



PROVENCE

WELLNESS CENTER



A STATE-OF-THE-ART WELLNESS CENTER
IN THE HEART OF NEW YORK CITY
INSPIRED BY THE SOUTH OF FRANCE.

Welcome to the PROVENCE WELLNESS CENTER

You are cordially invited to our Provençal oasis located in Midtown New York City. At the Provence Wellness Center, we are wholly focused on an integrative approach to attaining and maintaining optimum health and detoxification.

Everyone who can benefit from detoxification will benefit from a visit to the Provence Wellness Center. Toxins are inescapable and abundant in the food that we eat, the products that we use, and the air that we breathe. Provence Wellness Center treatments are customized to detoxify depending on your wants and needs and are dedicated to helping you become a healthier you.

Everything about the Provence Wellness Center is meant to be exceptional and will set you at ease. Our highly trained staff will attend to your every need, from the smallest detail to their gracious style, warmth and professionalism. The Provence Wellness Center is your next step in the process of detoxifying and improving your health.



State-of-the-art Facilities in an idyllic, Provençal setting

The Provence Wellness Center is a new state-of-the-art day spa featuring a French Provençal décor alongside first rate, holistic medical offices.

The clay tiles of the flooring, earth tones of the walls and use of natural materials such as wood, metal, and glass connect the design to the Earth. The overall result is a unique interior with a European flair, with details reminiscent of the French countryside and Provençal style. The space is tranquil, uplifting, and charming – qualities one should expect when traveling to a holistic garden to heal body and soul.



Anitra Brown, a spa journalist for About.com, says of the Center:

"The Provence Wellness Center has a warm and luxurious French feel. You enter through a hand-made iron gate into a waiting area with red-tiled floors and an elegant wood fireplace. There are three rooms for colon hydrotherapy, a wet room for detoxifying body wraps and scrubs, an infrared sauna, a multi-headed shower, treatment rooms for massages and facials, and all the products are natural and paraben-free."



Our Staff

Your Provence Wellness experience begins with the people who book your appointments and perform your treatments. Our experienced and highly qualified staff consists of well-trained and certified professionals who are also warm and caring individuals. They all share a common goal in using their knowledge and experience to help you achieve a healthier lifestyle.

Jane Iredale Cosmetics

The Provence Wellness Center is proud to be an authorized Jane Iredale dealer. The Jane Iredale line, known as *The Skin Care Makeup*, is so safe and beneficial to use that it is recommended by plastic surgeons, dermatologists and skin care professionals throughout the world, and the Skin Cancer Foundation.

Jane's blend of minerals and pigments allows the skin to breathe and function normally while protecting it from air-borne pollutants. It is oil-free and water-resistant, so you will rarely need a touch-up during the day, even during the most strenuous exercise.



Why Detoxification?

According to the World Health Organization, 13 million deaths worldwide could be prevented every year by making our environment healthier. Due to our high exposure to unavoidable toxins that build up in our liver, kidneys, lymphatic system, and colon over time, it is necessary to detoxify our bodies to remain healthy. While the body does detoxify itself naturally to a certain extent, in today's polluted world it needs help ridding the toxins that it encounters. Here are some suggested ways one can detoxify.

Exercise is important to any detoxification regimen as sweating rids the body of toxic molecules. However, if you cannot exercise due to disability or injury, or need a break from exercising, make an appointment for an infrared sauna session where you can get the same benefits of exercise. While on *The Oprah Winfrey Show*, Dr. Oz reported that infrared sauna raises the metabolism a little bit and increases blood circulation. Infrared sauna gets the heart to beat faster and thus burns calories.

Detoxify by eliminating stress since stress creates harmful hormones such as cortisol, which can increase blood pressure and weaken the immune system. Book a massage to relieve yourself of stress and cortisol by stimulating blood circulation.



Additionally, a proper diet is essential to healthy bodily function and maintaining energy levels. Avoid foods, such as refined sugar, caffeine, and trans fat, that are known to be harmful to your health. Our intestine builds toxins that are frequently ingested and are partially excreted via the liver. Therefore, colonics, by removing stored wastes and irrigating the colon, can be very helpful in



assisting in the elimination of toxins. It is our firm belief that every detoxification program should incorporate colon hydrotherapy.

At Provence Wellness Center, our treatments help you detoxify in ways that suit your needs and lifestyle. They are important because toxin buildup can have significant effects on your physical well-being, causing headaches, weakness, and fatigue. Our goal is to help you create a healthier, toxin-free lifestyle that is comfortable and sustainable for you.



(Our Treatments)

The Provence Wellness Center offers a wide variety of treatments, all performed by highly trained, certified professionals. Each treatment is customized to maximize efficacy. We also feature specials throughout the year, so please ask about our latest offerings.

COLON HYDROTHERAPY

This is one of our most sought-after treatments for health and well-being. Colon hydrotherapy, also known as a colonic or colon irrigation, removes impacted waste and toxins from the large intestine, or colon. Using sterile, disposable speculums and tubes, our therapists induce natural peristalsis by softening waste with an introduction of filtered water and with gentle massage. Colon irrigation enhances the body's ability to absorb vitamins, minerals and essential fatty acids. Colonics also assist in hydrating the body, leaving one feeling lighter, refreshed, and more energetic.

EUROPEAN FACIAL TREATMENTS

This cleansing treatment supports your health with medicinal-grade essential oils that work on the whole body while restoring a healthy glow to your face. Each facial treatment, customized by our highly trained estheticians, includes skin analysis, gentle extractions, a mask blended fresh for every client, and a touch of juniper berry, coriander, and cypress to support the body's own natural detoxification processes.

THERAPEUTIC MESSAGES

A massage is much more than a feel-good indulgence; its important health benefits include detoxifying the body, improving blood circulation, stimulating the lymphatic system, and eliminating stress. Depending on your body's needs —relaxation, pain relief, stress reduction— our professional therapists will customize your massage using a variety of styles and techniques, including Swedish massage, deep tissue, trigger point therapy, acupressure, and shiatsu.

DETOXIFYING BODY WRAPS

Our therapists begin by gently dry brushing your body with a Tampico brush that removes dead skin cells and stimulates circulatory systems. Next, your skin is softened and nourished with detoxifying glacial mud, rich in vitamins E and B5, as you relax and enjoy a soothing scalp massage. After an indulgent trip to the invigorating, multi-headed shower, you are slathered with a hydrating, skin-nourishing lotion made with sweet almond oil and medicinal-grade essential oils, including *rosa centifolia*, carrot seed, and rose geranium.

ORGANIC SUGAR SCRUB

Give your skin the loving care it needs to function at its peak with a thorough full-body exfoliation. Your body is rubbed with a warm blend of organic sugar and oil to gently remove dead skin cells, revealing softer, smoother, younger skin cells just below.

INFRARED SAUNA

Surround your body with soothing infrared heat that penetrates deeply into the joints, muscles, and tissues speeding oxygen flow and increasing circulation. Infrared sauna therapy aids in detoxification, skin purification, pain relief, fibromyalgia easement, blood pressure reduction, weight loss, immunity defense, improved circulation, and wound healing. Afterwards, enjoy a relaxing massage shower to wash away all the toxins you have sweated out.

WHAT PEOPLE ARE SAYING:

"The place is immaculate and has the design of a 5-star hotel. The colonic was a great experience and I will be returning in the future. They are dedicated to the customer, and I hope all of my friends go." – Safiya S., Manhattan, NY

"This place is wonderful. The service is top of the line. The people are fantastic. I would give it 10 stars if I could. I had a facial... an amazing experience. [Krystyna] was wonderful and provided me with so much wisdom on my skin and how to care for it. The people there made me feel so welcomed and at home." – Sonny, Long Island City, NY

"It was one of the most relaxing hours I've had on a massage table! Mark was attentive towards the trouble-areas I highlighted, and really took the time to loosen up my knots. First-class!" – Sneha, Manhattan, NY

"Maria is a brilliant therapist, informed, discrete. She uses gentle pressure and made the experience very relaxing for me. She also followed up in an email with information on diet, candida, reversal of disease and I walked out with a feeling of wellness. How appropriate." – Jenny, Brooklyn, NY

"Vivian was extremely professional and made me comfortable, as it can be awkward. The colonic was fantastic!" – Stephanie, Jersey City, NJ

"Had my first facial there with Barbara and it was fantastic, my skin was positively glowing!" – Joanna, New York, NY

"Jill is great. She is attentive and ensures that you are comfortable during your colonic treatment. I decided to go to this center because of all the great reviews on Yelp and they were right." – Jenny, Bronx, NY

"This was my first colonic and to my surprise it was an enjoyable experience. The staff was very warm and welcoming. Robin the therapist was exceptional and extremely well versed in the colonic process, proper eating and digestion and fully prepared me for the experience. She was kind and caring. BTW when I left I felt like I lost quite a few pounds." – Michael, New York, NY

Please visit Yelp.com for more reviews from our many satisfied clients. All the reviews, even the filtered ones, are 100% genuine and non-compensated.



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