

The New Year is the perfect time to re-assess your beauty and wellness routine and find new solutions, especially when the same old thing no longer does the trick. As the years go by or even as the seasons change, so do our goals and needs. Take this quiz to determine your perfect Spa service.

# NEW YEAR'S BEAUTY & WELLNESS

by Andrea Blair Cirignano

What is your initial reaction when you hear **'Happy New Year!'**?

“

Wellness encompasses a healthy body, a sound mind and a tranquil spirit. Enjoy the journey as you strive for wellness.  
-Laurette Gagnon Beaulieu

**I'm excited!**

I'm ready for a fresh, new start!

When it comes to beauty, what do you seek?

**Stressed!**

Where has the time gone?!

Will you start a new workout regimen or spice up your old routine?

To look younger

To embrace my natural beauty

I have a busy schedule, but want to dedicate some time to well-being

When I'm stressed...

Yes!  Maybe, but I'd like to relax

I'd like to focus on my skin and reduce:

Try a new hairstyle for the New Year  Enhance my current hairstyle

I don't have any free time, but I still want to look and feel great!

I look tired  I experience pain



**MUSCLE SORENESS:**  
Hot Stone Massage  
Personalized Massage  
Shiatsu Massage  
Deep Tissue Massage



**Aromatherapy Massage**  
Relaxation Massage



**UNEVEN SKIN TONE:**  
Micropeel  
Optimal Repair Facial  
The Perfect Peel



**FINE LINES & WRINKLES:**  
Microdermabrasion  
Microcurrent  
Personalized Facial



**Signature Hair Treatments**  
Designer Haircuts  
Color and Highlights



**Royal Blow Out**  
Signature Hair Treatment



**SAVE TIME:**  
Wi-Fi Massage  
Essential Manicure  
Essential Pedicure  
Sport Pedicure



**GET A NEW LOOK & LEARN HOW TO ENHANCE YOUR BEST FEATURES**  
Make-up Application Lesson  
Personalized Facial



**HEADACHES**  
MD Signature Massage  
Shiatsu Massage



**BACK PAIN**  
Deep Tissue Massage  
Shiatsu Massage



**ALLOVER**  
Relaxation Massage  
Spa Journeys  
Shiatsu Massage

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