



All Natural Touch

Take pleasure in a sanctuary of pampering, offering a wide variety of treatments to restore one's natural state of equilibrium.

Each journey provides a peaceful passage calling upon both ancient traditions and modern techniques.

Revive your body, mind and spirit.

Experience sensory journeys for the mind. Drift into your own time and space. Treatment rituals are performed in harmonious stages that purify and nurture, offering balance and bliss. Awaken balanced and ready to embark on life's adventure.

All Natural Touch
Your Garden Gate to Beauty & Wellness!
Angela McPherson, C.N.A.
N.C. Licensed Esthetician and Manicurist
Executive District Manager, Arbonne International
201 McPherson Lane
Lexington, NC 27292

All Natural Touch Your Garden Gate to Beauty & Wellness!

MISSION STATEMENT:

To provide clients with the highest quality services in a relaxing, safe and sanitary environment. Constant continuing education ensures that you get the latest trends in the industry, as well as using the highest quality, healthy and professional approved products available.



"You can treasure many things. You should treasure a few things. There are two things you MUST treasure. Treasure life. And treasure people."

Your skin is....IMPORTANT TO ME!

Your skin is a self-repairing organ that covers your body, but reality is we only get one skin in which to live our entire lives. Health, diet and exercise have become issues of importance in the last decade, but great skin is sometimes overlooked. So many are health conscious with what they put in their bodies what treatments and products are used on their skin. Both are critically important, because new skin is constantly being generated. It plays such an important role, it only makes sense to allow professionals to care for your skin. Your skin is....important to me!

Bridal Services

What are the options?

- You and your party could do your own make-up. (Because none of you will have anything else to think about that day, and no one will forget anything, and heaven knows you'll sleep well the night before and won't need any extra help).
- Your best friend could do it...but remember that blind date she fixed you up for?!
- You could hire a professional team to help you look your best and make looking good simple and fun!

HOW MUCH WILL IT COST?

We know brides are on a budget and we want to make you beautiful on your special day and forever...so we have several packages for all kinds of budgets:

- 1. Bridal Portrait** This package includes a preliminary consultation with the bride, and make-up the day of the shoot with the artist staying to assist with the shoot. **\$130.00** (allow 1 1/2 hours ahead of shoot to prepare) 4 hour maximum*
- 2. Wedding Day Package for Bride and Party** This package includes preliminary consultation with Bride and party, skin care samples to condition skin prior to wedding day, make-up for bride and bridal party including mothers. **\$95.00 for every 3 people in the party** (for each 3 people to be made up - we will have one artist. Ex. A bride, both mothers, and 6 attendants = \$285.00)
- 3. \$100 Product Package** If the Bride (or any of her party) would like to replicate the look of her wedding day, honeymoon, rehearsal dinner, we will give her a \$100.00 package to include: 3 eye shadows, eyeliner, lip liner, lipstick, gloss, and blush we used in her photo. In a beautiful custom compact.

How Do We Work?

We have a preliminary consultation to make sure we're clear about what YOU want.

We encourage a preview party for a Bridal party to teach them about how to prepare for the big day. (If you're skin is already in great shape...we just make you MORE beautiful).

We offer great gifting options and pampering opportunities for the bridal party and family.

What effects do free radicals have on your skin?

free radicals of aging

"There is a feeling of eternity in youth, which makes us amend for everything. To be young is to be as one of the immortal Gods." --William Hazlitt

Though this quote is about youth, we unfortunately cannot relate to it until we experience aging. But that is not to say that age, and aging, cannot be fought gracefully.

Free radicals (which seem straight out of our youth!) are thought to relate to premature symptoms of aging, such as wrinkled, dry skin, hyperpigmentation and roughness. After the age of 50, the primary (natural) symptoms of aging include thinning, loss of subcutaneous fat, changes in elastin, collagen and the sweat glands, and a diminishment of the skin's ability to fight off microbial infections.

Secondary aging changes occur because of sun exposure, air pollution, alcohol, smoking, certain drugs and rapid weight loss, all of which, by no small coincidence, relate to the creation and release of free radicals into your system.

Aging problems related to free radicals are reversible. From personal attention to your specific needs to literally deactivating free radical action, you can age gracefully, continuing to feel that eternity of youth.

You can now purchase Salt Crystal Lamps from Angela's Naturalistic Touch.

What are they?? Salt Crystal Lamps are highly suitable for daily use near TV's and computers, around smokers, in offices with air conditioning, during massage therapy, in meditation rooms and anywhere else you want to restore or preserve the natural air quality.

Prices vary according to size.

Phone: 336-479-6417 www.allnaturaltouch.com

Treatment purposes & choices for great results:

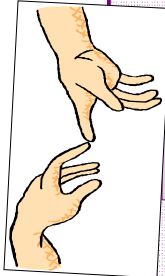
Encouraging collagen production • increasing skin's moisture content • neutralizing skin damaging free radicals • encouraging new skin cell growth • improving the skin's ability to protect itself • initiating skins healing repair • motivating anti-inflammatory characteristics • smoothing the surface of the skin • improving skin thickness • improving elasticity • offering effective acne treatments, • improving skin texture • improving skin tone • decreasing enlarged pores • firming and plumping your skin • treatments that provide nutritional skin supplements • treatments for facial de-stressing • improving broken capillaries and bruises • reducing aging and dark spots • retarding cell aging • intensive treatments for sensitive skin lightening & skin pigmentation problems and much more.

Mud and Clay Benefits: A Lesson in Skincare

History shows, mud has been used as a healing agent for cracks, bites, burns, and other skin afflictions. It has been used not only to soothe, but also to draw toxins and oils from skin. Pure mud can be detoxifying, remineralizing, hormonally balancing and anti-inflammatory. Mud is best known for its healing minerals: magnesium, calcium, potassium, bromide, and organic remains of plants. Mud treatments have proven effective in removing oil and impurities from the skin. This does not mean that you cannot enjoy a mud treatment if you have dry skin. Because of its healing powers for conditions like psoriasis, mud can benefit dry skin conditions as well. Hydration is provided at the end of the mud treatment. Both clay and mud come from the same earthy ground, but clay is a drying agent that is clarifying, with natural properties that balance oil, and is beneficial for acne or oily-prone skin. These are nature's healing gifts to us that we provide to you.

*"A celebration of the mind,
body and spirit"*

Manicures



Treat your hands to a moisturizing manicure today!

Manicures:

Basic Manicure: \$15.00

Spa Manicure: \$20.00

Features include an exfoliating scrub and hand mask and 15 min. Swedish Massage

Cran-Mani: \$25.00

Purifying, protective cranberry and revitalizing rosemary come together for the ultimate manicure treatment

Age-Defying Collagen Manicure: \$65.00

Lavender Hand Luxury: \$45.00

Other Hand Services:

Beautiful Hands Treatment: \$15.00

It only takes 7 days to have beautiful hands

Hand Peel: \$15.00

Take years off the look of your hands

Nail Wraps: \$50.00 for full set or \$5.00 each nail

Nails: \$45.00 full set / \$23.00 fill-in

Acrylic Nails: \$45.00 full set / \$23.00 fill-in

Acrylic colors are custom blended for your preference.

Paraffin Dip: \$15.00

Therapeutic Hand Wrap: \$15.00

Buff and Polish only: \$6.00

UV Drying: \$4.00

Nail Art: \$5.00 and up

Reflexology

30 Minute Session: \$35.00

60 Minute Session: \$65.00

Wellness Products and Treatments:

Complete line of vitamins and herbal products available with complementary consultations included. You can shop our vitamin shop online at www.mynsp.com/naturalistictouch or at www.naturalistictouch.myarbonne.com.

Complete Body Detoxification Treatment: \$325.00

Get ready to embark on a journey toward health, renewal, and rejuvenation. This program is about taking a rest and refreshing our body's natural detoxification systems. This mind-body detox treatment will provide you the opportunity to notice what heals you and what harms you, what burdens your body, heart and soul, and what supports your efforts to live in the healthiest way possible.

This treatment includes a 4 week on-going weekly consultation, weekly detox body wrap and coaching.

Chakras Counseling Sessions: 75.00 per hour

Includes simple exercises, visualizations, and meditations to:

- *Clear emotional baggage * Tap Spiritual energy * Optimize sexuality * Release creativity * Express feelings * Reverse bad habits * Become assertive * Manifest your life's purpose

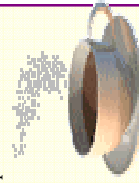
Chi Energy Therapy Session: \$75.00 for 60 minute session

Harness your chi energy and direct it in positive ways to enhance your health and well-being. Chi, your vital force, connects you to the world around you. It is the key element in feng shui, meditation, and other holistic therapies. Through practical exercises I'll teach you how to break down blockages and change patterns that often prevent success. From therapeutic Meridian stretches to chi-nourishing recipes, this complete program will integrate newfound strength and vitality into your life. This complete program lasts approximately 6-8 sessions.

Wraps & Body Treatments

Wraps and Body Treatments

- Warm Algae Wrap: \$95.00.** Detoxify and re-mineralize the skin with warm, protein-rich sea algae.
- Moor Mud Wrap: \$115.00.** After a thorough exfoliation, your body is wrapped in organic deep black Moor mud, which contains thousands of plant extracts and trace elements.
- Herbal Ayurvedic Detoxifying Body Wrap: \$85.00.** A delicious herbal experience that detoxifies the entire body.
- Cellulite Treatment: \$85.00.** Dramatically improve body tone with this wonderful seaweed treatment.
- Back Facial: \$75.00.** The Back Facial is a luxurious, high-intensity treatment using premier products that cleanse, tone, moisturize, and balance the often-ignored but oh-so important skin on the back.
- Parafango Wrap: \$95.00.** Get ready to reshape the silhouette!
- Detoxifying Body Paraffin Wrap: \$65.00.** This intensive detoxifying treatment begins with the application of a botanical cellulite gel over your specific problem area.
- Dead Sea Salt Glow: \$85.00.** The unique properties of this special combination will stimulate circulation and soften heels, elbows, and any other dry or rough areas of the body.
- Neroli Body Polish: \$55.00.** Enjoy the mesmerizing effect of the Neroli experience.
- Slimming Body Treatment: \$115.00.** See immediate slimming results.
- Glycolic Body Smoothing Peel: \$85.00.** A dramatic body resurfacing treatment designed to smooth the appearance of raised stretched marks, acne breakouts, scars, dark spots, rough or dry patches, and décolleté wrinkles.



“Enjoy a relaxing cup of HEALTHY COFFEE or HEALTHY TEA while you enjoy your treatment!”

Weight Loss

Nutri-System Weight Loss Plan: \$75.00 per week. Includes 5 weeks of food—one free week of food (35 breakfasts, 35 lunch, 35 dinner and 35 desserts), free weight loss counseling and exercise plan. Food can be shipped right to your door at no extra charge!



Pedicures

Pedicures:

Basic Pedicure: \$22.00

Spa Pedicure: \$30.00

Includes Exfoliating Scrub, Foot Mask and 15 min. Swedish Massage

Peppermint Pedicure: \$55.00

It's time to cool and invigorate those tired feet with the power of peppermint.

Cooling Pedi-Polish: \$65.00

Cran-Pedi: \$35.00

Purifying, protective cranberry and revitalizing rosemary come together for the ultimate pedicure treatment

Hot-Stone Pedicure: \$65.00

Smooth, warm stones are massaged on the feet and calves, rubbing out tension in an experience like no other.

Other Spa Services for the Feet:

Detoxifying Foot Facial: \$38.00

Oatmeal treatment that delivers the ultimate foot facial as it absorbs oil and toxins from the skin while balancing pH and replenishing necessary nutrients and vitamins to calm, relax and promote cell renewal

Therapeutic Wrap: \$15.00

Paraffin Dip: \$15.00

UV Drying - \$4.00

Nail Art - \$5.00 and up

Specialty Treatments:

Lash Tinting: \$20.00

Brow Tinting: \$18.00

Say hello to truly dramatic eyes. Color options ranging all the way from blue-black to auburn.

Luscious Lash Perm: \$65.00

Enjoy long, luscious lashes without the hassle of eye-pinching curlers.

Sunless Tanning: \$125.00 for 6 treatments

Ear Candling: \$65.00

Ear candling is a centuries-old practice used to remove wax buildup and inner-ear blockage.

There is no discomfort with this treatment.

Scalp Facial: \$50.00

This revitalizing scalp facial is rich in iron, manganese, iodine, calcium, and vitamins.

Eyes & Lips Rejuvenation Treatment: \$25.00

This remarkable anti-aging treatment is designed to rejuvenate the eyes and lips, reducing the signs of fatigue and dehydration.

Microdermabrasion Treatments: \$55.00 each or \$220 for 6 treatments (six for the cost of four!)

Waxing

Brows: \$8.00

Lip: \$7.00

Chin: \$7.00

Full-Arm: \$35.00

1/2 Arm: \$20.00

Full Leg: \$65.00

1/2 Leg: \$40.00

Bikini: \$30.00

Did you know?

**We offer Spa Parties
which include Wine
Tastings! Be sure to
ask me about our
Traveling Vineyard!
It's a wonderful
experience you WON'T
fine anywhere else!**

Facials and Peels

Basic Facial: \$45.00

European Facial: \$75.00. This enhanced European facial is a unique blend of European techniques and luxurious, specialized products.

Men's Fitness Facial: \$65.00. Designed for men, this customized facial provides deep pore cleansing and toning to restore fitness and vitality.

Glycolic Smoothing Facial: \$65.00. This intensive treatment rapidly exfoliates skin cells to clarify the complexion.

Oxygen Facial: \$40.00. Ahhh—give your skin a breath of fresh air! The oxygen facial delivers oxygen below the surface of the skin to thoroughly cleanse pores and increase circulation.

Power-C Paraffin Facial: \$85.00. Nourish and soften skin with a unique combination of paraffin wax and vitamin C. Filtered paraffin hydrates and replenishes skin revealing radiant, luminous skin.

Teen Facial: \$55.00. This relaxing, beneficial treatment promotes early habits for great skincare and hygiene.

Rosacea Cooling Facial: \$65.00. This facial is specially designed for clients who suffer with Rosacea.

Dermal Peel with Firm and Lift Facial: \$65.00

Anti-Acne Enzyme Peel: \$65.00. This dramatic peel offers intensive enzymes to help with acne-prone skin.

Lactic Lightening Facial: \$85.00

Enzyme Vita-C Peel: \$85.00. This wonderful treatment begins with a relaxing upper-back and shoulder massage to relieve tension. Next, specially formulated citrus peel is applied. As the enzymes work to clear and brighten the complexion, hands and arms are treated with nourishing products and warmed. The skin is then revitalized with a deep-purifying mask.

Deep Cleansing Facial: \$75.00

Pumpkin Peel: \$95.00. Natural pumpkin offers more than 100 nutrients and contains natural acids and antioxidants.

Revitalizing Anti-Aging Facial: \$85.00. This multi-step beautifying and skin renewal facial restores the skin's elasticity and suppleness. It re-establishes softness and vibrancy, especially to skin that is aging.

Aromatherapy Facial Massage: \$75.00. This treatment uses select essential oils to give a nice twist to the classic facial, providing intense remedies that meet your goals.

Gift Certificates Available