



"Cellular Detox"

Himalayan Salt Scrub and Body Glow

Invigorating and fortifying salt scrub that leaves your body hydrated and glowing as it should. Our salt scrub is enhanced with detoxifying and restorative properties of pure essential oils and Himalayan salt, known for its rich mineral content to help tone, cleanse, and balance the skin and body.

Himalayan Salt has 85-90 minerals. These minerals are rich in Vitamin A, C, D, E, B12. These salts revitalize the skin to prevent premature aging, helps to exfoliate, cleanse, nourish condition, rejuvenate and refresh the skin.

The build-up of dead skin cells can clog pores and prevents the skin from growing in a healthy manner. This treatment will stimulate blood circulation, enrich skin with moisture, and help to renew cells. It is known to draw out the impurities, leaving the skin looking vibrant, feeling fresh, healthy and renewed.

"Body Balance"

Sugar Scrub and Body Glow

Designed to gently exfoliate the skin, removing the outer most layer of dead skin cells, while promoting healthy cell turn over and leaving your skin smoother, softer and well-hydrated. Our sugar scrub is a blend of anti-inflammatory properties, rich antioxidants, essential fatty acids and pure therapeutic-grade essential oils. This is a desensitizing blend that aids in strengthening and healing the skin.

French Red Clay

The most effective anti-oxidant and anti-aging formulation! This blend purges toxins, leaving the skin soft and re-mineralized with a noticeable glow. Vitamin E, Grape Seed, Bladderwrack, Irish Moss, Sage Essential Oils are infused into Sedona Clay and French Red Clays, rich in magnesium, Vitamins A, B, B12, E, Iron and amino acids

Seaweed & French Green Clay

Stimulating and detoxifying! French Green Clay and selected marine clays are infused with amino acids, Vitamin E, Green Tea Extract, Grapefruit Extract and Kelp and is designed to be massaged into the skin resulting in skin cell stimulation and detoxification.

Breathe In Serenity

175 A State Street
Clayton N.Y. 13624

(585) 315-0467

www.youngliving.org/asherdee

Breathe In Serenity

The Heart Centered Practice
Focused On Healing From Within And Throughout



Luxury Body Treatments

Enjoy one of our luxury body treatments for skin that radiates with health and is soft to the touch. Our treatments are carefully balanced to both deeply cleanse and replenish your body while lifting dullness and dryness to restore healthy skin.

Reverse side and customize your luxury treatment or simply indulge yourself with our therapeutic blend:

Dead Sea Body Scrub and Dead Sea Mud Wrap

A gentle exfoliation with minerals, vitamins and pure essential oils. Relax in a warm cocoon with a restorative body mask made of selected clays and essential oils rich in anti-inflammatory, desensitizing and healing properties known to replenish and restore the body's natural balance and vitality.

Add On Luxury

Hydrating Facial Toner With Noticeable Results!

Restore your glow! Enjoy the divine scent and hydrating benefits of pure rose oil. Refine dull complexion, hydrate the skin and restore smoother texture to your face and neck.

Sessions By Appointment

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