

Don't just imagine relaxation every month of the year, experience it when you join Soteria's Massage of the Month club!

Melt stress away with a gift of relaxation. With Soteria's massage-of-the-month package, you can enjoy a unique massage all year through. The massage-of-the-month is a one-hour massage that includes an aromatherapy element at no additional charge. These scents, selected for 2008, also include healing benefits.

At Soteria, a holistic healing spa at Madonna ProActive, you will experience a healing oasis of calm and tranquility. The fusion of ancient wisdom and modern innovation brings you the most effective healing treatments from around the world.

January - Peppermint

Good for relieving headaches and migraines. It also provides an energy boost to fight fatigue

February - Rose Absolute

Say goodbye to dry skin. Rose absolute helps to rehydrate and cool skin.

March - Spearmint

Like the first signs of spring, spearmint is energizing for the mind and body. Plus, it has cooling and refreshing qualities.

April - Lavender

Calm your spirits in a shower of Lavender. This flowered scent acts as a natural relaxant.

May - Rosemary

With its uplifting scent, rosemary helps reduce muscle soreness and is said to aid in warding off memory loss.

June - Geranium

Enhance relaxation and balance unsettling nerves with geranium.

July - Lime

With its citrus "zing", lime is just the scent to refresh you—mind, body and spirit!

August - Lemongrass

Lemongrass is especially good for oily skin, good digestion and stress relief.

September - Ginger

Just as autumn's chill launches its strike, ginger is the herb to sooth aching muscles chilled by lowered temps!

October - Chamomile

Like a warm cup of hot tea, the scent of chamomile has a soothing, stress-relieving effect on the mind and body.

November - Cinnamon Leaf

Don't let pre-winter doldrums get you down! Let cinnamon leaf warm and stimulate your senses. Plus, it has a cleansing effect.

December - Juniper Berry

Detox your mind, body and spirit with the cleansing help of berries!

If you prefer no aroma, you are welcome to a scent-free massage. Massages with this package must be used on a massage/month basis.

soteria

a holistic healing spa at Madonna ProActive

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