



Sara's Sanctuary

Women's Wellness
weekend retreats in a
secluded woodland.
Lake Sara,
Effingham, Illinois

Botanical Healing Arts owner Sara Holmes, BS, RA, LMT, NCTMB, is pleased to notify clients and friends that she will be hosting Women's Wellness retreats in this beautiful setting one weekend every month beginning in June.

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 weekend there will be different health and wellness options to experience, including *therapeutic massage, aromatherapy, yoga or meditation, reflexology and reiki*. Every month the options will change so that you may benefit from exposure to diverse complementary wellness therapies.

*The retreats begin with your arrival on Friday evening. Check in begins at 7 p.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 be provided with a healthy breakfast and lunch. 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 you will be offered 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.

CHOOSE THE ACCOMMODATIONS FOR YOUR RETREAT

Friday 7 pm to Sunday 11 am.

Each person will receive a continental breakfast and 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 Restaurant, 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.

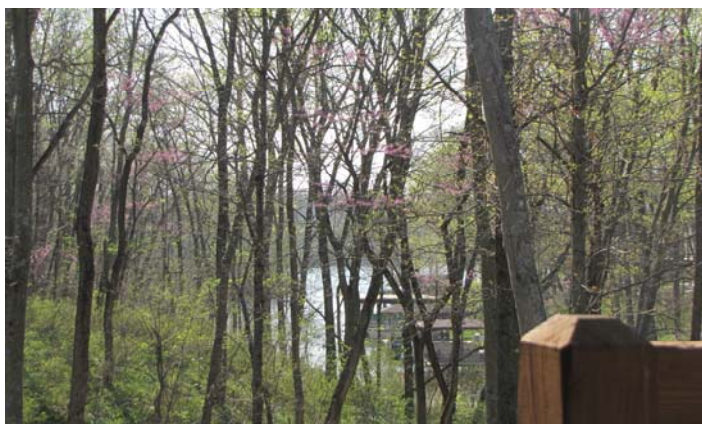


The Master Suite has a lovely private bath with a garden tub and separate shower. From the king-size bed, you can look out the French doors that open to the deck overlooking the woods. The suite is \$350 for a single or \$250 each for double occupancy.

The Garden Room and Woods Room with shared bath and shower/tub are each \$275 for a single and \$175 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 a queen-size futon, its own half bath, and its own 32" television. It is \$275 for a single or \$175 each for double occupancy.



2010 RETREAT DATES

June 26-27th Join us for a lavender lover's dream! *Focus on healing herbs and treasures of the garden.* You will visit an area lavender farm (transportation included), experience a therapeutic Lavender Massage, and make your own 100% natural, pure, lavender bath and body products. Snacks will also be herbalicious!

July 10-11th *Focus on energy renewal.* Therapies include Reiki, Reflexology, and a spa Herbal Foot Soak and Leg/Foot Massage.

August 14-15th *Focus on balancing body, mind and spirit.* Therapies include Chakra Balancing Massage, Meditation and Gentle Yoga.

September 25-26th *Focus on inner and outer beauty.* Therapies include Aroma Facials, Therapeutic Swedish Massage and Guided Imagery.

October 16-17th *Focus on positive change.* Therapies include Reiki, Meditation, and Mindful Touch Massage Therapy.

October 30-31st *Special Couples Wellness Retreat* (limit 4 couples). Therapies include Couples Therapeutic Massage, Custom Blending a signature massage oil. Saturday evening we will host entertainment and a wine and cheese sampling on the porch.

November 6-7th *Focus on Thankfulness and Gratitude.* Therapies include making a Gratitude Journal, making a Drumming Circle, and Chakra Balancing or Aromatherapy Massage.

December 11-12th *Focus on Stress Relief.* Therapies include Hot Stone Massage, Guided Imagery for a Peaceful Holiday Season, and Aromatherapy.

**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.**