



# FEELING GOOD INSIDE AND OUT

*Many parents are looking for good, healthy ways of facilitating positive self-esteem in a society where life has grown more competitive and the emphasis on body image and being beautiful is a demanding challenge. Most teenage girls are struggling with the woes of adolescence, such as skin problems, weight management and a strong desire to be the best they can be.*

**In a supportive, caring group environment, mothers can help develop daughters' skills to maintain a positive sense of self-worth, both inside and out.**

**One Hour Workshop followed by One Hour Spa Time**

**Saturday 🌞 January 30th 🌞 9:30 am - 11:30 am**

\$25 per parent/child couple (minimum 4 moms/daughters ages 12+)

## **Break-Out Session Choices**

**(10:30 - 11:30)**

*Sample a few relaxing spa methods:*

- ~ **Yoga sample (10:30 - 11:00)**
- ~ **chair massage (11:00 - 11:30)**
- ~ **mini facial (11:00 - 11:30)**
- ~ **Jane Iredale makeup (11:00 - 11:30)**  
*...try a new lip gloss or eye shadow*
- ~ **OPI nail products w/paraffin hand dip (11:00 - 11:30)**

## **Held at:**

### **Fusion Spa**

*conveniently located at:*

**CNY Healing Arts Center  
38A Old Sparrowbush Rd., 2nd Floor  
Latham, NY 12110**

[www.fusionspaofalbany.com](http://www.fusionspaofalbany.com)

To register, call Fusion Spa at  
518-280-5758 before

**Thursday, January 28th**

*Co-sponsored by:*



F U S I O N   S P A

*Led by:*

Jenness Clairmont LCSW, LMFT



**SAMARITAN**

COUNSELING CENTER OF THE CAPITAL REGION

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*Helping those most at risk heal, function and live life more fully*