

CREATE YOUR RETREAT

with

LIVING SHORE SPA



CURATE YOUR SPA EXPERIENCE

1

Immerse yourself in Living Shore Spa's collection of indulgent treatments, thoughtfully designed to pamper the senses and restore balance.

Enjoy a full day of rejuvenating spa services, or enhance your event by building your own retreat from our à la carte menu. Add dining experiences, engaging workshops, and even overnight accommodations to create the perfect customized retreat for your group. **(Minimum group of 6)**



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Choose Your Retreat Service:

Select from one of our signature spa treatments – each includes a \$25 lunch voucher for Lakeside Seafood & Grill.

Add a Workshop:

Enhance your experience with a workshop of your choice (priced per menu).

Stay & Unwind:

Enjoy a complimentary Aquapath when you book any overnight accommodation.

1.0 SIGNATURE RETREAT SERVICES

2

Begin your retreat by selecting one of our signature spa services. Each guest may choose the treatment they prefer, and every service includes a \$25 lunch credit at Lakeside Seafood & Grill.

ORGANIC FACIAL **\$165/pp**

A nutrient-rich facial with cleansing, exfoliation, massage, and customized masks to reveal your natural glow.

REBALANCING MASSAGE **\$150/pp**

A 45-minute massage with nourishing oils and a refreshing mini facial cleanse to restore balance.

RELAXATION MASSAGE **\$145/pp**

A soothing full-body massage to ease tension, improve circulation, and melt away stress.

THAI FOOT MASSAGE **\$145/pp**

An ancient reflexology treatment from knees to toes that restores balance and revitalizes energy.

REIKI THERAPY **\$145/pp**

A gentle Japanese touch therapy that channels positive energy to improve sleep, mood, and balance.

REIKI FUSION MASSAGE **\$145/pp**

A holistic blend of reflexology and Reiki, enhanced with a foot scrub, heated eye mask, and warm towels.



2.¹ ENRICHING WORKSHOPS

3

Your retreat continues with a selection of enriching workshops, each guided by our trusted partners to inspire, relax, and restore. Whether you choose to immerse yourself in the calming vibrations of Sound Bath Meditation with Anita Dobbing, craft your own personalized Mala Beads with Aaryne Dawson, or explore transformational practices with Raven Murphy of Ravenspeaks, each experience offers a unique opportunity to relax, reflect, and reconnect. These offerings add a restorative and memorable dimension to your spa retreat.

Sound Bathing Meditation - \$75/pp

Led by Anita Dobbing

Immerse yourself in soothing vibrations from crystal bowls and chimes to release tension, restore balance, and promote inner calm. The session closes with a grounding tea ceremony, fostering mindfulness and a sense of togetherness.



Mala Bead Workshop – \$80/pp

Led By Aaryne Dawson

Create your own personalized mala in this hands-on workshop, selecting beads that reflect your intentions. A mindful, creative practice to enhance meditation and daily reflection.



Restorative Yoga - \$50/pp

Led By Aaryne Dawson

A gentle, slow-paced class using supported poses and deep breathing to release tension, calm the mind, and restore balance. Perfect for all levels.

2.2 ENRICHING WORKSHOPS

Alternatively, you may choose a workshop led by Raven Murphy of Ravenspeaks – \$150/pp. Her offerings go beyond simple relaxation, fostering a deeper connection to nature and self while bringing mindfulness, insight, and renewal. Like our other workshops, Raven's experiences add a meaningful dimension to your retreat, creating memories that are both transformational and lasting.



I. Cedar and Sage Land Teachings

Experience the healing and mindfulness benefits of cedar and sage through hands-on rituals that clear mental fog, enhance focus, and promote emotional balance, while deepening your connection to the land.

II. Nature's Messengers: Animal Totem Retreat

Discover the symbolic meaning of animals, explore your personal birth totems, and gain insights for personal growth while deepening your connection to nature.

III. Botanical Bliss Aromatherapy

Explore the therapeutic power of over 15 essential oils and create your own custom roll-ons in this hands-on, sensory-rich experience that nurtures body and mind.

IV. Cold Stone Restorative Yoga

Gentle restorative poses paired with soothing cold stones to release tension, balance body and mind, and promote deep relaxation and renewal.

V. Vision Mapping and Journaling

Reconnect with your inner self through guided intention-setting, vision mapping, and reflective journaling to gain clarity, insight, and renewed balance.



3.⁰ Book Your Stay *OPTIONAL

5

Complete your spa experience with an overnight stay and enjoy the comfort of waking up refreshed at Living Water Resorts. As a special bonus, overnight guests receive a complimentary Aquapath session the following morning—the perfect way to continue your journey of relaxation and renewal.



4.⁰ Create Your Retreat Today!

Curating your own retreat is all about creating meaningful moments together. Whether you're gathering friends, colleagues, or loved ones, our team will help you craft a shared experience filled with relaxation, connection, and renewal.

CONTACT US TO BEGIN

 **705-446-3262**

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LIVING SHORE SPA
BY LIVING WATER RESORTS

WELLNESS, YOUR WAY.