

SERVICE	DESCRIPTION	FEE	TIME (minutes)
All the World's a Stage	Is the world receiving the right message from the first impression you make? We discuss your personality, accomplishments, goals and lifestyle and then show you how to incorporate the best and most important of these aspects into your unique signature style. We'll show you how to bring out your best attributes to center stage!	\$20	60
Fashionomics	A wardrobe is an investment. We can assist you to develop a wardrobe that serves your lifestyle needs and is perfectly in line with your personal and professional goals. We will demonstrate how to start with what works in your closet now to build versatile 'wardrobe modules'. Next, we'll devise a plan to fill in the 'holes', maximize your clothing budget and make shopping easier and more focused.	\$20	60
Indian Head Massage	The art of Indian Head Massage originated from Ayurveda, the ancient Indian system of medicine. In the west we tend to view the scalp as independent from the rest of the body and treat it in a different way. In India the scalp is regarded as an extension of the body's skin and is lavished with care and attention. It is an integral part of the daily routine and is highly recommended for everyone throughout all stages of life.	\$25	30
Reflexology	Effective, relaxing and safe, reflexology works on similar principles to acupuncture without the use of needles. Instead the reflexologist uses a pressure point technique in and around the feet or hands. These reflex points correspond to and are relative to all the parts, glands and organs of the entire body. When the reflexes are stimulated, the body's natural electrical energy works along the nervous system to clear any blockages in the corresponding zones. The intent of reflexology is the balance the functioning of all the body's system, decrease tension and stress, while improving nerve function and blood circulation	\$25	30
Acupuncture	Among the oldest healing practices in the world. As part of traditional Chinese medicine (TCM), acupuncture aims to restore and maintain health through the stimulation of specific points on the body. Very thin needles are inserted into these specific points and used to increase or decrease the flow of "chi" or energy in the body bringing it toward optimal balance. Once the needles are placed there is often a feeling of deep relaxation.	\$30/\$60	30/60
Reiki	Reiki (pronounced "ray-key") is a method of hands on healing that originated in Japan. It is a deeply relaxing experience that eases pain, tension and stress, and balances the energy centers (chakras) of the body. When the energy centers are un-balanced our immune system becomes stressed and we can experience things like: depression, stress, anxiety, chronic headaches, chronic colds and flu, fatigue and insomnia. Reiki healing can provide long term relief because it heals at the source of illness - physical, emotional and mental.	\$30/\$60	30/60
Bowen Therapy	The Bowen Technique is a gentle, deeply relaxing, non-invasive physical therapy that frees the body to attain its natural balance and healing. Effective as a structural treatment for specific pain, Bowen therapy addresses the body as a whole. Its embrace often extends beyond the presenting symptom to the healing of underlying physical, chemical, emotional and mental causes of chronic illnesses. Bowen moves are light, gentle and very precise. There is no forceful manipulation. The practitioners are able to discern stress build-up in muscles and other soft tissue enabling them to perform specific Bowen moves to assist recovery and aid pain relief. There are frequent but essential pauses throughout the session that allow the body time to respond and begin the healing process. The practitioner can target a specific problem or address the body as a whole.	\$30/\$60	30/60
Iridology	Iridology is a quick and accurate system of health analysis through the examination of the iris used to discover the true underlying cause of imbalances in the body. The iris is an extension of the brain which is endowed with many thousands of nerve endings, blood vessels and connective tissue which receive impulses from every organ in the body. Changes in the body will result in a variety of markings on the iris, actual changes in the iris fibres. It is like the iris is recording the symptoms of the body. Iridology is concerned with the restoration of the health by restoration and maintenance of the health by supporting the body's own immunity and healing capability.	\$50	30
Facial Rejuvenation	Described by THE TIMES as a "viable alternative to cosmetic surgery", the "acupuncture facelift" is the most recent non-invasive procedure designed to treat fine lines and wrinkles, as well as improving the overall appearance of the skin. Based on the principles of Chinese Medicine, it helps the whole body to look and feel younger by addressing the physical, mental and emotional patterns that cause disease and contribute to the aging process. The use of Acupuncture to slow the visible effects of aging began in China in the Song Dynasty (960-1279 AD). In traditional Chinese medicine, it is known as 'Chinese Medical Cosmetology'. Studies published in the International Journal of Clinical Acupuncture showed that of 300 test cases who received facial rejuvenation, 90% showed results after one course of treatments.	\$60	60

Massage Therapy (RMT)		\$30/\$60	30/60
Tarot Card/Psychic Reading		\$20/\$30	20/30
Moth Jewellery	In our Moth Jewellery workshop, we will be creating a colourful waxed linen bracelet. Participants will choose a favourite colour combination, spectacular focal beads, learn traditional knots and go home with a beautiful handmade waxed linen bracelet. Beginners welcome. Bring your patience and creativity! All participants will receive a 10% discount coupon for any Moth Jewellery purchase at Sunday's Camp Muskoka morning shop!	\$45	90
Hungarian Wellness Mud Masks.	This multi-purpose mud is used in many treatments. It is a natural, anti-inflammatory as well as a deep cleanser. It nourishes the skin with its many minerals while it detoxifies and exfoliates. It is great for facials!	\$25	30
Watercolour Art	Participants will work from a photograph of nature and will be taught to sketch using pen, ink and watercolour.	Donation to The Cricket House	
Groove Method Dancing	The Groove Method of dance incorporates fun, accessible exercise with dance styles from around the world. 'Workout' has become a dreaded word to many, one that has grown to be synonymous with an unpleasant experience. Groove aims to change that! With fun, simple moves designed for people of all ages and fitness levels, Groove gives you a challenging workout without challenging your capabilities or patience. Unlike most dance forms, the Groove Method allows you to express yourself without fear of being wrong. We teach you the steps, but you make them your own. With inspiration from such genres as Bollywood, jazz, hip-hop, African, and Latin, to name only a few, Groove offers something for everyone. Groove's mission is to offer an engaging workout experience for everybody and every <u>body</u> , no matter shape, size, age, or prior dance experience, where the only rule is that you be yourself and have fun!	No Charge	
5 Tibetan Yoga	5 Tibetan Yoga can make a profound impact on your health, mental clarity and happiness. While they were initially given to yogis to harmonize their bodies and minds so that they could enter into deeper meditative states, as well as the physical benefits, they uncover the potential for anyone to discover the stillness and spaciousness within ourselves, thus leaving us more joy-filled and accepting of life as it presents itself. By the end of the 2 classes you will be able to go through the series of the Ancient 5 Tibetan Yogas and bring home techniques in Yoga, visualization and meditation for your daily life on a physical, mental, emotional and spiritual level. All levels welcome!	No Charge	
Low Impact/Core Exercise		No Charge	
Petticoats (Sleepwear, Lingerie) - Brassiere fittings available.		No Charge	
Pilates		No Charge	