

RELAXATION ROOM

Rest

Reflect

Read

Restore

Our relaxation room is *reserved exclusively* for clients receiving spa or salon services and is open during regular reception hours. The intention of this space is to maximize the benefits of your service by allowing the Back To Bliss experience time to sink deeply into your muscles, nervous system, breath, and spirit.

We recommend adding at least an extra 45 minutes around your service, so you can arrive early and then rest afterwards; here, in our relaxation room.

We encourage you to make full use of the space by enjoying:

Any of our fine teas.

Reading a book- from our selection or bring one from home.

Sleep. Yep, you can just let go of the whole world for a bit and rest.

Silence....

Contemplation or

Journaling

We find that it is extremely beneficial to take the time to write out your thoughts. Getting some of the experiences that are brought up while at Back To Bliss down onto paper allows you to process, witness, and examine your mental and emotional space. The perspective it brings can bring about great insight and change.

Feel free to take one of our complementary journals to get you started.



BACK TO BLISS