Need some gift ideas? Why not treat someone to a gift from the Well?

Fitness News

Did you know that we have Fitness Program Writing available for you here at the Well? If you want the expertise of a Personal Trainer, but can't make it in for regular appointments, or you prefer to workout in the privacy of your own home, try out this great service! Our Fitness Instructor Lisa will create a program for you, based on your own interests, strengths, limitations, needs, and goals. She will also show you how to execute each exercise to ensure you perform them effectively and safely.

For more information, or to find out how your body could benefit from this service, speak to your clinician!

Keep your eyes open for a Pilates class to begin in January! Also, look below for a printable Fitness coupon!

Massage Minute: December's Therapeutic Body Wrap

This month's Therapeutic Body Wrap is the perfect gift for that special person in your life who needs a little pampering.

Holiday Happiness

Revive your weary and tired body with a stimulating and exfoliating Milk & Honey Sugar Body Polish, followed by a Cocoa-Comfort Massage Balm wrap. It's sure to melt away your holiday stress, leaving you in a blissful state of relaxation.

One 90-minute body wrap costs $140. Call 610-847-1941 to schedule your appointment with Adrienne!