



## *Anna M. Allen*

Anna received her Aesthetic license from Tampa Bay Career Academy in February of 1994, Continuing her education. She attended the International Aesthetic Conference in Paris, France and advanced classes in Brievre, France in April of 1996.

In 1996, Anna attended the Suncoast Center for Natural Healing, becoming State Certified in Massage Therapy in April of 1997. Broadening her knowledge of healing arts, she became a certified Qigong instructor in 2003, under Grand Master Wei Zhong, Foo. Continuing education includes training in Medi-Cupping, advanced aromatherapy classes in the chemistry and usage of essential oils, E-stim, Shiatsu, and Active Isolated Stretching developed and taught by Aaron L. Mattes, just to name a few.

Anna has been a member of Business Professional Women. She is involved in the community and has held leadership positions in several organizations. She is a current member of FSMTA & AMTA.



## *Mission Statement.....*

To share God's love and the love of life, through experiences of interacting with others, serving them in a way that brings healing to their body, mind and spirit, and helping them to emanate who they truly are to the world.

## *Cleanse with Water.....*

Did you know that most people don't drink enough water? Water is one of the most important ingredients in proper body function and cleaning out impurities from within. It is best to consume 50-70% of your body weight in ounces every day, depending on your activity level (the more active you are, the more hydrating fluids you should drink). Here is a simple formula to help you calculate how much water you should be drinking.

Example: 200 pound person

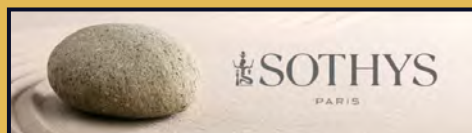
50% of 200 = 100 (100 ounces of water)

100 divided by 8oz. = 12.5 glasses of water per day.

50% is the minimum! I challenge you to try this at least for a few days just to see how good you will feel!

## *Cleanse with Breath.....*

Deep breathing from the diaphragm brings on a relaxed state in the body and clears the mind, allowing your true self to emerge. This allows you to always make the best decision in all aspects of your life: Social, Financial, Intellectual, Spiritual, Physical and Emotional.



# *BodyMindSpirit Connected*

## *Menu*



*Anna M. Allen, LMT*

MA#0023890 • MM#008423



## *Sothy's Skin Care Products*

Facials • Body Treatments

Massage • CRT

Balances Body for Optimal Health

**813-215-5050**

[www.BodyMindSpiritConnected.com](http://www.BodyMindSpiritConnected.com)

## Facial Treatments.....

All facials are done with SOTHY'S products. This is a professional French line, high in active ingredients, so you will see and feel the great results.

**European Facial**.....\$65  
Relaxing, stress relieving and a great cleaning for the skin. It includes an exfoliation, facial massage, and masque designed specifically for your skin's needs.

**Deep Cleaning Facial**.....\$79  
This facial includes all of the above plus the use of steam to open up the pores, to allow the cleaning of asphyxiated pores. Light massage and masque.

**Porcelain Spoons Contour Eye Treatment**....\$55  
The eyes tell a lot about a person. It works on fine lines in this area, dark circles, and puffiness.

*(This treatment can be added to a facial for \$30 & adds about 30 min to a facial time).*

## Institute Treatments.....

**Collagen Hydrunique (CH) Facial**.....\$105  
**Hydra3Ha**.....\$95  
**Facial Peel with Vitamin C Treatment** .....\$95  
**Men's Detoxifying/Destressing Treatment**.....\$75

## Massage & Body Treatments. ....

**Japanese Facial Massage**.....\$79  
**Deep Tissue Massage:** Hour.....\$79  
30 Min.....\$45  
**Reiki: For Healing**.....\$50  
**Essential Oil Massage**.....\$79

*Try one of these unique massage treatments:*

Energy • Stress • Relief • Detoxifying  
Toning • Balancing

**Buff N' Soft**.....\$50  
with Massage.....\$85  
Buffs off the top layer of dead skin cells.

**E-Stim Treatment**.....starting at \$20

This treatment utilizes acupuncture points with electrical stimulation to relieve pain in: neck, shoulder, back, carpal tunnel, headaches and other areas.

## Customized Elite Series.....

The best results are achieved when you commit to receiving a treatment once a week to 10 days for 6 treatments. You will also see results in one treatment, yet the 6 treatments build on one another for best results and longer lasting experience. All of the treatments are 90 minutes and cost \$150.00 each.

*\*Full series paid upfront \$750.00  
a \$150.00 savings.*

**Rejuvenation Treatment:** Ayurvedic oils personalized to your needs. You leave feeling lighter, energized, rejuvenated, and younger as the face massage gives you a lift.

**Muscle Meltdown:** This is great for those lacking sleep, needing healing or grounding.

**Body Renewal:** Great for reshaping, detoxing, toning, cellulite.

**Raindrop Massage:** This treatment is helpful in removing emotional fears of the past and moving the body into a healing state of being.

**Renewed Life:** Fully clothed and is done mainly on the head. It incorporates two techniques called CRT and BARS. You will leave feeling lighter, purposeful in life with a positive outlook on life's challenges.

## Waxing.....

The waxing is done with the use of a French wax called Cirepil made from all natural resin versus a honey wax giving you little to no breakage of hair during removal, resulting in much a smoother, longer lasting waxing. Formulated with anti-irritants to protect the skin.

**Legs (knee down)**.....\$35  
**Legs and Thighs**.....\$70  
**Bikini**.....\$25  
**Brazilian Wax**.....\$50  
**Underarm**.....\$18  
**Brow**.....\$25  
**Lip**.....\$10  
**Chin**.....\$10

Waxing of back, shoulder, full face, arms etc. is done upon request. Prices may vary depending on the amount of hair to be removed.

## Enhancer's.....

Enhancer's and make-up application are items that can be added to any treatment. Ask salon professional for the current list, descriptions and prices.

Personalized Package Deals  
Available or ask about our  
Gold, Silver, or Bronze Memberships.  
**Gift Certificates Available**

