



**Premium
Skincare**

Grace & Glow Program Overview



**Functional
Fitness**

Holistic care brought to you that moves you — mind, body & glow.

SIGNATURE TREATMENTS

All skincare treatments are **customized per client** and are intended for **mature and sensitive skin**, using **premium organic and medical-grade products**.

Express Glow Facial (30 mins)

A refreshing pick-me-up featuring a double cleanse, light exfoliation, hydrating serum, moisturizer, and gentle facial massage.

Glow & Restore Facial (60 mins)

Includes everything in the Express Glow plus a calming mask and extended facial massage to restore vitality and promote circulation.

Enhancements Available

To deepen any facial for extra care & relaxation.

Eye Boost
Hand Treatment
Microcurrent
Dermaplane or Microdermabrasion

WEEKLY FITNESS CLASSES

All classes consist of **30-minute sessions** designed with functional and mindful movements to help clients stay strong, steady, and independent.

Lite Plan (1 Class) per Week

Ideal for communities introducing gentle movement.

Focuses on breath, posture & functional strength training

Improves mobility & confidence

Standard Plan (2-3 Classes) per Week

Ideal for steady progress and improved balance.

Focuses on endurance & restorative movement training

Enhances consistency and coordination

**Includes everything in Lite Plan
+ mindful meditation to
conclude class**

Premium Plan

(4-7 Classes) per Week

Ideal for communities seeking a full wellness experience.

Rotating focus of strength, mobility, balance, & stretch

Promotes vitality, stamina, and independence

**Includes everything in
Standard Plan + free quarterly
wellness days**

DISCOVER BEFORE YOU DECIDE

Wellness Day Experience (Flat Rate)

Bring Grace & Glow to your community for a customized **fitness, skincare, or full wellness experience** — with no long-term commitment.

A simple way to experience the programming, engage residents, and discover what works best for your community.



**Mobile Aesthetics
Services**



**Mindful
Movement**

Flexible Wellness Plans, Customized for Your Community

WHY CHOOSE ME

Mobile & Flexible — Wellness programming brought directly to your community with flexible scheduling.

Qualified & Specialized — Licensed aesthetician and NASM Certified Senior Fitness Specialist specializing in older adults.

Safety & Trust Focused — CPR certified and fingerprint clearance card holder for added peace of mind.

Senior-Centered Experience — Experienced, prior certified nursing assistant who has experience with older adults, including those with dementia and Alzheimer's.

Accessible & Adaptable — Chair-friendly, standing, and mobility-adaptable options for varying ability levels.

Whole-Person Wellness — Encourages movement, connection, confidence, relaxation, and quality of life.

Easy to Implement — Engaging wellness programming with no facility-owned equipment required.

HOW IT WORKS

- 1** Schedule a brief discovery call
- 2** Discuss your community's goals & wellness needs
- 3** Receive a customized proposal & program options
- 4** On-site introduction day (optional)
- 5** Launch your Grace & Glow wellness partnership

*Full pricing, program details,
participation insights & testimonials
from participating communities
available upon request.*

Save more with extended contracts
3-Month: 5% off
6-Month: 10% off

**Let's
Connect!**

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