labyrinth: "The Labyrinth is a Spiritual Tool that has many applications in various settings. It reduces stress, quiets the mind and opens the heart. It is a walking meditation, a path of prayer and a blueprint where the psyche meets the Spirit." The Rev.Dr.Lauren Artress.

Counselling and Life Coaching: Counselling can help provide healing for various types of life struggles. Moving through blockages in life can help free you to become the person that you want to be! Coaching will help you with setting goals in your personal life and professional life and with achieving them step by step! Consulting will help you with obtaining a new perspective on challenges and situations that can arise as you move forward!

Prayer Counselling: Where prayer is used to help promote wholeness. The process involves allowing God to work through the counsellor and client to help bring revelation & healing.

For further information and appointments please call 1-888-749-4252.