

# The Spa ESCAPE at Work™ Experience

For 30 minutes you will be pampered with a series of spa-quality treatments. You are reminded how important it is to make time for yourself. You will relax and recharge to take on the rest of your day and learn things you can do for yourself to repeat this stress reducing experience!

**Thank you for all you do! In appreciation- enjoy your Spa Escape!**

## SIGN UP FOR YOUR 30-MINUTE SESSION

Please select your desired appointment time (up to 20 people per group).

TIME	NAME and Contact #		
1:30 p.m.	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
2:00 p.m.	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
2:30 p.m.	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
3:00 p.m.	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
3:30 p.m.	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
Need a Different Time?	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

