

Pieces of You

Mind/Body/Spirit— your whole life

Healthy Living is all about balance. Each part of life must be in harmony with every other part. That doesn't mean mind, body and spirit demand equal attention at all times. It does mean that they are interconnected. Strengths and weaknesses in one area can influence the others. Find what works for you.

Mind

Your mind is always active and ready to learn new things. Channel that thirst for knowledge – beat stress, overcome boredom and stimulate creativity. When you control your mind, you become master of yourself.

Body

If your body quits working, where will you live? Add life to your years and years to your life by taking care of your body. Good nutrition, daily exercise and adequate rest help you create the life you want, starting with a strong body.

Spirit

Your spirit is a living part of you that needs nourishment just like your mind and body. Build your faith and find your purpose. Relationships, hope and happiness all rely on the strength of your spirit.



Destination Spa Lifestyle Pyramid

To assemble Destination Spa Lifestyle Pyramid, cut along outer edges. Fold where two colors meet. Glue tabs. Display as a reminder to nourish all pieces of you.

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Spas to enrich your life.
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