

## THE blue grotto

A pearl exclusive, this self-service body treatment detoxifies, firms and hydrates while creating a unique social experience for friends and significant others.

Using paintbrushes and your inner Picasso, begin this treatment by applying therapeutic marine clays and muds, from around the world, from head to toe. Each mask provides a different effect, allowing you to address all of your wellness needs. Once covered in mud, step into the Blue Grotto; our signature steam room. Enjoy conversation and the fiber optic light show while the clays begin to melt like butter, drawing harmful toxins from your skin. Complete the experience with an invigorating hydro-shower, cleansing you completely and providing total rejuvenation.

Excellent for a girls night out, an anniversary or birthday celebration or prior to any massage therapy session. Swimsuit recommended.

\$100 per person | 50 minutes

## THE great abyss

THE pearl is pleased to introduce THE great abyss, a modern meditation experience.

Did you know that an estimated 75 percent to 90 percent of all doctor visits are for stress-related issues? Stress is a factor in heart disease, cancer, stroke, respiratory disease and many accidents.

THE great abyss is an exceptionally relaxing experience that uses technology to induce meditation. It stimulates both neurological and psychological changes within your body to create a better state of wellbeing. It's been described as like getting 4 hours of sleep in 25 minutes.

The SolTec lounge chair was created by neurologist, Dan Cohen, best known for his creation of Breath Right Nasal Strips. He began research in 1996 to develop an easy way to induce profound levels of relaxation and meditation, producing dramatic levels of stress reduction in addition to greater presence and happiness.

Dr. Dan describes the technology behind SolTec as this: "Synchronized sound and vibration cause areas of the brain responsible for maintaining too high a level of vigilance (the stress response) to be inhibited. This automatically produces a profound state of relaxation. The synchronized magnetic field therapy stimulates the human energy system, causing greater integration with the physical body, which results in positive physical, emotional, mental and energetic effects. By experiencing and learning what this profound state of relaxation feels like, we can learn to reproduce this feeling much of the time."

With repeated treatments of THE great abyss, one will be able to learn what deeper states of relaxation feel like and will be able to recreate this feeling of restorative relaxation anytime.

25 minutes, \$40

50 minutes, \$75