



The Holiday Meltdown Retreat

In proud collaboration with Gloria Nash and Homestead Saunas

Date: December 13, 2024

Time: Choose from Flexible Sessions

9 AM- 3PM Day Sessions

11AM Sauna Sessions Begin

6 PM- 9 PM Evening Event

Location: JoAnne's Homestead

4010 Meandering Way

Crystal Lake, Illinois 60014

Relax. Refresh. Rejuvenate.

Join us for a day dedicated to melting away holiday stress before it melts you down. Nestled in the serene beauty of the pines at our homestead, enjoy a curated experience of relaxation, connection, and joy. ✨

All scheduling (**Google Sheets app requires to fill in appointment*) and payments can be made here:

<https://bit.ly/3ZqbuBJ>

* if you don't have Google sheets you can simply email me your appointment time request. All of Lynille's scheduling and payment done here: <https://zcal.co/joannepavin>

Morning Tranquility

9:00 AM - 1:00 PM

Mini Massage Tune-ups & Spa Sessions

\$25 Mini for 20 Minutes / \$65 for 50 Minutes

Indulge in the soothing touch of **Lynille Steffenhagen** with personalized massage sessions designed to melt away tension with exclusive **Elemis** spa products. Sip on herbal tea and herbal-infused mocktails as you set your intentions for a refreshing day.

Massage available for the mini treatments are:

- 20 min back and shoulders
- 20 min hands/arms or feet/lower legs
- 20 min facial and scalp

Schedule with Lynille here: <https://zcal.co/joannepavin>

10:00 AM - 11:00 AM

Morning Movement: Let Go and Flow

Stretch and release holiday tension with a guided session yogi-lates session led by JoAnne. *Complimentary if you schedule a sauna session at 11 AM- 12PM*

8 spots available

11:00 AM - 3:00 PM (8 spots every hour)

Ongoing Sauna & Cold Plunge Sessions \$40

Experience the invigorating cycle of heat and cold with traditional, wood-fired Homestead Saunas. Connect with your ancestral spirit through this Nordic-style immersion in fire, steam, and herbal botanicals.

Gloria Nash, owner of Homestead Saunas will educate and guide you through the experience.

***\$200 to block for PRIVATE GROUP of your friends 2-8 people (6 friends = \$33 each/ 7 friend \$28.5 each/ 8 friends \$25 (one payment of \$200 will be made by ONE PAYER and they will be responsible for filling in the spots and reimbursement from friends)**

PRIVATE INDIVIDUAL SESSION \$150 (1 person only)

Midday Serenity

12:00 PM - 2:00 PM

Seasonal Appetizers & Herbal Mocktails Lunch *Complimentary drop-in with any scheduled session*

Refuel with nutritious and seasonal inspired, flavorful bites from JoAnne Pavin Integrated Wellness, perfect for sustaining your day of relaxation.

Shop the products by local makers.

Afternoon Bliss

12:00 PM - 3:00 PM

Open Redball Pickleball Fun *(complimentary USTA treats for participants)*

Pair your Sauna/Cold Plunge Session with a spirited game of pickleball (weather permitting) for laughter and fun. Grab a friend, play some matches, relax and refresh with a sauna and a plunge.

11:00 AM - 2:30 PM

Tongue and Pulse Analysis \$60 for 20 Min

Gain health insights through a personalized Ayurvedic consultation with Vaidya Swati Mhaske.

Schedule directly with Swati Mhaske dr.swati.mhaske@gmail.com

4:00 PM - 6:00 PM

Herbal Infused Ukrainian Sauna Bath Ritual

Indulge in a unique, healing experience with Gloria Nash. Exclusive sessions offer the ultimate relaxation.

Evening Sound, Sauna, and Celebration

6:00 PM - 9:30 PM

Evening Sound, Sauna, and Celebration \$75

Wrap up your day with a serene blend of sound healing and sauna therapy with Lori Lea of Healing Hopes, inviting peace and joy into your heart.

15 spots available

6-6:50 PM Pre-Sound Sauna

7-8:00 PM Sound Healing

8- 9:30 PM Post- Sound Sauna Cocktails and Connections

Connect, Reflect and Sauna

Reflect on your experiences, share insights, and set the stage for a joyous holiday season filled with laughter and connections. Enjoy seasonal cocktails as you prepare to head home refreshed and empowered.

Reserve Your Spot

Spaces are limited for this exclusive retreat. Secure your place for a journey of connection and renewal.

Please text or call JoAnne Pavin with any questions 847-875-2193 or joanne@joannepavin.com