

'Rejuvenessence' and 'Nurture Works' invite women to our

## 'CARING FOR ME' DAY

Shayne Davy (Rejuvenessence) and Nicole Turner-Butler (Nurture Works)

*will share their passions and skills creating a nurturing space  
to rest, restore and revive the mind, body and spirit.*



Sunday 2nd March 2014

10.00am-3.30pm

Green Point Community Centre

96 Koolang Rd, Green Point

**\$100** Early Bird offer until 10/2/14  
then \$115

### YOUR DAY INCLUDES:

- ◆ An Aromatherapy Head/Shoulder Massage
- ◆ Gentle Yoga/Relaxation sessions
- ◆ Homemade Treats with Herbal Tea tastings
- ◆ A beautiful Vegetarian Lunch prepared with love
- ◆ Green Smoothie and Fresh Juice tastings
- ◆ A gift bag and surprise treats

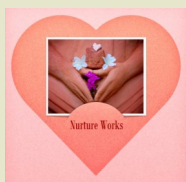
*Leave feeling refreshed and nurtured with self care  
tips to take home and include easily in daily life.*

For further information and Bookings Contact

Shayne: 43 602 347 E:info@rejuvenessence.com.au

Places are limited, book yours NOW!

RSVP 23rd February 2014



www.nurtureworks.com.au



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