

Highlands North Day Spa

IT'S TIME TO GET DIRTY!!!

Our Spring and April Specials at the Highlands are **all about the mud...**

Our Muddy Mountain Mess package

Regular price \$150.00 is on special for **\$100.00**

Package is **2 hours** long and includes:

- Full body mud exfoliation
- Full body mud wrap
- Face mud mask
- Hair mud Mask

Mountain High Mud Facial has a few add on's this month! We are adding a hair mud mask, while your face is receiving a mud exfoliation, mud mask, with a lavender scented wash. Mud lotion is used with the facial massage. While mask is resting on the face and hair is soaking in the mud a 10 minute foot massage is applied. Bye, Bye Stress, Hello beautiful face

75 minutes **\$65.00**

Footsie in the Mud.

Ok you may have heard that we are walking towards a more natural nail department.. Try our wonderful intensive foot treatment ... you lower legs will enjoy, a soak in Peppermint lavender wash, a mud exfoliation, a mud mask, and a mud lotion massage. Your hands will be dipped in warm paraffin and will also receive a relaxing hand and arm massage. This is a wonderful treatment if you are suffering from poor circulation, been on your feet all day , or just need a quick..."be good to me moment". After your paraffin comes off... your hands will be ready to hold a glass of wine that comes with this package.

1 hr **\$55.00**

All individuals receiving services must be at least 21 years of age.

Take these wonderful products home to continue your at home benefits!

All mud products 20% off for entire month of April.

(208) 263-3211

Benefits of Mud on the body: reduces signs of aging, improves circulation, shrinks large pores, rinses away blackheads and helps clear acne mud) is a great detoxifier for your natural hair and your body. It helps to remove toxins and leaves your hair extremely clean.

BENEFITS of MUD

1. Detoxifies

The mud's gentle pulling action helps gently exfoliate the skin and draw out impurities and toxins, so it's a perfect part of any holistic health detox plan. It's also great for oily, acne-prone skin.

2. Increases Circulation

Ever noticed how after doing a facial your skin is red? That's because facials stimulate blood flow and body masks or wraps do the same thing. Circulation helps bring vital nutrients and oxygen to your cells and carry away toxins and wastes — all essential to healthy and normal cell functioning.

3. Improves Skin Health

Mud is high in minerals, such as sodium, chloride, magnesium, potassium, iron, and calcium, so it nourishes the skin. It also naturally softens and moisturizes, so it dramatically improves the appearance and health of your skin leaving it more tone, even in texture, and clearer.

4. Treats Skin Conditions

Mud is useful for treating skin conditions, such as psoriasis, atopic dermatitis, and vitiligo, especially when used in with mud moisturizing creams, and increased sun exposure.

5. Relieves Aches & Pains

Mud is therapeutic and useful for treating rheumatic conditions, such as rheumatoid arthritis and osteoarthritis. It's also beneficial for fibromyalgia, tendonitis, bursitis, sports injuries, and recovery from orthopedic surgeries according to the DSRC. It's even useful for relaxing sore muscles. Therefore, take advantage and use the mud as a pack to treat specific sites if you don't have time for a full body treatment.

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