

The Loft Wellness Spa and Holistic Center

Celebrating 10 Years!

NEW SERVICES

Yoga Consultations



As per our clients requests, we have implemented one-on-one-Yoga consultations that are available to be booked as an appointment through The Loft.

These consultations are designed for individuals of all fitness levels, regardless of yoga experience, that are wishing to explore the benefits of yoga and would like to continue the practice at home but do not know where to begin.

Length- 60 min.

Price \$65

(includes personalized program)

Just in time for sunny days, The Loft is offering a brand new Enzyme Peel from EMINENCE ORGANIC SKINCARE!

Announcing our featured Summer Facial! This intensive facial was selected specifically to assist in the rejuvenation and exfoliation of dead layers of skin. It is safe for sensitive skin types and effective for individuals who have received a variety of peels before. " Because it's a organic product, as all Eminence products are, our clients do not have to worry about the chemical exposure, or uncontrollable nature of chemical peels", states Tanya Evoy, certified Esthetician at The Loft Wellness Spa. This relaxing facial will provide the jump-start everyone needs after a long, dry winter. The pineapple enzyme is a gentle, but effective peel. All Intensive Facials at The Loft include a personal skin analysis which will determine what products are best suited for your skin type and how to use them. " We focus on education as well as personalized services at The Loft. This ensures that all clients know what benefits they are receiving and how to separate facts on what's important for the health of the skin.

Eminence Travel Packs Now available!



Call 613 264 9652 to book your appointment.

NOW GREEN SPA CERTIFIED

On Earth Day, this past April, The Loft Wellness Spa and Holistic Centre has become certified as a GREEN SPA.. They have been working to implement changes in order to qualify and happily received this honor on April 22/09.

NEW PRODUCTS NOW AVAILABLE

The Loft has been researching to find a product that will best suits the needs of their clients with regards to supplements!

"There is a lot available to individual and its difficult to make informed decisions. We've taken the work out of it for you!"

Platinum Naturals is a high quality Natural Nutritional supplement line, made in Canada and cre-

ated by David Chang, Registered Holistic Nutritionist.

These products contain a unique system called OST (omega suspension technology) by which nutrients are absorbed into the body at a faster rate, meaning you notice an improved sense of health and vitality much more quickly. Finally, you can feel good about taking a high quality supplement that actually works!

Platinum Naturals Products featured through The Loft:

~ *Supereasy Multi Plus- Women's or Men's Formula*

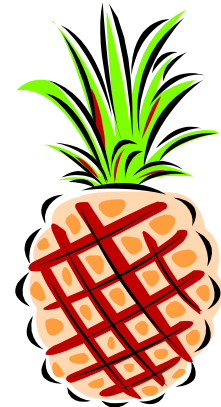
~ *Apple Cider Vinegar Diet*

~ *Activ -X Women's or Men's Formula (certified for sport)*

~ *Teen Multi-Womens' or Men's Formula*

Summer 2009

Volume 4, issue 1



Pineapple Enzyme Peel- \$83- 60 min.

Nutrition Tip

Drinking hot water with a slice of organic lemon in the morning, approximately 30 minutes before any other food or drink, can assist your body in properly eliminating toxins? It will also assist stimulating your digestive juices to make sure you are receiving the most nutrients out of your food.

RECEIVE \$10 off any service at The Loft Wellness Spa (\$50 minimum) when you refer a friend!

RECIPE WATCH

Spinach Salad with Cherries

Serving Size: 6

Amount

Ingredient

DRESSING

1/4 cup	extra virgin olive oil
1/4 cup	red wine vinegar
2 tsp	honey
1/8 tsp	black pepper

SALAD

5 cups moved	cleaned, torn spinach leaves - stems re-
1 cup	bite-size fresh pineapple wedges
1/2 cup	dried tart cherries, or fresh wash, drained
1/2 cup	thinly sliced red onion
	Crumbled Feta cheese -- if desired

Directions:

For the dressing, combine oil, vinegar, honey and pepper in a medium bowl; mix well.

For the salad, combine spinach with pineapple, cherries and onion in a large salad bowl. Spoon dressing over spinach mixture; mix to coat salad with dressing. Serve topped with Feta cheese, if desired. This is a great summer salad and its GLUTEN FREE. Enjoy !

B- Vitamin Summer Smoothie

Ingredients

- 1/4 cup almond or soy milk
- 1/2 cup pineapple juice
- 1 cup pineapple chunks, fresh or frozen
- 1 banana, peeled
- 2 teaspoons flax seeds
- 1 tablespoon wheat germ
- 1 teaspoon hemp oil

Directions:

1. Using blender, blend all above ingredients together, pour into glass and serve.

Benefits

Wheat germ is rich in B vitamins. Fish oil, evening primrose oil, flax seed oil and the hemp oil are all rich in the essential fatty acids important to health. Use any of them in this recipe.

Did you know??

B vitamins help to maintain the health of the nerves, liver, skin eyes and hair? They also assist in proper brain function and alleviating depression and anxiety.

WHY DETOXIFY

Summer can be a great time to embark on a new cleanse due to an abundance of available fruits and vegetables. This time of year also brings some more flexibility in scheduling demands and some inspiration within food preparation. Keep in mind that cleanses require additional water intake, as does the summer heat.

Cleanses range in quality, price, effectiveness and varieties which makes the choices slightly daunting. It is a great idea to book an assessment with a Registered Holistic Nutritionist (RHN) to determine the best suited for your needs.

Who should detoxify?

Everybody can benefit from some type of cleanse, resting their body functions for a time. The details of your detoxification process will depend on the individual's needs and lifestyle, which can be assessed by your Holistic Nutritionist. A diet which consists of higher fats, meats chemicals, refined foods,

dairy products may increase the requirement for detoxification. It is much better to incorporate a diet on a regular basis after cleansing that includes a non-toxic diet. Doing this regularly will require less need for cleansing.

Some symptoms of that its time to cleanse include:

Runny nose, nervousness, insomnia, hives, nausea, dizziness, sleepiness, depression, fatigue, skin rashes and constipation

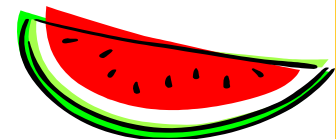
Backaches, fever, indigestion, bad breath, irritated eyes, sore throat, joint pains, frequent colds, immune weakness and obesity

Cleansing and detoxifying your body has a large amount of benefits which you will begin to notice almost immediately. As you detoxify your body more regularly these benefits will increase considerably each time and serve as your motivation to continue a non-toxic lifestyle. Some benefits you can expect to notice are listed.

Detoxification Benefits

- Rejuvenation
- Prevention of degeneration
- Helps negative thought patterns
- Mental clarity
- Prevent disease
- Reduce symptoms
- Purification
- Weight loss
- Clear skin
- Improved flexibility
- Improved fertility

For more information on protocols, see *Guide to Natural Cleansing*, written by Tanya Evoy, RHN, NNCP



Call 613 264 9652 to book your personal Nutrition assessment.