

# Bridal Treatments Unique to You!

*February 1, 2021*

Wedding days are one of the most memorable days in any married couple's life! For months prior to the wedding day, planning for the event requires a great commitment, bringing various levels of stress and anxiety to any bride as she takes on the goal of creating an amazing day for her family and friends to enjoy.

If you are a bride planning to be married this year or next year, this is the blog for you to read! Along with being surrounded by your inner circle of bridesmaids and mother(s) on your wedding day, it is important to choose your salon services thoughtfully, to make sure you have a great dynamic with them and to assure that your day will only be better for having found them.

Body Mind Spirit Salon and Day Spa is offering a level of service for you on your Wedding Day to help start your amazing day right. As the bride, you can choose a "Dream Theme" that defines your day. Our services and our goal to transform you into the beautiful bride you are meant to be, will grant you the ability to relax and enjoy the big day yourself, helping you to be as present and relaxed as possible.

"Because it matters" (our mission statement for all things) applies to our bridal accommodations. Body Mind Spirit Salon and Day Spa will make certain that the celebratory feeling starts with or is continued during your time with us. If you schedule your bridal party at the salon, we reserve that time exclusively for you... no other customers. We will also travel to you should you be preparing for your day elsewhere.

As you arrive at Body Mind Spirit Salon and Day Spa, or another beautiful location, look at your surroundings. While taking in the vista, also take in a breath or two. Put your cell phone away. Practice a moment of mindfulness.

At the salon, you can treat yourself to a selection of treats, with fresh baked goods from Dolce Amar Sweets to Love, fresh fruit, and cheeses to provide you with some energy. If you and your guests are so inclined, you will be indulged with a bottle of Prosecco.

While there, you can have your choice of music to fit your mood, filling the space with sounds that you enjoy. Music has a impactful role in emotional balance.

The first and foremost important thing that happens when you arrive is a review of the timeline for services. We meticulously organize who will be receiving what services with which technician and at what time. This is to ensure that everything runs smoothly so our bride, her mother(s), and her bridal party can sit back, relax and be pampered, secure in the knowledge that everything is taken care of.

Another step to make certain that the day goes smoothly is that we suggest our brides schedule a bridal trial in advance of their wedding day. The purpose and intent for this trial is to perfect the look you want before your wedding day. We ask that you bring pictures of your dress so that we can make sure that the hairstyle compliments the style of your dress. If you have pictures of a particular hairstyle you wish to try, those are welcome too.

While you are receiving your services we do our best to accentuate the festivity of the event. The bottle of complimentary Prosecco and sweets by Dolce Amar help to create the mood. Our technicians love to honor the specialness of the bride's day and do everything they can to enhance those feelings. Our feedback from past brides is that the camaraderie they felt between their friends, their family and our technicians was an incredible experience in a day of incredible experiences.

Body Mind Spirit Salon and Day Spa has created and designed three all inclusive "Dream Theme" packages named after the semi-precious and precious gems Rose Quartz (Love), Amethyst (Grace), and Diamond (Appreciation). The Bride will choose one of the three themes to attribute to her thoughts about her wedding day. After guests have received their services, each member of the party will receive a parting gift. Included in it is a theme-based energizer spray, a jar of our Tranquil Times body scrub, and some sweet treats to savor later on.

The energizer sprays are not about scenting a room, but are diluted infusions of flowers and crystals to energetically help create and draw forth certain qualities. If choosing the Rose Quartz package, your party will receive the "Love" energizer spray. "Love" is a blend of White Bleeding Heart flower essence and Pink Tourmaline, Kunzite and Rose Quartz gem elixirs to inspire feelings of love. Love for self, love for others, and love for the Divine.

Our Amethyst package comes with the energizer spray, "Grace". Grace blends Brandenburg Amethyst Phantom Quartz gem elixir with Queen Anne's Lace and Dogwood flower essences to harmonize the upper and lower chakras, support compassion and bring gentleness to the etheric body to allow for a state of grace.

The Diamond package includes our "Appreciation" spray. We use "The Fairy" Rose flower essence with Pink Sapphire and Lake Diamond gem elixirs to align the heart with a deep connection to all that is, and inspires a deep feeling of appreciation.

The Body Mind Spirit Salon and Day Spa gift of our Tranquil Times Body Scrub is a pampering product that is scented and utilizes Lavender essential oil, not only for all of its incredible beneficial properties for the skin, but also for its ability to help calm and relax. Lavender flower essence and Amethyst gem elixir are added to enhance and amplify the feeling of peace and tranquility to the spiritual level.

For further education on flower essences and gem elixirs and how to use our sprays, please refer to our October 2020 blog.

As a part of our quality service, we want you to know that we choose only high quality and as natural as possible products for use in our salon. Any products used on your hair will be from the Kevin Murphy line. This is an innovative company and their products are all cruelty-free, vegan and non-toxic. One of their missions is that philanthropy be at the heart of their business.

The make-up line we use is Youngblood, known as, "The leading clean, luxury cosmetic brand for 23 years, focused on safe ingredients while maintaining high performance formulas. Always cruelty-free, paraben-free, talc-free and PETA certified."

Tempt U is the no-touch airbrush makeup which we utilize and is oil-, phthalate-, sulfate-, petroleum- paraben- and gluten-free, vegan, non-comedogenic and hypoallergenic; not tested on animals. This wonderful product is all of the above and waterproof and sweat-proof!

We want to ensure that everything we can do that impacts your wedding is not only worry-free but as calming and relaxing and also as festive and celebratory as you want and deserve on this your special day! Feel free to bring your photographer to document your transition to the best and most beautiful bride you are.

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For more information on the packages we offer, including a la carte pricing, please visit our website [spagroton.com](http://spagroton.com). On our services you can go to weddings.

Contact our Bridal Consultant Chelsea through our website.