

TOTAL BODY EQUILIBRIUM



Get ready for the ultimate transformation! Embark on an exciting six-week journey that places you firmly on the path to achieve and maintain your personal health and well being. By combining personal fitness, nutrition, and overall wellness, this signature program takes a multi-disciplined approach to balancing and enhancing the three treasures of body, mind, and spirit. Work with a warm, friendly team of professional specialists, instructors, and nutritionists at Boston's newest spa, Equilibrium, to motivate and inspire you to be the best that you can be. Gain strength, balance, and enjoy being at home in your body!

- Enjoy 6-weeks of unlimited fitness and mind body classes, designed to strengthen your body and mind
- Benefit from your choice of a 60 minute massage or facial every week in addition to unlimited use of the eucalyptus steam room to improve flexibility, enhance the inner glow of your skin, and promote peace and tranquility
- Work one-on-one with a wellness coach and registered dietician to create a healthy eating program that supports your lifestyle and health requirements, including a 2 hour at home cooking demonstration
- Reestablish your body's energetic balance and improve your metabolism with bi-weekly

Your Gift Locations*

Equilibrium
Boston, MA

Availability

Year round, 7 days a week

Duration

6 week experience

Essential Information

Minimum age is 16 years old; gratuities not included

Numbers

Experience for 1



*GIFTS ARE REGIONALLY BASED. PLEASE VISIT WWW.EXCITATIONS.COM/REDEEM FOR THE LATEST LOCATION LISTINGS • ED01-06-3258-A