

PURPLE BASIL MEDSPA AND WELLNESS

ESCAPE THE EVERYDAY: YOUR GUIDE TO PURPLE BASIL MEDSPA AND WELLNESS

ARE YOU FEELING OVERWHELMED, STRESSED, AND LONGING FOR A LITTLE SELF-CARE? DO YOU DREAM OF A TRANQUIL ESCAPE WHERE YOU CAN REJUVENATE YOUR MIND, BODY, AND SOUL? THEN LET'S TALK ABOUT PURPLE BASIL MEDSPA AND WELLNESS. THIS ISN'T JUST ANOTHER SPA; IT'S A SANCTUARY DESIGNED TO HELP YOU REDISCOVER YOUR INNER PEACE AND OUTER RADIANCE. THIS COMPREHENSIVE GUIDE WILL EXPLORE EVERYTHING PURPLE BASIL MEDSPA AND WELLNESS OFFERS, FROM LUXURIOUS TREATMENTS TO HOLISTIC WELLNESS PRACTICES, ENSURING YOU LEAVE FEELING REFRESHED AND REVITALIZED. WE'LL DELVE INTO THE UNIQUE SERVICES, THE ATMOSPHERE, AND WHAT MAKES THIS MEDSPA A TRULY EXCEPTIONAL CHOICE FOR YOUR SELF-CARE JOURNEY. GET READY TO UNWIND AND DISCOVER YOUR PERFECT ESCAPE!

UNWINDING AT PURPLE BASIL: A SANCTUARY FOR BODY AND MIND

PURPLE BASIL MEDSPA AND WELLNESS DISTINGUISHES ITSELF THROUGH ITS COMMITMENT TO A HOLISTIC APPROACH TO WELLNESS. WE'RE NOT JUST TALKING FACIALS AND MASSAGES (THOUGH THOSE ARE CERTAINLY PART OF THE EXPERIENCE!). WE AIM TO CREATE A TRULY IMMERSIVE EXPERIENCE THAT ADDRESSES YOUR OVERALL WELL-BEING. THE AMBIANCE IS DESIGNED TO PROMOTE RELAXATION FROM THE MOMENT YOU STEP INSIDE. THINK CALMING MUSIC, SOFT LIGHTING, AND THE SUBTLE AROMA OF ESSENTIAL OILS – ALL METICULOUSLY CURATED TO TRANSPORT YOU TO A PLACE OF SERENITY.

INDULGE YOUR SENSES: A MENU OF EXCEPTIONAL TREATMENTS

AT PURPLE BASIL, WE OFFER A WIDE RANGE OF SERVICES TAILORED TO MEET YOUR INDIVIDUAL NEEDS AND PREFERENCES. LET'S EXPLORE SOME OF OUR SIGNATURE OFFERINGS:

1. REJUVENATING FACIALS:

FORGET BASIC FACIALS. OUR CUSTOMIZED FACIALS UTILIZE HIGH-QUALITY, NATURAL PRODUCTS TO DEEPLY CLEANSE, EXFOLIATE, AND HYDRATE YOUR SKIN. WE CATER TO VARIOUS SKIN TYPES AND CONCERNS, OFFERING TREATMENTS FOR ACNE, AGING, HYPERPIGMENTATION, AND MORE. OUR EXPERIENCED ESTHETICIANS WILL WORK WITH YOU TO CREATE A PERSONALIZED TREATMENT PLAN THAT ADDRESSES YOUR SPECIFIC NEEDS.

2. LUXURIOUS MESSAGES:

EXPERIENCE THE ULTIMATE RELAXATION WITH OUR DIVERSE MESSAGE THERAPIES. FROM SOOTHING SWEDISH MESSAGES TO DEEP TISSUE TREATMENTS AND SPECIALIZED MODALITIES LIKE HOT STONE MESSAGE, WE HAVE SOMETHING FOR EVERYONE. OUR SKILLED MESSAGE THERAPISTS ARE DEDICATED TO RELIEVING MUSCLE TENSION, IMPROVING CIRCULATION, AND PROMOTING DEEP RELAXATION.

3. ADVANCED SKINCARE TREATMENTS:

WE OFFER A RANGE OF ADVANCED SKINCARE TREATMENTS DESIGNED TO ADDRESS MORE COMPLEX SKIN CONCERNS. THESE MAY INCLUDE CHEMICAL PEELS, MICRODERMABRASION, AND OTHER INNOVATIVE TECHNIQUES TO IMPROVE SKIN TONE, TEXTURE, AND OVERALL APPEARANCE. OUR AESTHETICIANS WILL GUIDE YOU THROUGH THE OPTIONS AND RECOMMEND THE MOST SUITABLE TREATMENT FOR YOUR INDIVIDUAL NEEDS.

4. BODY TREATMENTS:

INDULGE IN OUR LUXURIOUS BODY TREATMENTS DESIGNED TO NOURISH AND REVITALIZE YOUR SKIN. THESE MAY INCLUDE BODY WRAPS, SCRUBS, AND OTHER TREATMENTS TO IMPROVE SKIN TONE, TEXTURE, AND HYDRATION. WE USE ONLY THE HIGHEST QUALITY NATURAL PRODUCTS TO ENSURE A TRULY LUXURIOUS AND EFFECTIVE EXPERIENCE.

5. WELLNESS PROGRAMS:

BEYOND INDIVIDUAL TREATMENTS, PURPLE BASIL ALSO OFFERS COMPREHENSIVE WELLNESS PROGRAMS DESIGNED TO SUPPORT YOUR OVERALL WELL-BEING. THESE PROGRAMS MAY INCORPORATE ELEMENTS OF NUTRITION, EXERCISE, MINDFULNESS, AND OTHER HOLISTIC APPROACHES TO HELP YOU ACHIEVE YOUR WELLNESS GOALS. THESE ARE HIGHLY CUSTOMIZABLE TO FIT YOUR LIFESTYLE AND HEALTH ASPIRATIONS.

MORE THAN JUST A MEDSPA: A COMMUNITY OF WELLNESS

PURPLE BASIL IS MORE THAN JUST A PLACE TO RECEIVE TREATMENTS; IT'S A COMMUNITY OF LIKE-MINDED INDIVIDUALS WHO PRIORITIZE THEIR WELL-BEING. WE FOSTER A WELCOMING AND SUPPORTIVE ENVIRONMENT WHERE YOU CAN CONNECT WITH OTHERS ON A SIMILAR JOURNEY. WE BELIEVE THAT TRUE WELLNESS IS A JOURNEY, NOT A DESTINATION, AND WE'RE HERE TO SUPPORT YOU EVERY STEP OF THE WAY. WE REGULARLY HOST WELLNESS WORKSHOPS AND EVENTS DESIGNED TO EDUCATE AND EMPOWER OUR CLIENTS TO LIVE HEALTHIER, HAPPIER LIVES.

EXPERIENCE THE PURPLE BASIL DIFFERENCE: BOOK YOUR ESCAPE TODAY!

FROM THE MOMENT YOU ARRIVE AT PURPLE BASIL MEDSPA AND WELLNESS, YOU'LL FEEL A PALPABLE SENSE OF CALM AND TRANQUILITY. OUR DEDICATED TEAM IS COMMITTED TO PROVIDING AN EXCEPTIONAL EXPERIENCE THAT GOES BEYOND THE TYPICAL SPA VISIT. WE'RE PASSIONATE ABOUT HELPING YOU ACHIEVE YOUR WELLNESS GOALS AND REDISCOVER YOUR INNER RADIANCE. DON'T JUST TAKE OUR WORD FOR IT – BOOK YOUR APPOINTMENT TODAY AND EXPERIENCE THE PURPLE BASIL DIFFERENCE FOR YOURSELF.

CONCLUSION:

PURPLE BASIL MEDSPA AND WELLNESS OFFERS A UNIQUE AND HOLISTIC APPROACH TO SELF-CARE, BLENDING LUXURIOUS TREATMENTS WITH A COMMITMENT TO OVERALL WELL-BEING. WE INVITE YOU TO ESCAPE THE EVERYDAY AND EMBARK ON A JOURNEY OF REJUVENATION AND SELF-DISCOVERY. DISCOVER THE TRANSFORMATIVE POWER OF SELF-CARE AND UNLOCK YOUR INNER RADIANCE AT PURPLE BASIL.

FAQs:

1. WHAT ARE YOUR HOURS OF OPERATION? OUR HOURS ARE [INSERT HOURS HERE], BUT APPOINTMENTS ARE RECOMMENDED.

1. DO YOU OFFER GIFT CERTIFICATES? YES, WE OFFER GIFT CERTIFICATES IN VARIOUS DENOMINATIONS, MAKING PURPLE BASIL THE PERFECT PLACE TO GIVE THE GIFT OF WELLNESS.

1. WHAT PAYMENT METHODS DO YOU ACCEPT? WE ACCEPT ALL MAJOR CREDIT CARDS, DEBIT CARDS, AND CASH.

1. DO YOU HAVE PARKING AVAILABLE? YES, WE HAVE AMPLE FREE PARKING AVAILABLE FOR OUR CLIENTS.

1. WHAT SHOULD I WEAR TO MY APPOINTMENT? COMFORTABLE, LOOSE-FITTING CLOTHING IS RECOMMENDED FOR MOST TREATMENTS. WE'LL PROVIDE YOU WITH ANY NECESSARY GARMENTS FOR SPECIFIC SERVICES.

📖 purple basil medspa and wellness: Guide to Hydrothermal Spa Development Standards

Global Wellness Institute, 2016-03-09 The Guide to Hydrothermal Spa Development Standards is published by the Global Wellness Institute and was created to provide design and building guidelines for hydrothermal areas (also known as wet areas) in spas and private residences. Hydrothermal bathing (including saunas, hamams, steam rooms, hydrotherapy pools, etc.), with its benefits of cleansing, detoxifying and improving the immune system, dates back thousands of years and is one of the most ancient spa practices. The goal of this guide is to provide readers - whether they be spa owners, consultants, developers, interior designers, architects, builders, professors, students or anyone embarking on the study or build of a hydrothermal facility - with a consistent and effective means to approach the planning and construction of these unique areas and to avoid common, costly mistakes.

purple basil medspa and wellness: *Leap of Faith* Cameron Hamilton, Lauren Speed, 2021-06-15 The fan-favorite couple from Netflix's *Love Is Blind* share their ups and downs after two years of marriage, love advice for the modern world, and behind-the-scenes anecdotes from the pods--

purple basil medspa and wellness: The Rainbow Juice Cleanse Ginger Southall, 2015-03-29 The Rainbow Juice Cleanse is a revolutionary program that employs the nutritious, healing properties of a rainbow of vegetables to kick start weight loss and improve overall health. While most juicing books include recipes for high-sugar fruits, Dr. Ginger explains that most fruits can actually ruin a detox for people looking to lose weight or for anyone who has diabetes or blood sugar issues. Instead, Dr. Ginger shows readers how to properly shop the rainbow of produce with a plan that entails consuming red, orange, yellow, green, blue, indigo, and violet fresh, raw, organic juices. In just seven days, readers will detoxify their bodies and lose up to seven pounds of fat! Each day of the program focuses on a different color of the rainbow, ensuring the best possible nutrition profile and guaranteeing positive results. By drinking the rainbow, readers will shed pounds and experience anti-aging, renewed energy, and a better balanced body. Also included are 50 food and juicing recipes and 20 full-color photos.

purple basil medspa and wellness: *The Three Minute Meditator* David Harp, Nina Smiley, 2008-08 Meditation produces a mental state known as mindfulness, characterized by clarity, insight, and serenity, no matter what's going on in the outside world. Unfortunately, many people feel they're too busy to sit down for a relaxed meal, much less set aside time to meditate. The Three Minute Meditator was written for those harried souls who crave the benefits of mindfulness but who feel they just don't have the time. It offers an easy-to-follow seven-step program that can be put into practice immediately and by anyone. Written in plain, jargon-free English, this simple plan shows that meditation doesn't need to be arcane, difficult, or painful, that it won't take time away from anything else, and that it can be learned and practiced in quick spurts throughout the day. Also included are special sections on how to apply mindfulness techniques to physical pain, relationships, aging, parenting, and other issues.

purple basil medspa and wellness: *All Hair Is Good Hair* Annagjid Kee Taylor, 2019-10-17 All Hair Is Good Hair tells the story of how ten year old Samaya struggles with loving her natural God

given hair. She believes she has “bad hair” and expresses her insecurity with her mother. In a culture saturated with digitally altered photos and videos, raising girls with high self-esteem can be scary. But Samaya’s mother is determined to instill self-love and influence her both by what she says and what she does. In this book, Samaya reveals the events that lead her to acknowledging that All Hair Is Good Hair.

purple basil medspa and wellness: Theory of Social Enterprise and Pluralism Philippe Eynaud, Jean-Louis Laville, Luciane dos Santos, Swati Banerjee, Flor Avelino, Lars Hulgård, 2019-05-20 In the past decades, social enterprise has been an emerging field of research. Its main frameworks have been provided by Occidental approaches. Mainly based on an organizational vision, they give little or no room to questions such as gender, race, colonialism, class, power relations and intertwined forms of inequality. However, a wide range of worldwide hidden, popular initiatives can be considered as another form of social enterprises based on solidarity, re-embedding the economy as well as broadening the political scope. This has been shown in a previous book: *Civil Society, the Third Sector, and Social Enterprise: Governance and Democracy*. Thus, to be more than a fashion or a fictitious panacea, the concept of social enterprise needs to be debated. Southern realities cannot be only understood through imported categories and outside modeled guidelines. This book engages a multicontinental and pluridisciplinary discussion in order to provide a pluralist theory of social enterprise. The book will be of interest to researchers, academics and students in the fields of social entrepreneurship, social innovation, development studies, management studies and social work.

purple basil medspa and wellness: Common-sense Ethics Cyril Edwin Mitchinson Joad, 1921

purple basil medspa and wellness: Break the Mold Jill Crista, 2018-09-24 Traditional Chinese edition of *Break The Mold: 5 Tools to Conquer Mold and Take Back Your Health*

purple basil medspa and wellness: The Second Gulmohor Apurva Samant, 2018-06-06 Life takes Anandita from a sprawling metropolis to a secluded faraway small town. There, the dreamy posh life meets real life problems. Just as Anandita is on the verge of hating her life, she meets new people and falls in love with them and herself. From an enviously luxurious life to a life of adjustment and compromise; are Anandita's dreams worth it? A story of everyone's life through anandita's eyes.

purple basil medspa and wellness: The Hippocrates Diet and Health Program Ann Wigmore, 1983-12-01 For more than forty years, Ann Wigmore, founder of the renowned Hippocrates Health Institute and internationally acclaimed holistic health educator, taught that what we eat profoundly affects our health. She was among the first to note that our modern diet of “convenience food” was the prime cause of illness and obesity, and she offered a positive alternative. Developed over a twenty-year period at the Hippocrates Health Institute, one of the nation’s first and finest holistic health centers, the Hippocrates Diet allows the body to correct its problems naturally and at its own pace. Through a diet of fresh fruits, vegetables, grains, nuts, and super nutritious foods such as sprouts and wheatgrass juice, all of which are prepared without cooking, the body is able to restore its internal balance—and its capacity to maintain a healthy weight, fight disease, and heal itself. The Hippocrates Diet and Health Program is an indispensable guide to healthy living, filled with easy-to-follow recipes and money-saving health tips. It is never easy for anyone to break bad eating habits, but when you are ready to make the decision to lose weight, regain youthful energy, or prevent illness, The Hippocrates Diet and Health Program can be your guide.

purple basil medspa and wellness: Elvis Presley's Love Me Tender Elvis Presley, 2017-11-14 The king of rock-and-roll's #1 hit song Love Me Tender is now an endearing picture book. Adapted from the unforgettable classic song, Elvis Presley's Love Me Tender is a heartwarming ode to the special bond between children and the adults who love and care for them--be they parents, grandparents, adoptive parents, aunts, uncles, or guardians. With its simple, timeless message, Elvis Presley's Love Me Tender is destined to join Guess How Much I Love You as a baby shower staple. And the sweet, inclusive illustrations make it a book every family will treasure all through the years, 'till the end of time.

purple basil medspa and wellness: The Australian Official Journal of Trademarks , 1906

purple basil medspa and wellness: **Dismazed and Driven** Diane Nilan, 2020-11-15 Intrepid family homeless advocate, Diane Nilan's memoir of her journeys to tell the tale of children and their families seeking education while experiencing homelessness.

purple basil medspa and wellness: La Gringa Carmen Rivera, 2008 La Gringa is about a young woman's search for her identity. Maria Elena Garcia goes to visit her family in Puerto Rico during the Christmas holidays and arrives with plans to connect with her homeland. Although this is her first trip to Puerto Rico, she has had an intense love for the island, and even majored in Puerto Rican Studies in college. Once Maria is in Puerto Rico, she realizes that Puerto Rico does not welcome her with open arms. The majority of the Puerto Ricans on the island consider her an American - a gringa - and Maria considers this a betrayal. If she's a Puerto Rican in the United States and an American in Puerto Rico, Maria concludes that she is nobody everywhere. Her uncle, Manolo, spiritually teaches her that identity isn't based on superficial and external definitions, but rather is an essence that she has had all along in her heart. This play is published in a bilingual edition; if you are applying for licensing rights, please state which version you wish to produce.

purple basil medspa and wellness: 100 Ways to Happy Adams Media, 2021-01-19 Brighten your day and bring happiness to your life with these 100 simple activities and exercises to find joy whenever you need it most. Finding happiness when times are tough can be difficult, but it is possible—all you need to do is practice and find the right tools that work for you! In 100 Ways to Happy, you will discover 100 activities, quotes, thought exercises, and more to bring happiness to your life whenever you need it most. From creating a vision board to partaking in joyful meditation, this beautiful and practical guide has a method for everyone to try. Never let life get you down again with these simple, effective ways to live more joyfully.

purple basil medspa and wellness: **Becoming** Novel Publishing, 2021-07-19 Girls face so many challenges as we work to become the women we want to be. Guided journaling offers prompts, which are thoughts and questions that we can write about, learning more about who we are and who we want to become. Once you're conscious of the things which make you who you are, you can move forward into your life as a woman with confidence and courage. Answer the prompts head-on by writing directly into this book and watch as you Become the Best Version of You! Included are diary pages, sketch/scrapbook pages, and other activity pages for you to be as creative as you like when expressing your thoughts, feelings, and ideas. Feel free to unleash your artistic self! Becoming... a journal for girls and teens provides space for daily journaling as well as weekly writing prompts that promote: self-exploration goal planning positive thinking list-making creative writing imaginative thinking and more. The perfect gift for the girls in your life who are navigating their teen years!

purple basil medspa and wellness: **Beautiful Inside and Out** Gena Lee Nolin, Mary Shomon, 2013-10-08 Baywatch star Gena Lee Nolin shares her story of undergoing and overcoming two decades of misdiagnosed thyroid disease and shows how the estimated sixty million Americans suffering from thyroid disease can learn to live healthy, happy, and beautiful lives. The most comprehensive, user-friendly handbook available for anyone suffering from thyroid disease: everything you need to know to reclaim the happy, healthy, wonderful life you deserve! Gena Lee Nolin, a star of the hit TV series Baywatch, was the picture of perfect health. Then suddenly she was plagued by a baffling array of symptoms: exhaustion, brain fog, bloating, depression, hair loss, and debilitating changes in energy, weight, and mood, culminating in lifethreatening symptoms during her pregnancy. Like millions of American women, Nolin was struggling with undiagnosed thyroid disease. Thyroid problems leave women feeling anything but beautiful, and often they find themselves stigmatized by friends, family, the media—even doctors. But it doesn't have to be that way! Collaborating with New York Times bestselling author and internationally recognized thyroid patient advocate Mary Shomon, Nolin uses her own story to deliver practical information vital for anyone struggling with thyroid issues. Readers will learn how to get diagnosed accurately and treated effectively, how to lose weight, balance hormones, solve beauty challenges, and regain their self-confidence. Full of practical checklists, questionnaires, and advice from America's leading

experts in thyroid and hormonal health, here is a heartfelt, helpful guide for women who are ready to feel strong, sexy, and beautiful again.

purple basil medspa and wellness: The Chesapeake House Cary Carson, Carl R. Lounsbury, 2013-03-25 For more than thirty years, the architectural research department at Colonial Williamsburg has engaged in comprehensive study of early buildings, landscapes, and social history in the Chesapeake region. Its painstaking work has transformed our understanding of building practices in the colonial and early national periods and thereby greatly enriched the experience of visiting historic sites. In this beautifully illustrated volume, a team of historians, curators, and conservators draw on their far-reaching knowledge of historic structures in Virginia and Maryland to illuminate the formation, development, and spread of one of the hallmark building traditions in American architecture. The essays describe how building design, hardware, wall coverings, furniture, and even paint colors telegraphed social signals about the status of builders and owners and choreographed social interactions among everyone who lived or worked in gentry houses, modest farmsteads, and slave quarters. The analyses of materials, finishes, and carpentry work will fascinate old-house buffs, preservationists, and historians alike. The lavish color photography is a delight to behold, and the detailed catalogues of architectural elements provide a reliable guide to the form, style, and chronology of the region's distinctive historic architecture.

purple basil medspa and wellness: The Complete Idiot's Guide to Girlfriend Getaways Lisa Kasanicky, 2009 Women.

purple basil medspa and wellness: Blepharoplasty Ronald L. Moy, Edgar F. Fincher, 2006 Blepharoplasty, the latest topic to publish in the Procedures in Cosmetic Dermatology series, covers all the bases. All the standard procedures are described in full detail, a pearls section gives advice on common problems and how to manage them. Covers the latest procedures to perform Blepharoplasty. Provides the tricks of the trade of practically minded, technically skilled, hands-on clinicians. Features a wealth of color illustrations and photographs that depict cases as they present in practice. Discusses common pitfalls and emphasizes how to optimize outcomes, enabling you to improve your technique. Highlights emerging topics in the field, with guidance on the newest developments in cosmetic surgery

purple basil medspa and wellness: Aromatherapeutic Blending Jennifer Peace Rhind, 2015-10-21 Synergistic blending is at the very core of aromatherapy practice. This book explores the concept of synergy and the evidence for its presence and significance, and provides practical guidance on how to build aromatherapeutic blends effectively and safely based on research evidence. The author covers new and exciting developments in research into the use of essential oils, explores the merits and limitations of holistic, psychosensory and molecular approaches to blending and suggests effective ways of choosing the most suitable approach for individual clients. Evidence-based profiles of essential oils and absolutes are included and the comprehensive tables summarising their actions enable practitioners to identify easily potential contenders for synergistic blends. Throughout the book, the author encourages students and practitioners of all levels to reflect on their practice, appraising the intended outcomes of their blends and treatment plans, so that they can emerge more knowledgeable and insightful practitioners.

purple basil medspa and wellness: The Vanquishers Kalynn Bayron, 2022-09-20 In the world of the Vanquishers, vampires were history . . . until now. A sharp vampire tale full of bite, heart, and humor. --Rena Barron, author of the Maya and the Rising Dark series Boog and her friends will capture your heart in an instant. --Mark Oshiro, author of The Insiders Malika "Boog" Wilson and her best friends have grown up idolizing The Vanquishers, a group of heroic vampire hunters who wiped out the last horde of the undead decades ago. Nowadays, most people don't take even the most basic vampire precautions--the days of garlic wreaths and early curfews long gone--but Boog's parents still follow the old rules, much to her embarrassment. When a friend goes missing, Boog isn't sure what to think. Could it be the school counselor, Mr. Rupert, who definitely seems to be hiding something? Or could it be something more dangerous? Boog is determined to save her friend, but is she ready to admit vampires might not be vanquished after all? No one ever

expected the Vanquishers to return, but if their town needs protection from the undead, Boog knows who to call. Inspired by Buffy the Vampire Slayer and The Watchmen, this adventure launches readers into an exciting new series.

purple basil medspa and wellness: Bobbi Brown Living Beauty Bobbi Brown, 2009-04-06 On the eve of her 50th birthday, bestselling beauty-book author and cosmetics industry icon Bobbi Brown offers expert makeup tips that can redefine beauty for women in midlife, with more than 200 full-color photos illustrate her advice. Bobbi Brown, CEO of a major cosmetics company bearing her name, began the trend toward natural-looking cosmetics and has gathered a loyal fan base of top editors at elite fashion magazines, including InStyle, Vogue, Allure and Harper's Bazaar. Celebrities such as Meryl Streep, Annette Bening, Susan Sarandon, and Oprah--as well as millions of regular women throughout the world--swear by her beauty advice. Just in time for her 50th birthday, Bobbi Brown has written THE book redefining beauty for women over 40, BOBBI BROWN LIVING BEAUTY. In this refreshing look at beauty and aging, Bobbi offers readers specific surgery-free solutions for a stunning face, showing how makeup can solve many of the flaws that many women go under the knife to fix. In fact, the right makeup can create glowing skin, lift the cheeks, plump the skin...and take years off a woman's face. Bobbi demonstrates how it's done. With step-by-step makeup instructions and inspiring essays by role models like Susan Sarandon and Lorraine Bracco, Bobbi Brown's natural approach to aging will enlighten and inspire women everywhere.

purple basil medspa and wellness: Body Electric Margaret Richard, 2008-04-14 Strong muscles and bones defy the aging process. Margaret Richard's Body Electric program offers you the spectacular opportunity to realize your fitness potential. --Miriam Nelson, Ph.D., bestselling author of Strong Women Stay Young Some things never get old. You certainly don't tire of vibrant health, youthful energy, radiant good looks, and the strength to live your life any way you please. Unfortunately, our bodies do get old--but old doesn't have to mean weak and flabby. Margaret Richard's Body Electric program will give you stronger muscles, denser bones, better balance, increased energy, and a quality of life that is defined by the things you can do rather than those you can't. Work out with Margaret Richard, creator and host of "Body Electric," seen nationally on PBS-TV. You'll look better, feel better, and live better. Body Electric helps you: Increase your strength, stamina, and flexibility in just three hours a week Gain lean muscle and reduce unhealthy body fat Exercise from the comfort of your own home Avoid aches and injuries by working gently on joints and powerfully on muscles

purple basil medspa and wellness: Yoga Mind Suzan Colón, 2018-02-27 Suzan Colon, yoga teacher and former senior editor at O, The Oprah Magazine, digs deep into the spiritual philosophy behind yoga and distills thirty essential components to enrich your practice and revolutionize your life from the inside out. We live in an increasingly stressful world, and we know about the hazardous effects stress can have on our health. But meditating and mindfulness can sometimes seem elusive, unattainable, and impossible to fit into our busy days. Even the word "yoga" usually makes many people think of complicated, twisty poses—but that's not everything. In its complete sense, yoga is a collection of life lessons for wellness and well-being and a spiritual technology from ancient times that is now more relevant, and necessary, than ever. In Yoga Mind, Suzan Colon shares thirty essential components to increase self-awareness and inner balance to use throughout your day—in traffic, on the train, at your job, and home. She outlines how we can use yoga to cultivate resilience in challenging times, reduce stress, and enrich our relationships with family, work, and ourselves. This guide contains a 30-day program designed to create subtle yet powerful shifts in awareness and attitude that lead to real, lasting change. Whether you're a hardcore yogi or a beginner to the practice, Yoga Mind can help you unite your body, mind, and heart to become your best self and cultivate lasting happiness in your life.

purple basil medspa and wellness: First to Fall Ken Ellingwood, 2021-05-04 A vividly told tale of a forgotten American hero—an impassioned newsman who fought for the right to speak out against slavery. The history of the fight for free press has never been more vital in our own time, when journalists are targeted as "enemies of the people." In this brilliant and rigorously researched

history, award-winning journalist and author Ken Ellingwood animates the life and times of abolitionist newspaper editor Elijah Lovejoy. *First to Fall* illuminates this flawed yet heroic figure who made the ultimate sacrifice while fighting for free press rights in a time when the First Amendment offered little protection for those who dared to critique America's "peculiar institution." Culminating in Lovejoy's dramatic clashes with the pro-slavery mob in Alton, Illinois—who were torching printing press after printing press—*First to Fall* will bring Lovejoy, his supporters and his enemies to life during the raucous 1830s at the edge of slave country. It was a bloody period of innovation, conflict, violent politics, and painful soul-searching over pivotal issues of morality and justice. In the tradition of books like *The Arc of Justice*, *First to Fall* elevates a compelling, socially urgent narrative that has never received the attention it deserves. The book will aim to do no less than rescue Lovejoy from the footnotes of history and restore him as a martyr whose death was not only a catalyst for widespread abolitionist action, but also inaugurated the movement toward the free press protections we cherish so dearly today.

purple basil medspa and wellness: *This Messy Magnificent Life* Geneen Roth, 2018-03-06 Geneen Roth, author of the #1 New York Times bestseller *Women Food and God*, explains how to take the journey to find one's own best self in this "beautiful, funny, deeply relevant" (Glennon Doyle) collection of personal reflections. With an introduction by Anne Lamott, *This Messy Magnificent Life* is a personal and exhilarating read on freeing ourselves from daily anxiety, lack, and discontent. It's a deep dive into what lies behind our self-criticism, whether it is about the size of our thighs, the expression of our thoughts, or the shape of our ambitions. And it's about stopping the search to fix ourselves by realizing that on the other side of the "Me Project" is spaciousness, peace, and the capacity to reclaim one's power and joy. *This Messy Magnificent Life* explores the personal beliefs, hidden traumas, and social pressures that shape not just women's feelings about their bodies but also their confidence, choices, and relationships. After years of teaching retreats and workshops on weight, money, and other obsessions, Roth realized that there was a connection that held her students captive in their unhappiness. With laugh-out-loud humor, compassion, and dead-on insight she reveals the paradoxes in our beliefs and shows how to move beyond our past to build lives that reflect our singularity and inherent power. *This Messy Magnificent Life* is a brilliant, bravura meditation on who we take ourselves to be, what enough means in our gotta-get-more culture, and being at home in our minds and bodies.

purple basil medspa and wellness: *Solid Ivory* James Ivory, 2021-11-02 The irreverent, brilliant memoirs of the legendary filmmaker James Ivory In *Solid Ivory*, a carefully crafted mosaic of memories, portraits, and reflections, the Academy Award-winning filmmaker James Ivory, a partner in the legendary Merchant Ivory Productions and the director of *A Room with a View*, *Howards End*, *Maurice*, and *The Remains of the Day*, tells stories from his remarkable life and career as one of the most influential directors of his time. At times, he touches on his love affairs, looking back coolly and with unexpected frankness. From first meeting his collaborator and life partner, Ismail Merchant, at the Indian Consulate in New York to winning an Academy Award at age eighty-nine for *Call Me by Your Name*; from seeing his first film at age five in Klamath Falls, Oregon, to memories of Satyajit Ray, Jean Renoir, *The New Yorker* magazine's film critic Pauline Kael (his longtime enemy), Vanessa Redgrave, J. D. Salinger, George Cukor, Kenneth Clark, Bruce Chatwin, Ruth Praver Jhabvala, and Merchant—Ivory writes with invariable fluency, wit, and perception about what made him who he is and how he made the movies for which he is known and loved. *Solid Ivory*, edited by Peter Cameron, is an utterly winning portrait of an extraordinary life told by an unmatched storyteller.

purple basil medspa and wellness: *The Vegetarian Epicure* Anna Thomas, 2014-01-01 The classic cookbook—which has sold almost a million copies—designed to make every meal a celebration of life from the vegetarian pioneer who paved the way for Mollie Katzen and Deborah Madison. Here, Anna Thomas shows home cooks how to prepare 262 delicious vegetarian dishes, from soups and bread to curries and sweets. Gorgeously illustrated with charming line illustrations, and also featuring tips on menu planning, advice on entertaining, and holiday recipes, *The Vegetarian Epicure* is an essential kitchen companion for vegetarians and vegetable lovers alike.

purple basil medspa and wellness: Good Evening, Friends Dave Ward, 2019-07 In *Good Evening, Friends*, Houston's iconic Eyewitness news anchor Dave Ward shares his untold personal and professional stories. Known as the most trusted voice in Houston, Ward first joined ABC's KTRK-Channel 13 in 1966 and today hosts *Dave Ward's Houston* on ABC13. His journey from a simple life as the son of an East Texas pastor to become a welcome daily presence in the homes of millions of Houstonians unfolds as if it were preordained. As his early love of music and passion for technological innovation combined with his skill for distilling a story to its essence, it became apparent that Ward not only had a gift as a broadcaster but also a talent for riding the waves of change in the industry and emerging ever more beloved by his audience. In these pages, Ward details a remarkable sixty-year career as a newsman that began before the JFK assassination. He takes readers behind the scenes of America's most successful local news team--revealing his personal history with Marvin Zindler, chronicling the growth and development of the U.S. space program, and providing fascinating play-by-play about life on the road with the Houston Oilers in the Luv Ya Blue era. Additionally, Ward details his instrumental role in establishing Houston Crime Stoppers, the city's top non-profit dedicated to public safety, and he opens up about his personal struggles and dramatic brushes with death. Whether he was covering wars in Vietnam and the Middle East or providing accurate and in-depth coverage of presidential elections and historic natural disasters, Ward has always provided his audience with a clear and unbiased understanding of the news. Now, this long-awaited book captures the spirit of Houston as it presents a candid look at the man who has faithfully investigated its problems and broadcast its stories through almost seventy years of constant change.

purple basil medspa and wellness: Bar Chef: Handcrafted Cocktails Christiaan Rollich, Carolyn Carreño, 2019-04-09 An inviting handbook for cocktails rooted in classics and updated with a farm-to-glass ethos, from one of LA's most innovative mixologists (Forbes). Celebrated Los Angeles bartender Christiaan Röllich approaches a drink the way a master chef approaches a dish: he draws on high-quality seasonal ingredients to create cocktails for every occasion. In *Bar Chef*, Röllich shares 100 original recipes for drinks that are as beautiful as they are delicious, including the Quixote (gin and grapefruit); a Kentucky Sour (bourbon and homemade cola syrup); Eggnog for the holidays; and Röllich's signature drink, the Green Goddess (green tea vodka and cucumber with arugula, jalapeño, and absinthe), which has become a part of the language of LA. Featuring easy-to-follow recipes for syrups, tinctures, liqueurs, and bitters with herbs, spices, and seasonal fruit, Röllich guides you through his creative process, demystifying the craft of cocktail making. With stunning color photography and the suave storytelling of your favorite bartender, *Bar Chef* will become a go-to bar book for home cooks and cocktail enthusiasts, inspiring and pleasing readers with every drink.

purple basil medspa and wellness: Yoga's Path to Weight Loss Kathleen Kastner, Kathleen Kastner M S, 2015-12-20 This holistic approach to weight loss focuses on the power of yoga to help you heal your relationship with yourself, your body and food. Yoga, union with the Divine, shifts your consciousness in favor of self-love and more conscious eating and living. It brings balance and discipline into all areas of life, helping you to feel more joy and fulfillment from the inside out. This program also includes prayer, meditation, walking in nature and eating a whole foods plant-based diet for optimal health, animal compassion and environmental sustainability. Vegan recipes are included. If you want to lose weight, get glowing skin and love yourself more, this book is for you!

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2022-05 Max Wendt has a family . . . but it's sliding sideways, and he has been complicit in its faltering. His wife and his daughter have pulled away from him amid his frequent absences, leaving him to bridge the distance between what he remembers and the way things are now. Max Wendt has a job . . . but it carries him away from home most of the time, and its dynamics are quickly changing. There's a surprising new hire on his pipeline crew, strife among coworkers, and a boss whose proclivities put everything in peril. Max Wendt has a friend . . . but this odd man Max meets during his travels perplexes him, prods him, pushes him, and annoys him. He sees something in Max that Max can't see in himself, and he's holding tight to his own pain. Max Wendt has a problem . . . More than one, in fact, and those problems are flying at him with increasing velocity. Can someone who has spent his life going with the flow arrest his own destructive inertia, rebuild his relationships, and find a better way?

purple basil medspa and wellness: Alcohol-related Emergencies , 1984

purple basil medspa and wellness: Aromatherapy Solutions Veronica Sibley, 2005-03-01 The natural power of aromatherapy can revitalize body and spirit--which is why it has become one of the most popular complementary therapies. Take advantage of its unique healing potential with this beautifully photographed guide, now available in this smaller, handier format. Here is complete guidance on blending the oils and choosing the right ones to relieve a wide range of physical and emotional symptoms, from colds to digestive disorders, from skin breakouts to anxiety. An illustrated full-body massage sequence practically guides your hand, stroke by stroke, through a sensual massage. There are also massages meant for babies and children, and to aid relaxation. For quick reference, a directory sets out the properties of all the recommended essential and carrier oils.

purple basil medspa and wellness: Beauty by Design Malcolm W. Marks, Christopher A. Park, 2016-04-15 We are fortunate to live in a golden age of healthcare. A wonderful array of technological and medical advances can keep us alive for many more years than in the past. For many, though, it is not enough just to add years of life. We need to be both productive during those added years and capable of competing with younger people in the workplace. We have to develop a sense of well-being and satisfy our own individual ideals of physical appearance. Ideally, we are not excessively vain and are satisfied with our appearance. It is, however, understandable to develop an interest in maintaining and improving our external physical appearance while developing an internal equanimity. It is to these seekers that we dedicate this book.

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