



*Happy  
Valentines  
Day*

## Aspen Falls Spa Leaflet

**Valentines Special-February 12<sup>th</sup> and 13<sup>th</sup> Only**

Wild Rose Massage \$85.00 (each person)

Antioxidant Chocolate Facial \$90.00 (each person)

Served with Chocolates and Champagne

## February Specials

Botox Special \$50.00 off (min. 25 units)

Microderm with any 60 Minute Facial \$60.00 off

Photorejuvenation (with series of 5 purchase) \$250.00 off

Sky-hydrating Facial with Swedish Massage \$25.00 off

(Regular Price \$175.00 - Now \$150.00)

We would like to thank all of you who participated in our **FIRST**, Holiday food drive to make it a success, collecting over 1,100 lbs.

## Health Tip of the Month

Do you know what the simplest, yet most powerful tool is for establishing and maintaining physical and emotional health? It's your breath! For thousands of years, sages have taught the proper use of the breath, even equating it with life energy itself. One very effective technique is the belly breath, where you literally push out your stomach while slowly breathing in. Your breath then goes into your abdomen and there is very little, if any, movement in the chest. This calms the mind, lowers blood pressure, and reduces stress. With practice over time, the benefits you can obtain for your body and mind are huge. If you need instruction, visit our doctor of oriental medicine. Karen A. Reising . L Ac, MSOM, CBP.

### Landmark

5425 Landmark Place Suite 301  
Greenwood Village, CO 80111  
303-221-5995

### Castle Pines

880 Happy Canyon Road Suite 130  
Castle Rock, CO 80108  
303-660-1511

**\*Specials may not be combined with other coupons or promotions  
\*Spa Finders & Gift Certificates can only be used on Full Price Services**