



# Sara's Sanctuary at Cardinal Cove Retreat

**New schedule for  
Women's Wellness Retreats:**  
Each event runs from  
9 a.m. Saturday to Sunday noon  
with a one night stay at Cardinal Cove  
Retreat, Lake Sara, Effingham.

Botanical Healing Arts owner Sara Holmes is pleased to announce updates to the Women's Wellness Weekends schedule. Sara is a Parkland College instructor in Complementary and Alternative Therapies. In addition to her B.S, she is a Licensed Massage Therapist, a Registered Aromatherapist, and active in numerous professional organizations.

**Each session is limited to 8 participants.** There are four sleeping areas, so you may have a room to yourself or share with a friend. Book early due to limited availability!

Each retreat there will be different health and wellness options to experience, including *therapeutic massage, aromatherapy, yoga or meditation, reflexology and Reiki*. The options will change so that you may benefit from exposure to diverse complementary wellness therapies.

\*The retreats begin with your arrival Saturday. Check in begins at 9 a.m. Everyone will be introduced and have plenty of time to unwind and enjoy the natural and serene surroundings.

\* Saturday you will have two healthy options for activities and will be provided with a healthy lunch and snacks. You may choose to dine with us at a fine restaurant serving local produce and farm fresh foods prepared for the evening. If you prefer to stay at the retreat, there is a full kitchen for your use.

\* Upon return, you may relax on one of our many porches, enjoy a cozy fire, take an aromatic bath or retreat to your room for personal reflection or reading. If you have a movie to share, there's a DVD player for the fifty inch television in the living room.

\*Sunday brunch will be served and there will be another optional activity. You may also choose to play golf, visit the beach, or create your own experience. It's your time to renew and refresh your healthy body, mind and spirit! Check out is noon Sunday.



**CHOOSE THE ACCOMMODATIONS  
FOR YOUR RETREAT**

**Saturday 9 a.m. to Sunday noon.**

Each person will receive lunch on Saturday, brunch on Sunday and various snacks and drinks throughout their stay. The dinner Saturday evening is optional but we will have reservations at The Firefly Grill, which is widely known for their amazing organic/local cuisine. All therapies listed for the retreat are included. Additional massage can be scheduled if desired.



**The Master Suite** has a lovely private bath with a garden tub and separate shower. From the king-size bed, you can look out the French doors that open to the deck overlooking the woods. The suite is \$225 for a single or \$175 each for double occupancy.

**The Garden Room and Woods Room** with shared bath and shower/tub are each \$200 for a single and \$150 each for double occupancy. The Woods Room has a queen-size bed and the Garden Room has two twins.



**The lower level bedroom** opens to its own shaded patio and splendid views of the woods. It has two single beds, its own half bath, and its own 32" television. It is \$200 for a single or \$150 each for double occupancy.



**2011 RETREAT SCHEDULE**

*Each retreat includes 1 nights lodging and the amenities described on page 1.*

*Would you prefer not to spend the night? Come for Saturday's activities only for \$125 per person. Lunch is included.*

**July 23-24, Saturday-Sunday** *Herbal delights and winery visits.* A weekend of good cooking and good health. You'll enjoy learning and shopping as we tour 3 area wineries! Here at the Cove, you'll learn to make your own herbal butters, salts and vinegars. You'll "melt" in the luxury of a one hour herbal massage, and take home a new knowledge of the benefits of meditation and of guided imagery.

**August 27, Saturday** A one day Garden Party! Our Earth Day one day only event in April was a great success, so we'll do another one August 27, starting at 9 a.m. and over at 4 p.m. It will be filled with great presentations, good food and fellowship. Contact Sara if you are interested as seating is limited to 30. The presentations and full schedule will be available in June.

**September 24-25, Saturday-Sunday** *Special Couples Wellness Retreat* (limit 4 couples). This event was an early sell-out in 2010! Therapies include couples therapeutic massage, and custom blending a signature massage oil. Saturday evening we will host entertainment and a wine and

**Call Sara at 217 621-9103 or 217 253-2468  
to schedule your revitalization today!  
If you have questions, please call, or email  
botanical healingarts@hotmail.com.**

**Have your own girls' weekend spa package!**

2 nights lodging for 4 to 6 participants - \$500.

1 hour massage, manicure/pedicure, and facial aroma massage -  
\$100 per person.

Complimentary bottle of wine and chocolates.